

## *Introductory Curriculum: Class Titles and Learning Objectives*

### **1. Getting to Know Each Other and Introduction to Boundaries**

1. Participants will identify at least three types of relationships (e.g., friend, partners/romantic, stranger, professional, family, acquaintances)
2. Participants will identify three non-romantic touches and three touches that are for romantic relationships.

### **2. Personal Space**

1. Participants will define personal space (i.e. arms length distance from their body).
2. Participants will identify when people are in each other's personal space.
3. Participants will be introduced to the concept of personal space as it relates to environments, culture, relationships, and social situations.
4. Participants will identify who they want and who they do not want in their personal space.

### **3. Assertiveness**

1. Participants will differentiate between pictures of wanted and unwanted physical touching.
2. Participants will define assertiveness and situations where it can be used.
3. Participants will differentiate between assertive and non-assertive behaviors.
4. Participants will demonstrate non-verbal and verbal assertive communication strategies.

### **4. Attraction**

1. Participants will recognize social cues that a person is uncomfortable with physical closeness.
2. Participants will recognize social cues that a person is uncomfortable with a physical touch.
3. Participants will define attraction as liking something about a person, wanting to spend time with a person, or be close with a person.

### **5. Romantic Relationships**

1. Participants will identify the steps in developing a romantic relationship (i.e., finding someone available, getting to know each other, meeting face to face, mutually agreeing to be in a relationship).
2. Participants will identify laws and ethical guidelines of relationships (i.e., over 18, no staff, no family, everyone knows and agrees that they are in a relationship.)
3. Participants will identify social cues that indicate interest or disinterest.

## **6. Introduction to Dating**

1. Participants will differentiate between public and private places.
2. Participants will identify public places appropriate for dates.
3. Participants will identify appropriate ways to initiate a date or conversation.

## **7. Introduction to sexual touching**

1. Participants will identify different types of romantic and sexual touches.
2. Participants will differentiate between private and non-private body parts.
3. Participants will identify and label three private body parts of men and three private body parts of women.
4. Participants will identify three rules that must be followed for a sexual touch to be okay: both adults, both agree, in a private place

## **8. Romantic Touches and Appropriate Settings**

1. Participants will identify touches that are appropriate for public settings.
2. Participants will identify touches that are only appropriate in private places.
3. Participants will identify how public touching can make others feel.

## **9. Sexual Abuse and Our Right to Privacy**

1. Participants will identify places that are meant for privacy.
2. Participants will identify one place they can have privacy.
3. Participants will identify helping touches.
4. Participants will identify examples of sexual abuse.
5. Participants will identify two trusted adults that they would tell if they experienced sexual abuse.
6. Participants will demonstrate strategies on how to tell a trusted adult about sexual abuse.

## **10. Review**

1. Participants will review the key concepts of the previous lessons.