

Advanced Curriculum: Class Titles and Learning Objectives

1. Getting to Know Each Other and Introduction to Relationships

1. Participants will identify three non-romantic touches and three touches that are for romantic relationships.

2. Introduction to Dating

1. Participants will learn three appropriate strategies for meeting people and finding common interests.
2. Participants will recognize a variety of emotions that one may experience when dating.
3. Participants will identify coping strategies for managing various emotions associated with dating (e.g., disappointment, impatience, excitement, etc.).

3. Public versus Private Places

1. Participants will differentiate between public and private places.
2. Participants will identify touches that are appropriate on public dates.
3. Participants will identify touches that are only appropriate in private places.
4. Participants will identify how public touching can make others feel.

4. Healthy Relationships

1. Participants will be able to identify the three rules of being in a couple/relationship (i.e., both adults, meet face to face, both agree that they are in a relationship)
2. Participants will identify three characteristics of a healthy relationship and three characteristics of an unhealthy relationship.
3. Participants will identify characteristics of abusive relationships.

5. Introduction to Sexual Touching

1. Participants will be able to define sexual touching as touching private body parts.
2. Participants will identify and label three private body parts of men and three private body parts of women.
3. Participants will identify when privacy is needed for romantic and sexual touching.
4. Participants will identify three rules that must be followed for sexual touching to be legal (i.e., adults, consent, in private).

6. Consent and Sexual Abuse

1. Participants will define consent.
2. Participants will define sexual abuse (i.e., touching, showing, looking, and talking about private body parts when both people have not consented).

7. Negotiating Sexual Boundaries

1. Participants will identify how to obtain consent for sexual activities.
2. Participants will learn assertive communication strategies to negotiate sexual boundaries.

8. Sexual Coercion and Social Media

1. Participants will identify signs of online coercion.
2. Participants will learn safety guidelines when using social media.

9. Telling Someone You Trust About Abuse

1. Participants will name someone they would tell if they thought they were being abused.
2. Participants will learn strategies on how to help a friend who discloses abuse.
3. Participants will name two additional resources in the case of abuse.
4. Participants will recognize who should get in trouble or punished in an abusive situation.

10. Pregnancy and Contraception

1. Participants will identify the three types of sex.
2. Participants will identify vaginal sex as the only type of sex that may lead to pregnancy.
3. Participants will identify at least three methods of birth control.

11. Sexually Transmitted Infections and Options for Safer Sex

1. Participants will identify three types of sex that can lead to the transmission of sexually transmitted infections.
2. Participants will identify five common symptoms of sexually transmitted infections.
3. Participants will identify where and how people get tested for sexually transmitted infections.
4. Participants will name three strategies to prevent sexually transmitted infections.

12. Review

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