

Healthy Choices: Relationships, Sexuality and Family Planning

Curriculum Overview

Designed for:

- Middle or high school students
- Young adults

Length:

The 14-hour course is comprised of 17 lessons in three units.

Goal:

First, to help students realize the importance of waiting to engage in sexual activity, and thereby delay becoming a parent until they are emotionally, financially, psychologically, and socially ready to take on the heavy demands of parenting; and second, to introduce the importance and variety of skills needed in caring for an infant.

Synopsis:

Designed for use with the RealCare[®] Baby infant simulator, *Healthy Choices: Relationships, Sexuality and Family Planning* is an innovative pregnancy prevention program that combines a hands-on extended simulation experience with a comprehensive research-based curriculum. This powerful approach has proven effective in creating a lasting learning experience that increases knowledge, changes attitudes, and has measurable impact on behavior.

Healthy Choices is an out-of-the box, abstinence-based, comprehensive sexual education and pregnancy prevention program for youth 15-18 years of age. Designed and developed by family health practitioners, health educators and curriculum specialists, the research-based curriculum is comprised of 17 sequential lessons within three units, and includes pre- and post-summative assessments as well as unit-formative assessments. Each lesson begins with an overview, lesson objectives, and a Lesson-at-a-Glance table which lists the lesson activities, materials required, suggested preparation steps, and approximate class time. U.S. National Health Education Standards and Standards for Family and Consumer Sciences supported are listed within each lesson.

Issues Addressed:

- Self assessment of attitudes and behavior regarding sexual activity
- Identifying influences, improving self esteem, handling peer pressure, using good communication skills, (including refusal strategies and delay tactics), relationships, and setting personal goals
- Male and female reproductive systems, fertilization, conception, prenatal development, and the birthing process
- Abstinence, contraception, pregnancy risk and sexually-transmitted disease (STD) prevention
- Encouraging increased parent-child communication through parent-child interviews and activities related to abstinence, birth control, pregnancy, and the responsibilities of parenting

Curriculum Components:

- Teacher's Guide – complete 17-lesson curriculum, including detailed steps of activities, time and materials needed, student worksheets, and instructor information for each lesson
- Student Materials – Adobe[®] Acrobat[®] PDF files of all student activity sheets and homework assignments
- Survey and Assessment Tools – to track student knowledge and attitudes prior to and after the learning experience, including formative (unit quizzes) and summative assessments with answer keys
- Microsoft PowerPoint[®] presentation slides in PowerPoint[®] and Acrobat[®] PDF formats for creating overhead transparencies if you don't have PowerPoint[®]

Learning Objectives:

Lesson 1.1 – Views, Plans and Values

- Define values
- Have a better understanding of their views about parenting, sexuality, and values
- Identify long-term and short-term goals in their lives

Lesson 1.2 – The Influences Around Us

- Recognize different forms of spoken and unspoken pressure
- Describe how peer pressure can affect how they think and behave
- Evaluate the influences of popular media on their views and values

Lesson 1.3 – Communication and Self-Esteem

- Describe good communication skills
- Describe characteristics of high self-esteem
- Describe characteristics of low self-esteem
- List and describe active listening techniques
- Turn a negative self-talk statement into a positive one

Lesson 1.4 – Communication in Relationships

- Apply good negotiation and refusal skills in various scenario situations
- Provide responses to sexual pressure lines
- Use refusal skills to posed sexual pressure situations
- Reflect on their ability to use good communication techniques in an interview/discussion

Lesson 1.5 – Relationship Continuum

- Describe the characteristics of healthy and unhealthy relationships
- Understand the advantages of setting boundaries in a relationship and how views on boundaries might vary from person to person

Lesson 2.1 – Reproductive Systems, Fertilization and Conception

- Identify the anatomical points of the male and female reproductive systems
- Describe the physiology of the male and female reproductive systems
- Describe the process involved in fertilization

Lesson 2.2 – Family Planning – Birth Control

- Identify and explain the use of at least three methods of contraception
- Identify the availability of these methods in the community
- Discuss the optimal time to communicate with partners about contraceptive use

Lesson 2.3 – Benefits of Abstinence

- Explain the benefits of abstaining from sexual activity
- Identify and explain personal reasons to remain abstinent
- Identify the factors (people, situations, and environment) that will help them remain abstinent

Lesson 2.4 – HIV and STIs

- Understand the communicable nature of STIs
- Describe the symptoms, treatment, and method of transmission for at least three STIs
- Identify whether a given STI is a virus or bacterium

Lesson 2.5 – Pregnancy and Prenatal Development

- Identify first signs of pregnancy
- Describe common physical and emotional pregnancy symptoms and discomforts
- Identify the various characteristics of fetal development and categorize them within each of the trimesters of pregnancy

Lesson 2.6 – Prenatal Exposure to Drugs and Alcohol

- Gain awareness of the facts and concepts surrounding prenatal alcohol or drug exposure
- Document their initial knowledge about prenatal alcohol or drug exposure before the start of the lesson
- Define FAS and FASD
- Describe how nutrients, oxygen, and other substances (e.g., alcohol or drugs) reach a developing fetus
- List the effects of prenatal alcohol or drug exposure
- Explain what happens developmentally when a pregnant woman and her fetus consume alcohol or drugs
- Identify the long-term consequences of prenatal alcohol or drug exposure for individuals, families, and society

- Identify guidelines for FASD prevention
- Identify resources for additional information about prenatal alcohol exposure and its consequences
- Determine strategies to help a family or mother when prenatal alcohol exposure is a possibility, or when FAS has been diagnosed by a medical professional
- Summarize important information from the lesson

Lesson 2.7 – Birth Process

- Describe characteristics of the three stages of labor
- Identify at least three complications of pregnancy and their characteristics
- Identify at least three common birth defects and their characteristics

Lesson 3.1 – Care and Needs of an Infant: Introducing Baby

- Understand and administer care events for the RealCare® Baby infant simulator
- Understand the responsibilities of taking care of the RealCare® Baby infant simulator outside of class

Lesson 3.1.1 – Safe Environmental Temperatures

- Identify good and poor temperature conditions for an infant
- Describe the physiological effects of hypothermia
- Describe the physiological effects of hyperthermia
- Identify safety precautions regarding infants and environmental conditions
- Describe the heating dynamics of a car
- Understand the potential legal issues related to leaving an infant alone in a car
- Identify appropriate infant clothing for environmental conditions, safety and comfort
- Describe the impact that clothing and changing an infant have on the physical, intellectual, emotional and social aspects of infant development

Lesson 3.1.2 - Flat Head Syndrome

- Define positional plagiocephaly
- Describe the causes of positional plagiocephaly
- Identify steps to prevent positional plagiocephaly

Lesson 3.2 – Simulation Experience

- Understand and respond to the demands of a young infant
- Master the care of the RealCare® Baby infant simulator during the care simulation experience

Lesson 3.3 – The Reality Is... Impact of a Baby

- Evaluate the time needed on a 24-hour basis to care for an infant, in light of their own schedule needs
- Reflect on their attitudes and feelings during the simulation experience
- Consider the personal impact an infant would have on them at this time in their life

Lesson 3.4 – Cost of Baby

- Identify the costs for the variety of infant needs during the first year of life
- Evaluate their current budgets for current lifestyle
- Evaluate their ability to handle the financial responsibilities a baby would present

Lesson 3.5 – Summary and Assessment

- Understand how their attitudes about themselves, their sexual activity, and their views about parenting have changed over the course of instruction
- Summarize main concepts presented in the course
- Assess their understanding of information presented throughout the course

Healthy Choices is one of three curricula offered in the RealCare Curriculum. Additional curricula include *Basic Infant Care* and *Parenting: A Guide to Parenting Skills for Life*. creating overhead transparencies if you don't have PowerPoint*

- Hyperlinks to web sites with additional information on the topic being discussed, and resource lists of web sites and other materials for additional information