

T-4-C

## “HEALTHY CHOICES FOR YOUTH PROGRAM”

### Curriculum Overview

**Format:** 5 days of presentations in each classroom, 45 minute periods

**History:**

The Healthy Choices for Youth Program started in 1990 as the RSVP Program. Through cooperation with all the school districts, a community-wide survey was conducted, which resulted in the realization of a need for teen pregnancy prevention education and substance abuse awareness. T-4-C picked up the gauntlet and through state and federal grants, developed a curriculum and trained educators to address the need.

**Sixth Grade:**

Sixth grade lessons and activities encourage the development of positive character and promote healthy choices regarding the topics of alcohol, drugs, tobacco use and premarital sexual activity. Positive and negative consequences are discussed including peer pressure, future goals, internet safety, basic STI information and teen pregnancy. The curriculum offers ways to say “no” in real life situations on these four topics. In addition, sexual development, including anatomy, puberty, and conception are discussed. In the context of self-respect and respect for others, students are guided to acceptance and understanding of the physical and emotional changes occurring in their bodies. This topic is discussed in a gender-based setting.

**Seventh Grade:**

Seventh grade lessons inspire the development of positive character. The students participate in discussions and activities relating to self-worth, individuality, peer pressure, and the importance of goals. The teens are encouraged to consider their futures when making immediate decisions. The progressive nature and consequences of alcohol and drug use are discussed. Appropriate dating behavior and characteristics of healthy friendships are addressed. Basic facts regarding sexually transmitted diseases and teenage pregnancy are presented. Students are directed to the acceptance of abstinence regarding pre-marital sexual activity, alcohol, drugs, and tobacco.

**Eighth Grade:**

Eighth grade lessons and activities reinforce the development of positive character. Additionally, the lessons promote the critical need for mature decision-making regarding alcohol, drugs, tobacco and sex, with the primary focus on the latter. Both the physical and emotional consequences of premarital sexual activity are discussed. Topic aspects include: setting limits, self-control, importance of communication, STI’s, exploring current media traps, positive attitudes regarding a marriage relationship, whole-self theory, realistic views of parenting, and teen parenthood. Students are challenged to uphold a set of positive sexual values and to make a commitment to remain sexually pure and drug free.

## Healthy Choices For Youth Program

Dear Parents,

The Healthy Choices For Youth Program, sponsored by T-4-C, will be conducted in your child's classroom during the 2018-2019 school year.. The goal of the program is to build character while encouraging adolescents to abstain from sexual activity and substance abuse. The character-based abstinence program advocates trustworthiness, respect, responsibility, fairness, caring and citizenship in all grades levels.

If you have any questions, please call Mrs. Monticelli at 740.922.5241 ext. 13012.

Yes, my child may participate in the "Healthy Choices for Youth Program"

**No**, I do not allow my child to participate in the "Healthy Choices for Youth Program"

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Date

Please return this form by Friday, September 7, 2018.

Comments: