

Choosing the Best Way

Curriculum for 6th Grade

Conducted by: Dana McClain , SRA Educator

Sponsored by: The Pregnancy Resource Center of Statesville

Lesson 1: Deciding on Your Future

“Decisions, Decisions, Decisions” Video Segment 1

Making the Best Decisions

What is a Goal?

Building Character: Determination

Lesson 2: Figuring Out Friendships and Relationships

“Friends” Video Segment 2

Qualities of a Good Friend

Getting to Know Guys and Girls

Are Relationships Crushes, Infatuations, or Love?

Building Character: Respect

Lesson 3: Avoiding Unhealthy Relationships

“Four Teens Tell Their Stories” Video Segment 3

Preventing Sexual Abuse

Identifying Emotional Needs

I AM Totally Unique, One of a Kind

Building Character: Self-Respect

Lesson 4: Identifying the Risks

“Identifying the Risks” Video Segment 4

Risk #1: Teen Pregnancy

Risk #2: Emotional Effects

Risk #3: STDs (Sexually Transmitted Diseases)

Building Character: Compassion

Lesson 5: Choosing the Best WAY

“Choosing Abstinence Until Marriage” Video Segment 5

Marriage-The Benefits of Waiting

Being Abstinent Until Marriage

Choosing Abstinence Pledge

Building Character: Making Healthy Choices

Lesson 6: Learning How to Say NO

“Taking a Stand” Video Segment 6

The Dangers of Alcohol

Step 1-SET IT! The Need to Set Boundaries

Step 2-SAY IT! The Need to Speak Up

Step 3-SHOW IT! The Need to be Assertive

Building Character: Courage