



HIGH SCHOOL | Goal and Objectives

Goal: To strengthen future families

Lesson 1 Objectives:

1. The student will identify and list at least 20 consequences of premarital sexual activity.
2. The student will decide which consequences can be eliminated by using birth control.
3. The student will decide which consequences can be eliminated by refraining from sexual activity.

Lesson 2 Objectives:

1. The student will examine the history of STI/STDs.
2. The student will explore medically accurate, scientific data on STI/STDs and identify eight specific infections and the characteristics of each.

Lesson 3 Objectives:

1. The student will share personal goals identified on worksheet
2. The student will mathematically calculate the reliability of condom percentages.
3. The student will define terms of sexual risk avoidance, optimal health and refraining from sexual activity until marriage.
4. The student will identify the effectiveness of birth control methods.

Lesson 4 Objectives:

1. The student will compare and contrast healthy relationships versus unhealthy relationships.
2. The student will identify character traits that are essential for healthy relationships.
3. The student will observe the effects of bonding.
4. The student will diagram the elements of a healthy relationship and analyze unhealthy relationships by rearranging the elements.

Lesson 5 Objectives:

1. The student will explore the four steps of the life success sequence.
2. The student will identify the six steps of the life success sequence for child development.
3. The student will identify the five premises of marriage.
4. The student will analyze the achievability of delayed gratification.



EIGHTH GRADE | Goal and Objectives

Goal: To strengthen future families

Lesson 1 Objectives:

1. The student will share at least one goal for the future.
2. The student will define adverse childhood experiences including abuse.
3. The student will examine 18 consequences of intimate relationships with multiple partners and the effects of those consequences on future relationships.

Lesson 2 Objectives:

1. The student will define terms of sexual risk avoidance, optimal health and refraining from sexual activity until marriage.
2. The student will name seven STI/STDs, chart their primary characteristics and determine the effectiveness of sexual risk avoidance and optimal health.
3. The student will examine transmission patterns of STI/STDs between individuals with multiple partners.

Lesson 3 Objectives:

1. The student will explore teen brain development.
2. The student will discover healthy growth and maturity of the whole person.
3. The student will examine various parenting choices for pregnant teens.
4. The student will analyze the effect of teen pregnancy on society.

Lesson 4 Objectives:

1. The student will examine seven reasons married fathers and mothers are important for children's well-being.
2. The student will explore the role of the father in setting guidelines for dating.
3. The student will discuss the effects of drug and alcohol use in decision-making.
4. The student will place in sequence the 12 building blocks of a healthy marriage.
5. The student will identify three advantages of marriage.

Lesson 5 Objectives:

1. The student will diagram a graphic visualizing who he/she is and where he/she is going.
2. The student will commit to an optimal health life-style and to avoiding risky behaviors.



7th Grade Objectives

Goal: To strengthen future families

Lesson 1:

1. The student will identify three positive consequences of avoiding risky behaviors.
2. The student will define the terms of character, optimal health and renewed optimal health.
3. The student will experience the confusion of positive and negative peer pressure when deciding a course of action.

Lesson 2:

1. The student will review the definition terms.
2. The student will discuss consequences of choices regarding alcohol, smoking, drug use and sexual activity outside of marriage as a teen.
3. The student will name seven STI/STDs and identify their primary symptoms.

Lesson 3:

1. Students will probe the complex nature of bonding and relationships.
2. The student will examine the dangers of not setting appropriate limits in relationships.
3. The student will diagram the elements of a healthy relationship.

Lesson 4:

1. The student will diagram a healthy relationship.
2. The student will examine, list, and discuss possible goals and consequences.
3. The student will demonstrate the possibility of consequences.

Lesson 5:

1. The student will have the opportunity to commit to healthy, behavior and pledge to avoid risky behaviors.
2. The student will analyze forms of media and discuss choices.
3. The student will increase refusal skills by creating responses to peer pressure.



6th Grade Objectives

Goal: To strengthen future families

Lesson 1:

1. The student will identify four positive consequences of avoiding risky behaviors.
2. The student will define the terms of relationship risk avoidance.
3. The student will explore the importance of family to civilized society.

Lesson 2:

1. The student will determine how his/her actions today can affect his/her future.
2. The student will explore and identify three consequences of pre-marital sexual activity.
3. The student will calculate the financial responsibility of raising a child to the age of eighteen.

Lesson 3:

1. Students will examine the interrelationship between the intellectual, moral, physical, social and emotional aspects of humans.
2. Boys will examine the character the qualities of a socially and financially responsible male.
3. Girls will investigate the emotional consequences of relationships.
4. The student will list changes that occur during puberty.
5. The student will define the terms of anatomy and the function of the reproductive organs.

Lesson 4:

1. The student will determine two appropriate limits in a relationship.
2. The student will share three reasons optimal health as vital to healthy relationships.
3. The student will identify four risk factors that complicate relationships.

Lesson 5:

1. The student will review choices and make a decision by signing a pledge card.
2. The student will visualize the human life span and the time span for practicing optimal health.
3. The student will formulate refusal skills and role play.