

The Alternative

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Topics covered in this class

Content and Subjects Covered

- Technology, building confidence & a caring character
Types of love, family & friendship
Dating boundaries, romantic love & benefits of marriage
Communication & refusal skills
Reproductive anatomy
Fetal development
Ethical decision-making model & practice
Goal setting & achievement
Career exploration & personal finances
Peer and media pressure tactics & resistance
Pregnancy & support enforcement responsibilities
Sexually transmitted disease including HIV
Drugs, leaving school, dating violence, sexual harassment & pornography
Delaying, abstaining & starting over
Contraception, Gender

Learning Objectives

1 Who Am I? (in Technology)

Student will be able to:

1. List the order of technological developments.
2. Identify how the media uses sex to sell.
3. Recognize ways to stay safe on the Internet.
4. Develop a personal strategy to prevent sexting.
5. Explain how one can build self confidence.

2 How do I love? (Self, Family, Friends)

Student will be able to:

1. Define the different kinds of love.
2. Identify the three main components of self-worth.
3. Understand how love is shown to family members.
4. Recognize the qualities of healthy families.
5. Characterize the four basic levels of friendship.
6. Name the steps to make and keep friends or to deepen friendships to a deeper level.
7. Explain how to identify gossip and how to avoid being a gossip.

3 Who do I love? (Dating and Boundaries)

Student will be able to:

1. Distinguish True Love from Infatuation.
2. Explain the purposes of dating.
3. Discuss with parents/caregivers the concept of dating standards.
4. Understand what boundary setting skills are and how to maintain them.
5. Set dating guidelines to help facilitate successful dating experiences.

4 How do I say NO?

Student will be able to:

1. Name effective communication techniques.
2. Give examples of verbal and non-verbal communication.
3. Define the terms: assertive, unassertive, passive, aggressive, paraphrasing and diffusing.
4. Recognize barriers to effective communication and how to mitigate those barriers.
5. Identify the reasons and consequences of being non-assertive.
6. Understand the use of the Knowing Leadership and refusal skills.



5 How does my body work? (Reproductive Anatomy)

Student will be able to:

1. Identify the functions of the male and female physiology.
2. Name the male and female reproductive organs and their functions.
3. Define the following terms: menstruation, ovulation, fertility, fertilization, implantation, and menopause. gain appreciation and respect for the ability to create new life.
4. Recognize the male and female characteristics of puberty.
5. Understand the role of fertilization and chromosomes in the role of heredity.

6 What happens before birth? (Fetal development)

Student will be able to:

- 1) Demonstrate awareness of fetal development by listing five events in the life of an unborn child
- 2) Explain the importance of good nutrition during pregnancy
- 3) Give one example of treatment of the unborn as a patient and
- 4) Describe the “lamaze” method of childbirth.
- 5) Explain the difference between a vaginal and a cesarean delivery.

7 How do I choose? (Making Decisions)

Student will be able to:

1. Identify the advantages and need for a decision making process.
2. Understand the difference between a decision and a choice.
3. Know the components of the P.R.I.D.E. approach to decision making.
4. Understand the possible negative and positive consequences of decision making.

8 Where am I going? (Goal Setting)

Students will be able to:

1. Understand the difference between needs, desires and dreams.
2. Identify the steps for setting a goal.
3. Describe a process for achieving goals
4. Understand the difference and the need for both short and long term goals.
5. List the components for communicating SMART goals.

9. How will I get there? (Career & Personal Finances)

Students will be able to:

1. Understand the purpose of career planning.
2. Identify the three categories of skills.
3. Assess skills in relationship to careers.
4. Understand the importance of monetary goals.
5. Identify “controllables.”
6. Name predictors of poor life outcomes.
7. Know the major budgeting principles.

10 Who pressures me? (Media & Peer Pressure)

The student will be able to:

1. Identify forms of pressure that influence decisions.
2. Explain how media influences decision making.
3. Define sexting
4. Identify the dangers of sexting.
5. Name what factors influence the pressure to conform.
6. Explain reasons to set high personal standards.

11 Am I ready? Pregnancy

Students will be able to:

1. Identify the consequences of premarital sexual activity beyond the physical consequences of sexually transmitted diseases and infections.
2. Explain the two conflicting philosophies for the purpose of sex discussed in this unit and identify which philosophy supports a successful and healthy future.
3. Understand the actual in use rates of effectiveness for contraceptives in preventing pregnancy and diseases.
4. Know common signs of pregnancy.
5. Explain what is needed for a more positive pregnancy outcome for teens.
6. Understand the financial consequences of pregnancy and birth including support enforcement
7. Identify the advantages of adoption.
8. Identify some of the effects of abortion.

12 What do I avoid? (STD's)

Student will be able to:

1. Identify the possible negative consequences of sexually transmitted disease.
2. Define contact tracing.
3. Know the symptoms, treatment and prevention of the most common sexually transmitted diseases.
4. Name the means of transmission.

13 What Will Get in My Way?

Students will be able to:

1. Identify life changing decisions for a healthy future.
2. Compare a personhood versus pleasure philosophy of the purpose of sex.
3. Identify the emotional and social consequences of premarital sexual activity.
4. Recognize the dangers of drugs and underage drinking especially on a date.
5. Define sexual harassment.
6. Know how to prevent and report sexual harassment.
7. Name the possible consequences of porn.
8. Know the warning signs and cycle for domestic violence in a dating relationship.
9. Name the three main techniques of online sexual predators.
10. Recognize red flags for a person who is a possible human traffickers.
11. Outline the process for date rape prevention.
12. Review dating guidelines to help facilitate successful dating experiences.

14 How do I succeed? (Abstinence, U Turns)

Students will be able to:

1. Recognize life changing events that can slow down or limit future success.
2. Name life affirming events.
3. Identify advantages of avoiding pre-marital sexual activity.
4. Explain the concept of cessation and how teens who have been sexually active can return to abstinence.
5. Know how to ask Leadership Questions.
6. Suggest criteria to guide successful dating choices.