

**A Step Ahead Foundation Tri-Cities:**  
**Washington County Schools Family Life Lesson Plan**

**Lesson 1: Introduction**

Speaker: ASAFTC

- Learning objectives: Introduction to students, review learning objectives, ice breakers, administer pre test.

**Lesson 2: Healthy Relationships**

- Speaker- ASAFTC
- Learning objectives: Students will identify factors that contribute to healthy relationships in families, friendships and dating.
- Curriculum- Safe Dates and Centerstone

**Lesson 3: Healthy Relationships Cont.**

- Speaker- ASAFTC
- Learning Objectives: Students will identify types of abuse, red flags and identify prevention strategies and resources for help.
- Curriculum- Safe Dates and Centerstone

**Lesson 4- Healthy Relationships Cont.**

- Speaker- ASAFTC
- Learning Objectives: Instruction will include strategies for abstinence, maintaining respect for self and others such as communication, consent, assertiveness, and recognition of personal boundaries.
- Curriculum- Safe Dates and Centerstone

### **Lesson 5 - Human Trafficking**

- Speaker- ASAFTC
- Learning Objectives: Students will learn warning signs of human trafficking as well as updated facts and statistics pertaining to Tennessee and the United States.
- Curriculum: Currently there is not a curriculum available, however facts and statistics will be pulled from the Tennessee Bureau of Investigation TBI and tn.gov

### **Lesson 6 - Social Media and Internet Safety**

- Speaker- ASAFTC
- Learning Objectives: Students will learn how to be safe and responsible online, and learn how to identify potential hazards associated with technology and apply online personal safety guidelines.
- Curriculum: Centerstone

### **Lesson 7- Contraception 11/9 - 11/11**

- Speaker- ASAFTC
- Learning objectives: Abstinence will be emphasized as the only 100% effective method for preventing pregnancy. Instruction will include information on barrier, hormonal, and surgical contraception methods. Community resources for contraception will be identified.
- Curriculum: Centerstone, and medically accurate information shared from CDC

### **Lesson 8- Sexually Transmitted Infections**

- Speaker- ASAFTC
- Learning Objectives: Instruction will include review of bacterial, viral and parasitic STIs as well as prevention, transmission, diagnosis, and treatment. Abstinence will be emphasized as the only 100% effective method for preventing sexually transmitted infections. Abstinence from intravenous drug use and use of condoms and use of pre-exposure prophylaxis (HIV prevention) as a means of prevention will also be presented.
- Curriculum: Centerstone

## **Lesson 10 - Anatomy and Self Exams**

- Speaker- ETSU Pediatrics
- Learning Objectives: Students will learn human reproductive anatomy and physiology and learn the process of ovulation, fertilization, and conception. Students will also learn medically accurate information about menstruation, proper use of feminine hygiene products as well as personal hygiene. Students will also learn the importance of routine check ups with a physician as well as disease prevention through self examination such as breast and testicular exams.
- Curriculum: Developed by ETSU Pediatrics Adolescent Pediatricians

## **Lesson 11 - Pregnancy**

- Speaker- ETSU Pediatrics
- Learning objectives: Instruction will include signs and symptoms of pregnancy, importance of preventing teen pregnancy, stages of pregnancy, fetal development, stages of childbirth, and birthing options. Topics will include preconception and prenatal care, and effects of substance use on pregnancy and fetal development including neonatal abstinence syndrome. Abstinence will be emphasized as the only 100% effective method of pregnancy prevention. Instruction will include roles of the mother and father during pregnancy and birth. Community resources for pregnancy testing and further information are identified.
- Curriculum: Developed by ETSU Pediatrics Adolescent Pediatricians

### **Curriculum descriptions:**

**Safe Dates:** This curriculum is an evidence-based program that helps teens recognize the difference between caring, supportive relationships and controlling, manipulative or abuse relationships. The program offers updated statistics and facts as well as handouts and activities to get teens talking about healthy dating relationships. A hard copy of this curriculum is available for review upon request.

**Centerstone:** This curriculum is a toolkit with lessons on puberty, cost of raising a child, Sexually Transmitted Infections, Healthy Relationships, and more. This curriculum can be reviewed online at

[https://centerstone.org/wp-content/uploads/Centerstone\\_Teen\\_Sexual\\_Health\\_Education\\_Toolkit.pdf](https://centerstone.org/wp-content/uploads/Centerstone_Teen_Sexual_Health_Education_Toolkit.pdf)