

Worth the Wait® Sex Education Curriculum and Teen Dating Violence

HB 121: Mandate concerning Dating Violence Awareness and Prevention

6th Grade Curriculum (Revised edition, 2008).

Lesson 1: Positive Personal Character Traits and Emotional Needs

(Recognizing the emotional needs of teens; identifying positive personal character traits in healthy relationships.)

Lesson 6: Healthy Relationships with Family and Peers

(Benefits of abstinence until marriage; identifying characteristics of healthy relationships with family and peers.)

Lesson 7: No Thank You! Mastering Refusal Skills

(Developing strategies for refusing to participate in unsafe behaviors; demonstrating the use of these refusal skills by role-playing; identifying risky behaviors and their relationship to teen sexual activity.)

Lesson 8: Media and Its Influence

(Identifying negative influences of media and developing self-limiting boundaries to protect oneself. This portion includes keeping a media diary.)

Lesson 9: Sexual Abuse

(Discusses the unfortunate reality, definitions and important numbers to remember; recognizing potentially dangerous situations and developing strategies for avoiding these types of situations; identifying techniques used to entrap victims of sexual abuse.)

7th Grade Curriculum (Revised Edition, 2008).

Lesson 1: Emotional Needs and Positive Personal Character Traits

(Identifying teens' emotional needs and who usually meets those needs; identifying the positive personal character traits that help promote well-adjusted, healthy individuals and healthy friendships.)

Lesson 2: Friends and Marriage

(Identify the different levels of friendships and the significant aspects of friendships including boundaries, trust, respect, and communication.)

Lesson 5: Why do some Teens have Sex?

(Identifying pressures and motivations toward risky behaviors; developing counterarguments for the reasons some teens have sex.)

Lesson 6: Sexual Offenses

(Facts about sexual assault, date rape drugs, sexual harassment, and concrete suggestions as to what to do about it; recognize the need to tell a trusted adult if sexual harassment or sexual assault has occurred or might occur.)

Lesson 7: Body Language, Attire, and Emotional Needs

(Discusses media influences, emotional stress, and healthy ways to meet emotional needs.)

Lesson 8: Risky Behaviors and Decision Making

(Identifying risky behaviors and identifying steps of healthy decision-making.)

Lesson 9: Refusal Skills

(Developing and practicing refusal skills through hypothetical situations and role playing.)

Lesson 10: Making Good Choices!

(Overview of strategies such as goal-setting, making a plan, and standing firm that contribute to an adolescent's ability to make good choices regarding sex.)

8th Grade Curriculum (revised edition, 2008)**Lesson 1: Teens' Emotional Needs**

(Reviewing emotional needs and their importance in healthy relationships. Recognizing how meeting emotional needs for others aids in the meeting of those needs for oneself.)

Lesson 7: Sex and the Law: Texas

(Legal implications regarding teen sexual activity; sexual abuse and the importance of reporting it; construct an action plan to deal with sexual pressure.)

Lesson 8: Goal Setting

(Applying refusal skills and setting sexual limits in problem situations; Identifying long-term life goals by designing a life map depicting the future.)

Lesson 9: Peer Pressure

(Acknowledging how not dealing well with peer pressure can lead to poor decisions.)

Lesson 10: Relationships and Marriage

(Relating positive personal character traits to their benefits in relationships with friends, family, and a future marriage; identifying the qualities of a good spouse in a healthy marriage; and recognizing the benefits of a family unit.)

High School Curriculum (revised edition, 2008)

Section 1: Let's talk about character development

(Identifying emotional needs and positive personal character traits; recognizing the significance of healthy relationships; enriching parent-child and family communication.)

Section 2: Developing Lifetime Skills

(Distinguishing among assertive, aggressive, and passive responses; learning to respond assertively to peer pressure; studying and practicing good communication and listening skills and the importance of dress and body language in making a good impression; developing long-term and short-term goals; identifying the steps for decision-making; discusses how to deal with peer pressure and importance of evaluating the risks involved in any situation.)

Section 3: You Decide

(Reviews teens' emotional needs and positive personal character traits; utilizes various refusal skills as a response to peer pressure; understand the way different friends respond to risky situations and which friends are good influences and which ones are not; realize there are many risky behaviors which need to be avoided.)

Section 4: Teens, Sex, and the Law

(Reviews legal implications regarding teen sexual activity, and discusses sexual assault and steps for prevention; recognizes risky behaviors, their consequences, and personal risks.)

Section 7: Risky Behaviors and You

(Teaches why and how risky behaviors can bring about negative outcomes; study statistics and facts which relate to alcohol, drugs, smoking, body piercings/tattoos, obesity, eating disorders, and violent music; activities and discussions which help to internalize the reasons why risky behaviors are considered unhealthy and can introduce other risky behaviors.)

Section 8: Developing Healthy Relationships

(Evaluates dating and healthy dating practices by examining various kinds of love; reviews personal reasons to commit to abstinence, the benefits of marriage and identifies the stages of intimacy.)