

Thrive Objectives and Daily Outline

Session One: Good Character is the Foundation for Success

Objectives:

- **State why this course applies to all students**
- **State the importance of creating goals and a plan to reach them**
- **Determine the qualities of good character and how it aids in reaching goals**
- **Discuss how one's character affects decision making, reputation, and ability to reach goals**
- **Determine that self-control is key to reaching goals**

Students will:

- **Take "Strength Finder Test" (personal strengths/gifts assessment)**
- **Assess the lives of famous individuals and determine how they earned their reputation**
- **Determine benefits of whole person health**
- **Discuss the impact of "split second" decisions and their lasting effects**
- **Follow along in class with student notes that reflect teaching, discussion and Power Point**
- **Homework assignment: "Guidelines for safe dating" With a parent, determine your family's guidelines for dating and an escape plan if you are found in an uncomfortable or unsafe situation.**

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Session Two: Abstinence-What's the Big Deal?

Objectives:

- **Determine the benefits of abstinence and the possible physical, emotional, mental and social consequences of sexual activity outside of marriage**
- **Recognize common STD/STI differences, causes, symptoms, and cures**
- **State what "safe sex" truly means**

Students will:

- **Learn what is considered "risky" sexual behavior**
- **Understand the importance of equally balancing physical affection and commitment**
- **Discuss how sex affects our whole person (mentally, emotionally, socially) not just physically**
- **View Power Point slide show containing photos and information about common STDs/STIs**
- **Participate in a demo using a bullet proof vest. "Is it really safe?" It's not that simple**
- **Review that condoms are not "safe sex" but rather, "less risky sex" as was shown in the demonstration using a bullet proof vest**
- **Participate in a test tube activity that will demonstrate that abstinence is the only 100% effective means of preventing STDs/STIs**
- **Homework Assignment: "What Do You Think?" Students access their current life choices to determine what might throw them off course on their goal to remain abstinent until marriage.**

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Session 3: Understanding Media Influence & Peer Pressure

Objectives:

- **Determine how and why the media targets teens**
- **Discuss messages that are given by media**
- **State possible consequences of exposure and indulgence in harmful media messaging**
- **Investigate the risks of viewing pornography**
- **Define “human trafficking” and discuss ways to stay safe**

Students will:

- **Learn why media targets them and about the current messages in Pop Culture**
- **Determine the negative effects of human objectification**
- **Consider the scientific research concerning pornography’s effects on the brain and behavior**
- **Discuss ways boundaries can protect from negative pressures, guilt, and regret**
- **Watch video that defines human trafficking and teaches ways to stay safe**
- **Homework assignment: “Creative Date Contest” Students are asked to compete in a contest to come up with the most creative date. Dates must be fun yet not allow for any pressure to move up the steps of affection. Prizes are given out the following session.**

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Session Four: Boundaries and Relationships

Objectives:

- **Determine what healthy and unhealthy dating relationships look like**
- **Identify sources of help when dealing with any type of abuse**
- **Discuss how boundaries are essential in any healthy relationship**
- **State benefits of practicing abstinence in dating relationships**
- **Discuss pressures and consequences of sexting**

Students will:

- **Understand various types of boundaries and how they protect and maintain healthy relationships**
- **Identify the “red flags” of relationship abuse and understand the steps for avoiding and handling any type of abusive situations**
- **Examine lives of teens that compromised their standards with devastating results**
- **Determine ways to reduce the pressure to sext**
- **View a demo revealing the importance of “what’s on the inside”**
- **Submit anonymous questions and comments to be answered and discussed on day five**
- **Homework Assignment: “Deal Breaker Checklist” Students will make a list of what is important to them personally and what is a deal breaker in a dating partner**

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Session Five: Steps to Successfully Reach a Goal of Abstinence

Objectives:

- **Determine that abstinence is a worthwhile and achievable goal**
- **State the importance of having a dating partner with similar standards and values**
- **Explore sources of help if faced with an unplanned pregnancy**
- **Define “consent” and realize the importance of respect**

Students will:

- **Compete in a game show to see what they remember from previous lessons and receive prizes**
- **Listen as questions are answered: Instructor led, open discussion is encouraged**
- **Determine benefits of expecting respect from a dating partner and showing respect to a dating partner**
- **Understand that anyone can choose a lifestyle of abstinence, regardless of past experiences**
- **Explore the 8 Myths About Adoption**
- **Participate in drawing for an Alive and Well t-shirt.**
- **Receive information about free counseling services including pregnancy tests and help, STD/STI testing, and help for abuse.**