



Healthy Relationships. Thriving Families. Stronger Communities.

Project H.O.P.E. Middle School Curriculum Outline

<u>Lesson</u>	<u>Objective</u>
Basic Needs of the Heart	- <i>To help students evaluate the condition of their heart.</i>
Are You Enough	- <i>To assure students of their worth and value regardless of merit, performance, or appearance.</i>
What's So Special About Me	- <i>To help students recognize their unique gift and character qualities.</i>
Essentials of Friendship	- <i>To teach students the 10 essentials of friendships so they can determine if their friendships are healthy or unhealthy.</i>
Toxic Friendships	- <i>To teach students to identify the warning signs of toxic friendships.</i>
How Do You Feel Loved?	- <i>To help students discover their primary and secondary love languages.</i> - <i>To help them understand how someone gives and receives love.</i>
Obstacles to Success: Fact or Fiction	- <i>To clarify myths and rumors about the effects of drugs, alcohol, and tobacco.</i> - <i>To give necessary facts and information to promote healthy choices.</i>
Communicating Effectively	- <i>To help students learn the tools to communicating effectively.</i>
"Move If" Overcoming Peer Pressure	- <i>To demonstrate the power of peer pressure in adolescent culture.</i> - <i>To help empower students to avoid negative peer pressure and encourage self-confidence.</i>
Friendships and Boundary Setting	- <i>To help students be able to articulate the benefits of setting boundaries.</i> - <i>To reveal that sometimes friendships must end.</i> - <i>To encourage students to become more assertive when setting boundaries.</i>
Future Dreams and Goals	- <i>To set goals for Whole Person Health by incorporating the lessons learned in REAL Essentials.</i>
Internet and Texting	- <i>To allow students to better comprehend the impact of the Internet with respect to developing relationships.</i> - <i>To alert students to the potential problems with online relationships.</i>
"Shark Attack" Internet Safety	- <i>To educate and inform students about some of the dangers on the Internet.</i> - <i>To teach skills and give tools that will help navigate the Internet safely.</i>
Head, Heart and Feet	- <i>To evaluate the session at its conclusion.</i>