

13 Themes	ESTEEM Curriculum: 7 th Grade EQUIP Workbook
<p>Theme A Purpose is to teach the social, psychological, and health gains to be realized by abstaining from sexual activity.</p>	<p><u>Description with page numbers:</u> pg 6, "My Life Road Map" long and short term goals; pg 76, "Individual Contract." <u>Games:</u> "Dreams". Pg 8, Activity discussing ones commitment to dreams and goals. <u>Educational Incentives:</u> 1. Keep on Track Bookmark- the bookmark is something that each student will receive in order to be reminded of their goals. 2. Individual Contract- a contract that each student signs that describes why abstinence is the best decision for them. <u>Parent Activity:</u> Students will take home questions to discuss dreams, goals, and the importance of these items for the students' future, discuss with parents way that they can remain abstinent.</p>
<p>Theme B1 Abstinence from sexual activity is the expected standard for all school age children.</p>	<p><u>Description with page numbers:</u> pg 42, Sexual Abuse; pg 48, Feeling the Squeeze; pg 70, "Freedom w/Friends" Character Statement. <u>Games:</u> pg 8, "Respect Game," Teach how to treat other with respect, how you want to be treated is how we treat others, and how it feels to be disrespected. <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Students will discuss peer pressure, boundaries, and advice on waiting to have sex until marriage.</p>
<p>Theme B2 Returning to abstinence for teens who have engaged in sexual activity by abstaining from further sexual activity.</p>	<p><u>Description with page numbers:</u> pg 9, Renewed Abstinence definition; pg 10, 32, & 40, Character Statements; pg 30, "It won't happen to me – Amanda's Side" Story. <u>Games:</u> pg 22, "Word Match." <u>Educational Incentives:</u> Individual Contract. <u>Parent Activity:</u> Students will discuss with parents, views and beliefs about pre marital sex.</p>
<p>Theme C1 Abstinence is the only way to prevent out of wedlock births.</p>	<p><u>Description with page numbers:</u> pg 34, "What if we get Pregnant"; pg 28, "Condom Crackdown"; pg 38, 'Case in Point." <u>Games:</u> N/A <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Discuss life changes caused by teen pregnancy.</p>
<p>Theme C2 Teaches that abstinence is the only way to avoid STDs, harmful physical effects, health gains realized by abstaining until marriage.</p>	<p><u>Description with page numbers:</u> pg 23-37, "STD fill in the blank" Fill in the blank with health consequences; <u>Games:</u> pg 29, "Brainiac Quiz." <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Discuss with parents STD's during their youth, other consequences of pre marital sexual activity.</p>
<p>Theme D1 Sexual activity is reserved for a monogamous marriage relationship; fidelity, love and commitment are associated with a loving, healthy marriage.</p>	<p><u>Description with page numbers:</u> pg 28, consequences of pre marital sex; pg 35, positive reason for choosing abstinence until marriage; pg 72, "Free to be Me" Dating Relationships; pg 73, "Have your Cake"; pg 77, Sex does not = Love; pg 83, wedding day discussion. <u>Games:</u> Pg 74, "Soaring High." <u>Educational Incentives:</u> 1. Individual Contract; 2. ESTEEM Sticker- each student will receive a sticker that says: Encouraging Students To Embrace Excellent Marriage, promotion of Abstinence until Marriage. <u>Parent Activity:</u> Discuss with parents their views about marriage and advice about waiting until marriage to be sexually active.</p>
<p>Theme D2 Teaches human sexuality includes emotional and psychological aspects and is not only physical.</p>	<p><u>Description with page numbers:</u> pg 28, Emotional Consequences Word Scramble; pg 31, "Steve's Side" Story. <u>Games:</u> Pg 28, "Word scramble" (emotional consequences). <u>Educational Incentives:</u> N/A</p>

	<u>Parent Activity:</u> Discuss emotional consequences of pre marital sexual activity.
Theme E1 Teaches the harmful effects of consequence of non marital sex; psychological gains of abstaining from sexual activity.	<u>Description with page numbers:</u> pg 30, "Amanda's Side"; p 28, "Besides the health risks." Teacher Quiz Lesson 6, question 6. <u>Games:</u> pg 67, "My Boundaries and Emotional Needs" Class discussion. <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Pg 32, question 2.
Theme E2 Teen sexual activity can have harmful effects, ex. Decrease school completion, decrease income, etc.	<u>Description with page numbers:</u> pg 63, "Ask yourself these questions." Teacher Quiz 6, question 9. <u>Games:</u> pg 63, "Is it worth it" Class discussion. <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> pg 64, question 3.
Theme F1 Sexual activity outside of marriage can have consequences for future children. Children with-in a marriage have more benefits.	<u>Description with page numbers:</u> pg 39, "Describe what kind of future shay will have as the child of teen parents." <u>Games:</u> pg 34, "What if we get pregnant"; pg 39, "How much does it really cost?" <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> pg 40, question 2.
Theme F2 Potential beneficial effects of marriage to the well being of society; out of wedlock births can have harmful effects for child's parents and society as a whole.	<u>Description with page numbers:</u> pg 35, "What about girls"; Pg 36, "What about the guys"; Teacher Quiz 4, Questions 1, 2, 3, 4, 5. <u>Games:</u> pg 38, "A day in Jamie's Life." <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> pg 40, question 1.
Theme G1 Importance of goal setting and future orientation in relation to sexual abstinence; character development; value of relationships that are free from sexual activity.	<u>Description with page numbers:</u> pg 6, Setting goals and learning the importance of goal setting; Pg 81, "Go for the Goal". Teacher Quiz 1, questions 3,9,10. <u>Games:</u> pg 80, "My Bike." <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> pg 10, questions 1 and 3; pg 84, questions 1, 2, 3.
Theme G2 Help youth to reject sexual advances and maintain the expected standard of being abstinence.	<u>Description with page numbers:</u> pg 67, "My boundaries and emotional needs"; Pg 69, "steps to saying no effectively." <u>Games:</u> pg 75, "Setting Boundaries." <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Pg 70, questions 2 and 3.
Theme G3 Drugs and alcohol can increase ones vulnerability to sexual advances; teaches skills for avoiding high-risk situations were sexual activity is more likely.	<u>Description with page numbers:</u> pg 62, "Nicole's Story". pg 64, "Character statement." <u>Games:</u> pg 61, "Dude, Where's My Word?" Word Find. <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> pg 64, questions 1 and 2.
Theme H Importance of attaining self sufficiency before engaging in sexual activity.	<u>Description with page numbers:</u> pg 82, "The big day"; pg 83, "Your wedding day will be very special..." <u>Games:</u> pg 82, "The Big Day"; pg 83, "Crossword Puzzle." <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> N/A