

13 Themes	ESTEEM Curriculum: 8 th Grade Explore Workbook
<p><u>Theme A</u> 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 53 Practicing self control ...can help you succeed in life. Pg 23 defines abstinence and speaks of STDs. Pg 24 abstinence is about protecting your future. Pg 31 Fathers make irreplaceable contributions to the lives of their children. <u>Games:</u> Blind Shot- everyone needs to know what their goals are before shooting into their future. <u>Educational Incentives:</u> Personal Creed on page 10 that they can fill in and cut out. <u>Parent Activity:</u> Parents are to discuss with teen's health gains abstinence can bring with teens.</p>
<p><u>Theme B1</u> Abstinence from sexual activity is the expected standard for all school age children</p>	<p><u>Description with page numbers:</u> Pg 6 & 7 sex is something to be enjoyed later in a marital relationship. Pg 28 If you are not having sex that is great because virginity rules. <u>Games:</u> Real or Fake pg 18, Take Aim pg 8, TV Magic Pg.15 <u>Educational Incentives:</u> Explore sticker - Explore with the proper the survivor tools - abstinence <u>Parent Activity:</u> Parents are to discuss what boundaries they expect out of the child when they start dating.</p>
<p><u>Theme B2</u> 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. 11 and 72 Defines renewed abstinence. Pg 23 reminds students that if they've made a mistake it's not too late to stop and commit to renewed abstinence. Pg 31teens thoughts on renewed abstinence. Pg 56, 59 and pg 91 importance of committing to renewed abstinence. <u>Games:</u> Reality Check Pg.26, Worth the Risk Pg.27 <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Parents are to discuss how teen parents have to work much harder.</p>
<p><u>Theme C1</u> Abstinence is the only way to prevent out of wedlock births.</p>	<p><u>Description with page numbers:</u> Pg 30 fear of pregnancy can be eliminated by an abstinent lifestyle. Pg 34 talks of reducing the risk and the benefits of abstinence. Pg 35 lists facts about teen pregnancy and reminder to wait. Pg 39 reminds students that abstinence is the only choice that can protect you from pregnancy 100%. <u>Games:</u> 20 choices Pg 32, Heads or Tails pg. 34 <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Parents are to discuss with their teen their feelings of teen pregnancy.</p>
<p><u>Theme C2</u> 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. 11, pg. 26 speaks of physical effects of STDs and the health gains of abstinence, pg 30 activity to understand condom failure rates and that abstinence lifestyle is best protection. <u>Games:</u> This Left Feels Right-teaches abstaining is the best in the long run. You and the Law Pg.36 <u>Educational Incentives:</u> Making My Safety Plan-an activity where they can fill in and cut out. <u>Parent Activity:</u> Parents are to discuss guidelines of dating with their child</p>
<p><u>Theme D1</u> 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 11sex outside of marriage may cause irreversible damage. Pg 14 statement from student of best gift for wedding night. Pg 53 difference between love and infatuation. Pg 58, 59, 85 and 88 benefits of waiting stated. Pg 80 facts and activity on marriage. Pg. 82 facts on cohabitation. <u>Games:</u> Infatuation vs.- Love pg 46, Healthy Relationship word scramble Pg. 73, Wedding Vow pg.77 <u>Educational Incentives:</u> Abstinence =Freedom bookmark <u>Parent Activity:</u> Parents are to discuss with their teen peer pressure to have sex.</p>
<p><u>Theme D2</u> Teaches human sexuality includes emotional and psychological aspects and is not only physical.</p>	<p><u>Description with Page numbers:</u> Pg 64 in a healthy relationship your partner should respect your wishes. pg 73 story of emotional struggle with sexual relationship. Pg 76 facts about depression and suicide. <u>Games:</u> 5 reasons activity pg.80, The Rating Game pg 13, Make Your Own Commercial pg.21 <u>Educational Incentives:</u> <u>Parent Activity:</u></p>
<p><u>Theme E1</u> Teaches the harmful effects and consequence of non marital sex;</p>	<p><u>Description with Page numbers:</u> Pg 65 story about depression and results of sexual activity. pg 72 lists 5 advantages of abstinence. Pg 14 your friend wants you to watch a rated x movie what should you do? <u>Games:</u> <u>Educational Incentives:</u> N/A</p>

psychological gains of abstaining from sexual activity.	<u>Parent Activity:</u> Parents are to create and discuss a family mission statement with teen.
Theme E2 Teen sexual activity can have harmful effects, ex. Decrease school completion, decrease income, etc.	<u>Description with Page numbers:</u> Pg 29 how STDs are spread. Pg 37 consequences for teen parents including lower levels of education, single parenthood, poverty. Pgs 42,43,44,45 -46 legal problems of pre-marital sex. <u>Games:</u> Legal Lingo crossword pg.36, fill in the blank pg. 38, Assess Your Risk pg. 56 <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Parents can come up with code words with teen to help keep them safe.
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 36 20 choices for your baby's future and how choices we make now will affect their future. Pg 37 consequences of children born to teen mothers. Pg 37 benefits of children born to parents who are married. Pg 44 facts about teenage parents not married <u>Games:</u> N/A <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Parents are to discuss why teens should remain abstinent and its benefits.
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 34 teenage pregnancy causes negative effects on teen parents as well as society. Pg 35 facts on teen pregnancy. Pg 36 an activity to communicate to teen that waiting to have children will benefit the child. Pg 39 others could suffer from a teen's decision to have sex. <u>Games:</u> What are the Consequences pg.33 a multiple choice activity, Why Wait pg.31 <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Parents are to discuss with teen how healthy marriages affect society.
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, 7, 9 planning ahead is the only way to gain what you want out of life. Pg 10 personal creed Pg 50 defines steps of friendships which is the first step in a relationship. Pg 54 teaches about understanding the differences between the sexes. Pg 58 getting serious to young complete by hinder goals <u>Games:</u> When I Grow Up pg. 7 <u>Educational Incentives:</u> Esteem Sticker <u>Parent Activity:</u> Parents and teens are to discuss how abstinence can help them reach their goals.
Theme G2 Help youth to reject sexual advances and maintain the expected standard of being abstinence	<u>Description with Page numbers:</u> Pg 53 explains about taking control of a relationship. Pg 55 has 5 ways to respond to pressures to have sex. Pg 56 teaches that it takes a more mature person to say no and Pg 59, 88,90 helps the student understand how self-control can help you succeed in life. Pg 91 abstinence pledge cards. <u>Games:</u> Dating 101 helps teens to decide between a chaste or risky date <u>Educational Incentives:</u> Abstain Cards pg. 83 <u>Parent Activity:</u> Parents are to discuss with youth how to get out of risky situations.
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 activity to understand risks can be physical, social or mental. Pg 63 difference between positive and negative risks. Pg 64 steps of staying in charge of a situation. Pg 65 how others can be affected if a student indulges in risky behaviors. Pg 22 how to stay safe on the internet. <u>Games:</u> Taking Risks pg. 57, S.T.E.P.S. helping them stay in charge pg.56 <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Parents are to share their feelings about alcohol and drug usage.
Theme H Importance of attaining self sufficiency before engaging in sexual activity	<u>Description with Page numbers:</u> Pg 6 In life, if you don't have a target and take action you will never achieve success. Pg 47 teaches about safety plans and code words for students to have with family. Pg 90 reminds teens about their goals and how abstinence can help reach them. <u>Games:</u> 6 Traits on future spouse pg. 81 <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Parents are to discuss with teen the greatest benefit of being married.