

13 Themes	ESTEEM Curriculum: 9 th Grade EMBARK 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 50 Knowledge is power & Abstinence is freedom, free from being a teen parent, free to achieve goals, free from worries about STD's, etc ; pg 58, 93 the benefits of marriage <u>Games:</u> Pg. 78 "Dimensions of Health & Wellness" exercise. Shows the health gains from being Abstinence. <u>Educational Incentives:</u> ESTEEM Sticker- that says: Encouraging Students To Embrace Excellent Marriage. <u>Parent Activity:</u> Parents are to discuss with teen's health gains that can be realized by choosing Abstinence.</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 49 Abstinence as the "Expected Standard" pg 94 marriage is the right time to have sex <u>Games:</u> Pg. 48 "Are You Ready To Be a Parent" helping students understand abstinence as a standard. <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Parents are to discuss what boundaries they expect out of the child when they start dating.</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 74 definition of renewed abstinence, pg 75 It is possible to stop having sex after having started, pg 75 poem speaks of returning to abstinence <u>Games:</u> Pg. 74 "Right Turns Only" lets students know that its never too late to do the right thing. <u>Educational Incentives:</u> Abstinence Pledge Card-provides a chance for teens to commit to remain abstinent or Return to an abstinent lifestyle. <u>Parent Activity:</u> N/A</p>
<p>Theme C1 Abstinence is the only way to prevent out of wedlock births.</p>	<p><u>Description with page numbers:</u> pg 41, 42 abstinence to avoid unplanned pregnancy; pg 50 discussion on remaining abstinent is a guarantee that you will not have a baby as a teen. <u>Games:</u> Pg 36 Students take a Quiz discussing facts about teen pregnancy. Can I get pregnant the 1st time? <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Parent questions discussing the cost of and schedule when raising a child</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 26 STD questions; pg 27, 28 STD chart showing the symptoms and consequences; pg 30(birth control chart) –chart shows the failure rate of different forms of birth control. <u>Games:</u> Pg. 25 Activity listing NO, LOW, and HIGH Risk behavior. Abstinence, the only activity with NO Risk. <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Parent questions discussing HIV and their opinion about sexually transmitted disease?</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 58, 91, 93 Joe and Tina Describes two young people; overcame pressure to have sex and waited, later married each other and enjoyed the benefits of unnecessary baggage. pg 56 pg 57 married couples happier than cohabitating couples <u>Games:</u> Dating Game-Fact - you cannot always tell if a person is healthy by the way they look. <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Parent questions discussing the right age of marriage, ingredients of a successful marriage And how to choose the right marriage partner</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 38 pregnant teens-can be time of crisis/chaos; pg 50 possible worries of sexually active teens; pg 75 teens more vulnerable to depression if sexual active. <u>Games:</u> Pg. 54 "About my Date" explains the emotional aspects of sexuality, and that its not just physical. <u>Educational Incentives:</u> N/A <u>Parent Activity:</u> Parent questions discussing emotional consequences of sexual activity.</p>
<p>Theme E1 Teaches the harmful effects of consequence of non marital sex; psychological gains of abstaining</p>	<p><u>Description with page numbers</u> pg. 27,28, pg 31 Sexual Exposure Chart; pg. 32 John's Story- a story about a young man who is engaged but has HIV. pg. 50 paragraph describing depression/ guilt after premarital sex; <u>Games:</u> The Progressive Game- shows how fast physical relationships can progress without boundaries. Teaches students how to set proper boundaries in dating.</p>

from sexual activity.	<u>Educational Incentives:</u> EMBARK Bookmark <i>"My Goal Is Self Control"</i> <u>Parent Activities:</u> Students are to discuss with parents some of the freedoms you enjoy by waiting.
Theme E2 Teen sexual activity can have harmful effects, ex. Decrease school completion, decrease income, etc.	<u>Description with page numbers</u> _pg. 6 "Plotting your Course" discusses how choices you make today can have a drastic impact on your future Pg.7 Activity listing negative effects of present & future choices. <u>Games:</u> N/A <u>Educational Incentives:</u> N/A <u>Parent Activities:</u> Students are to discuss with parents how sex before marriage can hinder future college plans and earning potential.
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. Paragraph discussing the impact on a child born to a teen parent. True or False quiz. Pg. 37 Health risk of children born to teen mothers. SBS – Shaken Baby Syndromes. Pg. 40 activity listing things a teen mother would like to give her child. <u>Games:</u> Pg.42 activity listing the four choices you have by becoming a teen parent. Marriage, adoption, et <u>Educational Incentives:</u> EMBARK_ Sticker <i>"Don't Lose.... Choose The Right Shoes-ABSTINENCE"</i> <u>Parent Activities:</u> N/A
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. 38 discusses the economical responsibility of raising a child. Pg. 42 Activity showing the impact of teen pregnancy on their social life. <u>Games:</u> N/A <u>Educational Incentives:</u> N/A <u>Parent Activities:</u> Students will take home questions to be discussed with parents concerning the effects of teen pregnancy on the parents, child and 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 "Plotting Your Course" discusses how goal setting can help you to remain abstinent. Pg. 85 Staying Safe & Setting Boundaries. Pg. 93 Waiting for the Right One. (Goal Setting) <u>Games:</u> Pg. 86 "Compatibility Test" helps to clearly defines your goals verses your future spouses goals. <u>Educational Incentives:</u> Abstinence Gift Card- to be given to future spouse on wedding day. <u>Parent Activities:</u> Students are to ask parents to offer some good suggestions on future goals
Theme G2 Help youth to reject sexual advances and maintain the expected standard of being abstinence	<u>Description with page numbers</u> _Pg. 14 "Follow Your Standards" Discusses the importance of standing up to peer pressure. Pg. 15 "Body Language Speaks Louder Than Words" (Refusal Skills) <u>Games:</u> Pg. 84 Activity teaching students how to avoid "negative" dating relationships. <u>Educational Incentives:</u> N/A <u>Parent Activities:</u> Students are to discuss with parents creative ways to say no to sexual advances.
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. 66 Facts on club and date Rape drugs, how drugs/alcohol can be used to aide in sexual assault. Pg 67 "How to protect Yourself From Being A Victim" learn about precaution steps. <u>Games:</u> N/A <u>Educational Incentives:</u> N/A <u>Parent Activities:</u> Discussion with parents the negative effects of alcohol and drugs on sexual behavior. What consequences might happen to me if you found out that I was doing drugs, smoking, or drinking?
Theme H Importance of attaining self sufficiency before engaging in sexual activity	<u>Description with page numbers</u> _Pg. 6 Students learn how focusing on goals can help them to remain abstinent until marriage. Pg. 62 "How To Protect My Future" encourages students to surround themselves with people who share their values and beliefs. <u>Games:</u> Crossword puzzle; creative dating ideas. Helps teens to take responsibility of their dating relationship <u>Educational Incentives:</u> N/A <u>Parent Activities:</u> Students are to discuss with their parents ways they can build a positive self-image.