

How To Use This Program

Workshop Helpers

- Participant Sign-In Sheet
- My Commitment
- Group Rules
- Teen Pregnancy Attitude Scale Pre-Test
- Teen Pregnancy Attitude Scale Post-Test

Developing Your Sense of Worth

Developing Your Sense of Worth Lesson Plan

ACTIVITY 1: "Mirrors: The Reflection from Family" ACTIVITY 2: "Media Shots" ACTIVITY 3: "Mirrors: The Reflection from Others" ACTIVITY 4: "Where Are Your Standards?"

Developing Your Sense of Worth Workbook

Developing Your Sense of Worth PowerPoint Slides

What About Boundaries?

What About Boundaries Lesson Plan

FACILITATOR ACTIVITY 1: "Space Tester!" ACTIVITY 2*: "Do I Own It?" ACTIVITY 3: "Boundary Crossing" ACTIVITY 4: "Plan B"

What About Boundaries Workbook

What About Boundaries PowerPoint Slides



*Answer sheet included.



Saying What You Feel

Saying What You Feel Lesson Plan

ACTIVITY 1: "What Are Your Values?" ACTIVITY 2*: "What's Your Style?" ACTIVITY 3*: "Using I-Messages" ACTIVITY 4*: "What's The Plan?"

Saying What You Feel Workbook

Saying What You Feel PowerPoint Slides

Dating and You

Dating and You Lesson Plan

ACTIVITY 1: "Club U!" ACTIVITY 2: "Actions Speak Louder Than Words" ACTIVITY 3: "You're Hired!" ACTIVITY 4: "Riding Solo"

Dating and You Workbook

Dating and You PowerPoint Slides

When Dating Goes Bad

When Dating Goes Bad Lesson Plan

ACTIVITY 1: "Cookin' Up Healthy Relationships" ACTIVITY 2: "Is This Ok?" ACTIVITY 3: "Dating Red Flags" ACTIVITY 4: "Playing Detective"

- When Dating Goes Bad Workbook
- When Dating Goes Bad PowerPoint Slides



*Answer sheet included.



Your Sexual Health

Your Sexual Health Lesson Plan

ACTIVITY 1*: "Pregnancy True/False Questionnaire" FACILITATOR ACTIVITY 2: "Condom Demonstration" ACTIVITY 3: "I've Got Some Bad News For You" ACTIVITY 4: "Sex Pros and Cons"

- Your Sexual Health Workbook
- Your Sexual Health PowerPoint Slides

Talking About Sex

Talking About Sex Lesson Plan

ACTIVITY 1: "What Are Your Sexual Limits? ACTIVITY 2: "Am I Ready?" ACTIVITY 3: "What Can We Do Instead?" ACTIVITY 4*: "Refusal Skills"

- Talking About Sex Workbook
- Talking About Sex PowerPoint Slides

Oh Baby! The Consequences of Teen Pregnancy

Oh Baby! The Consequences of Teen Pregnancy Lesson Plan

ACTIVITY 1: "Picture Your Future" ACTIVITY 2: "Baby Takes a Cut of Your \$\$\$ ACTIVITY 3: "Back to the Drawing Board" ACTIVITY 4: "My Path, My Plan"

- Oh Baby! The Consequences of Teen Pregnancy Workbook
- Oh Baby! The Consequences of Teen Pregnancy PowerPoint Slides



*Answer sheet included.