

## LIFeguard Program™ *Search and Rescue*

### Curriculum Overview (Copies of the curriculum are located in school office)

#### **Module 1: Decision Making**

*Goal: Educate the students on the history regarding sexual and relational health, how their brain reacts to a decision to engage in high risk behavior, how their character plays a role in the decisions they make; to provide tools and exemplify decision making skills and problem solving regarding their sexual and relational health.*

The Rules Have Changed  
Character Counts  
Decision Making: Part One  
Your Brain and Sex  
Decision Making: Part Two

#### **Module 2: Love**

*Goal: Educate on the progression of relationships, how to identify healthy vs. unhealthy relationships; to provide tools to help analyze the relationship between healthy expression of emotions, mental health, and healthy behavior.*

Intimacy Levels  
Sex and Your Brain (Snared and Trapped)  
Traits of Healthy & Unhealthy Relationships  
What is Love?  
Pick a Good One  
Isolation Garb

#### **Module 3: Risks/Consequences**

*Goal: Educate students on the consequences of sexual activity and the risks involved; STD symptoms, contraceptives and their effectiveness; to provide an opportunity for students to analyze wellness, disease prevention, and recognition of symptoms.*

Swimming with Sharks Video  
Kiss of Death  
STD Preface / STD PowerPoint  
FDA Contraceptives PowerPoint  
Doctor Question/Answer Section

#### **Module 4: Boundaries**

*Goal: Educate students on the extent of sexual exposure, what boundaries are and why they are necessary, that they can change their behavior and retrain their brain, if they have made previous high risk decisions; to provide tools to help them incorporate refusal skills as well as understand healthy and effective interpersonal communication and relationships.*

Sexual Exposure / Each One Teach One  
Sexual Progression  
Renewed Virginity  
Destination: Goals and Dreams  
Refusal Skills  
Tootsie Pops

#### **Module 5: Refusal Skills**

*Goal: To practice the refusal skills taught on day four, educate them in regards to sexual predators, educate them on the media and marketing influence in regards to the truthfulness in the messages they are portraying; to provide tools that will help them recognize and escape a dangerous situation.*

Disarming Sexual Predators  
True or False  
Jeopardy Vocabulary Review

#### **LIFeguard Program™ Conclusion for Students**

*Goal: To recap the education that was given throughout the week. To reinforce the fact that there is only one 100% way to eliminate the consequences of high risk behavior and that it is their responsibility to protect their sexual and relational health; encourage them to apply strategies that develop and maintain reproductive and sexual health.*