

LIFeguard Program™ Middle School

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

Module 1: Boundaries

Goal: Educate the students on what boundaries are and why they are necessary, that the choices they make now influence their future, that they can change their behavior if they have made previous high risk decisions; and how their character plays a role in the decisions they make, the media and marketing influence in regards to the truthfulness in the messages they are portraying. To provide tools to help analyze the relationship between healthy expression of emotions, mental health, and healthy behavior; understand healthy and effective interpersonal communication and relationships.

Time Line
Boundaries or Barriers
Check Your Baggage / Character Matters

Module 2: Love

Goal: Educate on the positive and negative effects of bonding as well as identifying healthy vs unhealthy relationships. To provide tools to help contrast characteristics of healthy and unhealthy relationships and analyze the relationship between healthy expression of emotions, mental health, and healthy behavior.

Achy Breaky Heart / Bonding
Date-itudes
Tootsie Pop
Definition of Love
Love vs. Infatuation
If...Then...

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, and apply strategies that develop and maintain reproductive and sexual health.

Choices & Consequences (STDs)
STD PowerPoint
Don't Sign Your Life Away

Module 4: Goals

Goal: Educate on the effects of individuals over time who engage in sexual activity outside of marriage, demonstrate how sexual harassment can escalate and encourage students to treat each other respectfully, and how to recognize bullying, cyber-bullying and sexual predators. To provide tools that will help them recognize and escape a dangerous situation and analyze the relationship between healthy expression of emotions, mental health, and healthy behavior.

Decision: Safe or Sorry?
Flirting vs. Sexual Harassment
Disarming Sexual Predators
Bullying, Cyberbullying, and Sexual Harassment

Module 5: Refusal Skills

Goal: To educate on and practice refusal skills and demonstrate that the decisions students make today affect their short and long term goals. To provide tools that will help them apply strategies that develop and maintain reproductive and sexual health.

Refusal Skills: Way to Say NO!
My Future Matters w/Poles
Review Questions w/ Candy Rewards

LIFeguard Program™ Conclusion for Middle School 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.