



Sexual Risk Avoidance Education Topics

Relationship Smarts PLUS 5.0 SRA

Required SRAE Topics	Relationship Smarts PLUS 5.0 SRA
Life skill building to support future goals and well-being (Topic A)	
<p>Personal Responsibility. Help youth recognize that their choices have short- and long-term consequences for themselves and others.</p>	<p>Lesson 1: Who Am I and Where Am I Going?</p> <ul style="list-style-type: none"> • 1.3 Being Yourself: Dealing with Pressure Situations <p>Lesson 2: Maturity and What I Value</p> <ul style="list-style-type: none"> • 2.4 What’s Important to Me? <p>Lesson 4: Principles of Smart Relationships</p> <ul style="list-style-type: none"> • 4.3 Seven Questions to Ask <p>Lesson 6: Breaking Up and Dating Violence</p> <ul style="list-style-type: none"> • 6.1 Breaking Up • 6.5 Draw the Line of Respect <p>Lesson 7: Decide, Don’t Slide! Pathways to Success</p> <ul style="list-style-type: none"> • 7.1 Sliding vs. Deciding and Personal Development • 7.2 Sliding vs. Deciding and Relationships • 7.3 A Low-Risk Deciding Approach • 7.4 Making Decisions <p>Lesson 8: Communication and Healthy Relationships</p> <p>Lesson 9: Communication Challenges and More Skills</p> <p>Lesson 10: Sexual Decision-Making</p> <ul style="list-style-type: none"> • 10.3 Am I Ready? • 10.4 Risks of Sliding—Benefits of Deciding • 10.5 Set Your Personal Line & Getting on the Same Page <p>Lesson 11: Pregnancy, STIs and HIV</p> <ul style="list-style-type: none"> • 11.4 My Personal Plan • 11.5 Pressure Situations, Refusal Skills & Exit Strategies <p>Lesson 12: Unintended Pregnancy Through the Eyes of a Child</p> <p>Lesson 13: Teens, Technology, and Social Media</p> <ul style="list-style-type: none"> • 13.5 Designing a Personal Policy • 13.6 Planning for Success
<p>Self-worth. Assure youth of their intrinsic worth, regardless of external traits or achievements. Build their feelings of self-respect by helping them reflect on what makes them unique, valuable, and</p>	<p>Lesson 1: Who Am I and Where Am I Going?</p> <ul style="list-style-type: none"> • 1.1 Possible Selves Tree • 1.2 My Friends and My Future • 1.3 Being Yourself: Dealing with Pressure Situations

<p>worthy of setting high expectations for themselves.</p>	<p>Lesson 2: Maturity and What I Value</p> <ul style="list-style-type: none"> • 2.1 Four Dimensions of Maturity • 2.2 Maturity—Where Are You? • 2.3 Clarifying Values • 2.4 What’s Important to Me? <p>Lesson 13: Teens, Technology, and Social Media</p> <ul style="list-style-type: none"> • 13.1 Constantly Connected—For Better and Worse • 13.2 Relationships in the Digital World • 13.4 Cyberbullying
<p>Goal setting and future planning. Introduce how to set short-term and long-term goals and identify steps to achieving goals and planning for likely challenges. Goals encompass various facets of youth’s lives, including academic, career and relationships.</p>	<p>Lesson 7: Decide, Don’t Slide! Pathways to Success</p> <ul style="list-style-type: none"> • 7.1 Sliding vs. Deciding and Personal Development • 7.2 Sliding vs. Deciding and Relationships <p>Lesson 11: Pregnancy, STIs and HIV</p> <p>Lesson 13: Teens, Technology, and Social Media</p> <ul style="list-style-type: none"> • 13.6 Planning for Success
<p>Decision making. Teach about healthy decision making, by having youth reflect on social norms, consequences, their intentions and beliefs, and how their actions related to sexual activity and other risk behaviors (such as alcohol and drug use) might influence their plans.</p>	<p>Lesson 7: Decide, Don’t Slide! Pathways to Success</p> <p>Lesson 10: Sexual Decision-Making</p> <p>Lesson 13: Teens, Technology, and Social Media</p> <ul style="list-style-type: none"> • 13.5 Designing a Personal Policy • 13.6 Planning for Success
<p>Self-regulation. Build youth’s self-regulation skills, or their ability to monitor and manage their thoughts, emotions, and behaviors to help them meet their goals and enhance their well-being.</p>	<p>Lesson 1: Who Am I and Where Am I Going?</p> <p>Lesson 2: Maturity and What I Value</p> <p>Lesson 3: Attractions and Infatuation</p> <p>Lesson 4: Principles of Smart Relationships</p> <p>Lesson 5: Is It a Healthy Relationship?</p> <p>Lesson 6: Breaking Up and Dating Violence</p> <p>Lesson 8: Communication and Healthy Relationships</p> <p>Lesson 9: Communication Challenges and More Skills</p>
<p>Advantages of refraining from non-marital sexual activity to improve future outcomes, enhance overall health, and avoid poverty (Topics B and C)</p>	
<p>Overall or optimal health. Explain the value of striving toward overall health and well-being, underscoring the connection between avoiding sexual activity and improving various dimensions of health. Help youth to see sexual avoidance as integral to reaching both their short-term and longer-term goals.</p>	<p>Lesson 7: Decide, Don’t Slide! Pathways to Success</p> <ul style="list-style-type: none"> • 7.1 Sliding vs. Deciding and Personal Development • 7.2 Sliding vs. Deciding and Relationships • 7.3 A Low-Risk Deciding Approach • 7.4 Making Decisions • 7.5 Pathways and Sequences Towards Success <p>Lesson 11: Pregnancy, STIs, and HIV</p> <ul style="list-style-type: none"> • 11.2 STIs and HIV Are for Real <p>Lesson 12: Unintended Pregnancy Through the Eyes of a Child</p> <ul style="list-style-type: none"> • 12.1 Child Looking for Family <p>Lesson 13: Teens, Technology, and Social Media</p>

	<ul style="list-style-type: none"> • 13.6 Planning for Success
<p>Physical/Sexual health. Provide medically accurate information about adolescent development and sexual health, including risks such as STIs and unplanned pregnancy. Information on contraception must make it clear to youth that contraception reduces but does not eliminate physical risk.</p>	<p>Lesson 11: Pregnancy, STIs and HIV</p> <ul style="list-style-type: none"> • 11.1 Test Your Sex Smarts • 11.2 STIs and HIV Are for Real
<p>Emotional health. Address emotional and mental health issues that might unduly influence youth’s decisions to engage in sex and might also be triggered by engaging in sex.</p>	<p>Lesson 6: Breaking Up and Dating Violence</p> <ul style="list-style-type: none"> • 6.1 Breaking Up • 6.2 Early Warnings and Red Flags • 6.3 Violence: Why It Happens, What Helps, Signs of Danger <p>Lesson 7: Decide, Don’t Slide! Pathways to Success</p> <ul style="list-style-type: none"> • 7.2 Sliding vs. Deciding and Relationships • 7.3 A Low-Risk Deciding Approach <p>Lesson 10: Sexual Decision-Making</p> <ul style="list-style-type: none"> • 10.3 Am I Ready? • 10.4 Risks of Sliding—Benefits of Deciding • 10.5 Set Your Personal Line & Getting on the Same Page
<p>Intellectual health and poverty avoidance. Explain the potential value of completing life milestones—such as earning a high school diploma, working full time, and/or getting married—before having children. If possible, help connect youth with opportunities for service learning, internships, job shadowing, and support on financial literacy and career planning.</p>	<p>Lesson 7: Decide, Don’t Slide! Pathways to Success</p> <ul style="list-style-type: none"> • 7.5 Pathways and Sequences Towards Success <p>Lesson 12: Unintended Pregnancy Through the Eyes of a Child</p> <ul style="list-style-type: none"> • 12.1 Child Looking for a Family • 12.3 Child Speak—Brighter Futures
<p>Social and spiritual health. Help youth recognize sources of individual and community support that are invested in their health and well-being. This subtopic might include, for example, tips for having difficult conversations with parents and referrals to community activities and organizations.</p>	<p>Lesson 1: Who Am I and Where Am I Going? Lesson 2: Maturity and What I Value Lesson 3: Attractions and Infatuation Lesson 4: Principles of Smart Relationships Lesson 5: Is It a Healthy Relationship? Lesson 6: Breaking Up and Dating Violence Lesson 7: Decide, Don’t Slide! Pathways to Success Lesson 8: Communication and Healthy Relationships Lesson 9: Communication Challenges and More Skills Lesson 10: Sexual Decision-Making Lesson 11: Pregnancy, STIs and HIV Lesson 12: Unintended Pregnancy Through the Eyes of a Child Lesson 13: Teens, Technology, and Social Media</p>
<p>Benefits of a healthy marriage. Discuss the characteristics of a healthy marriage. Explain the emotional, economic, and other potential</p>	<p>Lesson 7: Decide, Don’t Slide! Pathways to Success</p>

benefits of a healthy marriage, and discuss the value of avoiding sex until marriage.	
The importance of healthy relationships and their influence on the formation of friendships, romantic relationships, healthy marriages, and safe and stable families (Topic D)	
Trusted relationships with parents/adults. Address the importance of having a trusted adult to talk to and offer tips on how to approach conversations with trusted adults. Look for opportunities to engage parents and other adults (for example, teachers, coaches, community members) in some aspects of programming.	Each lesson in <i>Relationship Smarts PLUS</i> includes a Trusted Adult-Teen Connection activity. These activities are designed to provide conversation starters to nurture support and connection between each young person participating in the program and their parent and/or a trusted adult.
Healthy peer relationships. Teach interpersonal communication skills, boundary setting, conflict resolution, and other competencies to develop strong, healthy friendships and peer relationships.	<p>Lesson 8: Communication and Healthy Relationships</p> <ul style="list-style-type: none"> • 8.2 Patterns that Harm Relationships • 8.3 Angry Brains and the Power of Time Outs • 8.4 The Speaker Listener Technique—When Talking is Difficult <p>Lesson 9: Communication Challenges and More Skills</p> <ul style="list-style-type: none"> • 9.1 Complain and Raise Issues Effectively • 9.2 Hidden Issues Under Arguments • 9.3 A Problem-Solving Model • 9.4 Taking Care of Relationships
Healthy romantic relationships. Identify characteristics of healthy relationships (romantic and otherwise), and characteristics of unhealthy/abusive relationships.	<p>Lesson 4: Principles of Smart Relationships</p> <ul style="list-style-type: none"> • 4.1 Smart or Not-so-Smart? • 4.2 Seven Principles of Smart Relationships • 4.3 Seven Questions to Ask • 4.4 Three Sides of Love <p>Lesson 5: Is It a Healthy Relationship?</p> <ul style="list-style-type: none"> • 5.1 How Can You Tell? • 5.2 Unmet Needs and Unhealthy Relationships • 5.3 Having Fun • 5.4 Tips for Teens
Community Connections. Encourage youth (and provide opportunities or referrals) to engage positively with schools and communities through extracurricular activities, service opportunities, and internships, among others.	<p>Lesson 6: Breaking Up and Dating Violence</p> <ul style="list-style-type: none"> • 6.6 Sex Trafficking—Prevention
Avoidance of negative risk behaviors, such as drug and alcohol use (Topic E)	
Peer norms and behaviors. Address stereotypes about teen sex that are projected from peer and social environments. Share actual percentages of sexually active teens that normalize the avoidance of teen sex. Promote norms that increase the perceived value of marriage and the avoidance of sexual activity until marriage.	<p>Lesson 1: Who Am I and Where Am I Going?</p> <ul style="list-style-type: none"> • 1.3 Being Yourself: Dealing with Pressure Situations <p>Lesson 4: Principles of Smart Relationships</p> <ul style="list-style-type: none"> • 4.1 Smart or Not-so-Smart? • 4.2 Seven Principles of Smart Relationships • 4.3 Three Sides of Love <p>Lesson 10: Sexual Decision-Making</p>

	<ul style="list-style-type: none"> • 10.1 Let’s Talk About Sex • 10.2 What is Intimacy, Actually? <p>Lesson 11: Pregnancy, STIs and HIV</p> <ul style="list-style-type: none"> • 11.1 Test Your Sex Smarts • 11.2 STIs and HIV Are for Real • 11.3 Alcohol and Drugs—Increasing the Risks • 11.5 Pressure Situations, Refusal Skills & Exit Strategies
<p>Drug and alcohol use. Highlight negative consequences of drug and alcohol use, delinquency, and other negative risk behaviors. Share information to dispel myths about the incidence and social acceptability of teenage drug and alcohol use, discuss the links between drug and alcohol use and sexual activity, and connect youth with positive alternatives and opportunities.</p>	<p>Lesson 3: Attractions and Infatuation</p> <ul style="list-style-type: none"> • 3.3 The Chemistry of Attraction <p>Lesson 6: Breaking Up and Dating Violence</p> <ul style="list-style-type: none"> • 6.4 Sexual Assault <p>Lesson 10: Sexual Decision-Making</p> <ul style="list-style-type: none"> • 10.3 Am I Ready? <p>Lesson 11: Pregnancy, STIs and HIV</p> <ul style="list-style-type: none"> • 11.3 Alcohol and Drugs—Increasing the Risks
<p>Media use and influence. Examine and discuss media portrayals of sex in the media. Discuss how to safely navigate social media and avoid provocative texts, photos, and video postings of self and/or acquaintances.</p>	<p>Lesson 10: Sexual Decision-Making</p> <ul style="list-style-type: none"> • 10.1 Let’s Talk about Sex • 10.2 What is Intimacy, Actually? <p>Lesson 11: Pregnancy, STIs and HIV</p> <ul style="list-style-type: none"> • 11.5 Pressure Situations, Refusal Skills & Exit Strategies <p>Lesson 13: Teens, Technology, and Social Media</p> <ul style="list-style-type: none"> • 13.1 Constantly Connected—For Better and Worse • 13.2 Relationships in the Digital World • 13.3 Pornography—Informed Decision-Making
<p>Prevention of and support related to sexual coercion and dating violence (Topic F)</p>	
<p>Sexual consent. Define consent and develop skills related to asking for and providing consent to partners. Help youth understand that sexual activity requires consent, but that even with consent, teen sex remains a risk behavior.</p>	<p>Lesson 6: Breaking Up and Dating Violence</p> <ul style="list-style-type: none"> • 6.1 Breaking Up • 6.2 Early Warnings and Red Flags • 6.3 Violence: Why It Happens, What Helps, Signs of Danger • 6.4 Sexual Assault • 6.5 Draw the Line of Respect • 6.6 Sex Trafficking—Prevention
<p>Sexual coercion and dating violence. Build self-protective behaviors, such as effective communication, personal boundary setting, and negotiation and refusal skills when confronted with sexual decisions. Help youth recognize signs of sexual coercion and address the threat of human sex trafficking.</p>	<p>Lesson 6: Breaking Up and Dating Violence</p> <ul style="list-style-type: none"> • 6.1 Breaking Up • 6.2 Early Warnings and Red Flags • 6.3 Violence: Why It Happens, What Helps, Signs of Danger • 6.4 Sexual Assault • 6.5 Draw the Line of Respect • 6.6 Sex Trafficking—Prevention