CONTENTS

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.
CONTENTS

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.
CONTENTS

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.