

EXPLANATION OF CURRICULUM AND CONTENT



Reality Check Programs

RESOURCE FOR GRADES 6-12

Reality Check, Inc.

PO Box 759; Rogers, AR 72757

479-426-1519

9/1/2015

The context of Reality Check, Inc.'s programs is the elimination/avoidance of all **NEGATIVE** risk to achieve **OPTIMAL HEALTH** and well-being.

- Not merely the absence of disease.
- Physical Health
- Intellectual / Mental Health
- Emotional Health
- Social Health
- Spiritual Health

A **HOLISTIC** Approach to Optimal Health

- Holistic Health is a concept in medical practice that all aspects of people's needs including psychological, physical, and social should be taken into account and seen as a whole.
- Holistic should include:
 - Past History (sexual abuse, assault)
 - Current Realities (Unsafe or Unstable Environments)
 - Future Implications (Paths, Possibilities, Potential)

REALITY CHECK program content

- Puberty and Human Growth and Development
- Healthy & Unhealthy Relationships/Dating Violence
- Pregnancy, STD's and emotional consequences.
- Contraception
- Refusal Skills
- Decision-making skills, Self-Efficacy, Boundaries
- Benefits of Marriage/Poverty Prevention
- Character Education/Goal Setting, Future Focus
- Parent-child engagement.

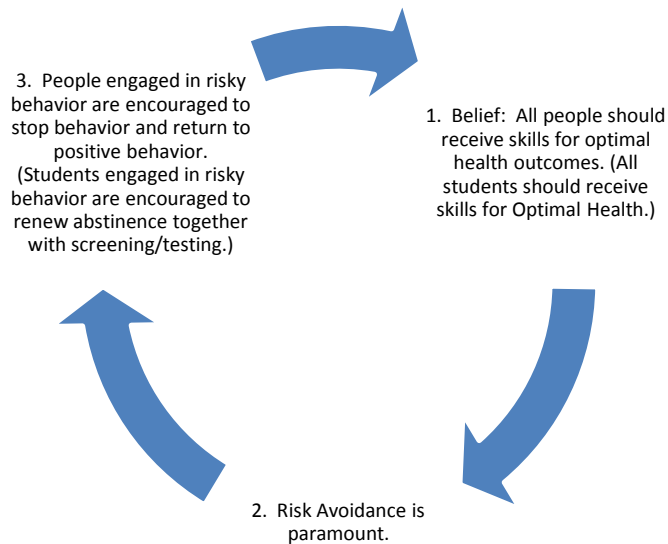
RISK IS NECESSARY

- Risk Behavior is necessary. Unhealthy risk is the issue:
 - Unhealthy risk has long-term consequences.
 - The earlier a risk behavior happens, the more likely it is to have a negative life-long consequence.

Reality Check utilizes a SRA approach

- Sexual Risk Avoidance (SRA):
 - Approach that encourages avoiding risk behaviors & elimination of all associated risks of those behaviors.
 - Risk includes ALL the negative consequences of sex
 - Avoiding all sexual risk is the surest way to achieve optimal health.
- Sexual Risk Reduction (SRR):
 - Approach that encourages reducing the risks associated with the risk behavior.
 - Risk primarily is limited to pregnancy and STD's

Accepted Public Health Model



Choosing the Best Way – 6th grade

Topic 1

Deciding on Your Future:

- Discuss decision making
- Learn the decision making process and practice it through games and role-play.
- Discuss the value of goal setting and practice setting personal goals.
- Character study: determination and how it relates to goals.

Topic 2

Figuring out Friendships and Relationships

- Discuss friendships.
- Determine the qualities that are part of a healthy friendship.
- Learn about healthy relationships: define crush, infatuation, love.
- Character Study: Respect

Topic 3

Avoiding Unhealthy Relationships

- Discuss traits of unhealthy relationships
- Build skills to prevent, identify, and/ or stop sexual abuse.
- Identify emotional needs and how to meet those needs in a holistic healthy manner.
- Discover ways to build self-esteem in a holistic healthy manner.
- Character Study: Self-Respect

Topic 4

Identifying the Risks

- Discuss the potential physical and emotional consequences of unhealthy risk behaviors regarding sexual choices.
- Discover facts about teen pregnancy

- Consider the emotional risks of teen sexual activity.
- Learn about Sexually Transmitted disease.
- Discuss risk avoidance vs risk reduction
- Character Study: Compassion

Topic 5

Learning How to Say “No”

- Learn and practice refusal skills.
- Review alcohol’s role in complicating the ability to exercise refusal skills.
- Learn how to set personal boundaries
- Practice how to respond to peer pressure and social media pressures.
- Develop and practice assertiveness skills within daily life and within social media
- Character Study: Courage

Topic 6

Choosing the Best Way

- Why choosing sex integrity (abstinence) is important
- Setting healthy choices
- Character Study: Making Healthy Choices

Choosing the Best Path – 7th-9th Grade

Topic 1

Introduction.

- Activity to raise awareness of personal value and value of choices concerning education, family, relationships, etc.
- Understanding perception vs. reality.
- Transition to value of personal integrity as it relates to sexual choices and identifying possible risks.
- Discuss emotional risks of sexual activity as it relates to brain chemistry.
- Use an activity with rocks and a backpack to demonstrate how choices can have an emotional effect that becomes "weight" in our future.

Topic 2

Physical risks of sexual activity.

- Brief/basic explanation of healthy function of the reproductive system.
- Explain common STD's and their impact on the reproductive system of males, females, including effects on infants. Chlamydia, Gonorrhea, HPV, Herpes, Trichomoniasis, and HIV.
- As time allows, utilize one or two activities that demonstrate how easily STD's may be spread by showing that when a person has sex with one person they are exposed to anything that person may have received from previous sexual encounters with others.
- Discuss Teen Pregnancy.
- Discuss condoms. Explain consistent/correct usage. Show chart of effectiveness of condoms in preventing pregnancy and STD's discussed.

Topic 3

Identifying Pressure

- Discuss Media Pressure
- Discuss Peer Pressure
- Explain Hormones. Explain true maturity vs immaturity actions/reactions/thoughts.
- Discuss Curiosity. Like hormones, there are mature and immature ways to respond.
- As time allows, discuss alcohol. If you have already, or will cover this subject then minimal time is spent here.

Topic 4

Relationships/Boundaries/Assertiveness

- Establish the difference between "love" and "sex".
- Utilize an activity to demonstrate the difference between love and infatuation.
- Explain sexual progression.
- Explain to how to be assertive in resisting pressure by understanding core values, setting boundaries, speaking up, using consistent body language, and making a choice.

Choosing the Best Journey – High School

Topic 1

Goals/Barriers

- Introduction
- Activity designed to help students understand that good or bad, their past does not have to define and determine their future. Understand the value of their choices.
- Understand the difference between dreams and goals.
- Activity to help students identify different blindfolds that may keep them from reaching their goals, including drugs and alcohol.
- Briefly discuss sexual abuse.

Topic 2

Physical Risks of Sexual Activity

- Understand that it is your choice as to who you surround yourself with in all areas of life.
- Understand the influence of those that do surround you and how they are affected by your choices.
- Discuss how teen pregnancy may affect those in other circles around you, in addition to your own dreams/goals. Pregnancy does not destroy dreams/goals, but may make them harder to accomplish.
- Discuss basic anatomy of reproductive system.
- Define STD's and sexual activity.

Topic 3

STD's

- Share CDC statistics on STD's
- Explain common STD's and their impact on the reproductive system of males, females, including effects on infants. Chlamydia, Gonorrhea, Syphilis, HPV, Herpes, Trichomoniasis, and HIV.
- As time allows, utilize one or two activities that demonstrate how easily STD's may be spread by showing that when a person has sex with one person they are exposed to anything that person may have received from previous sexual encounters with others.
- Share CDC information on condoms and contraception regarding effectiveness in preventing pregnancy and STD's discussed.

Topic 4

Relationships

- Discuss how emotions, infatuation, and sexual activity can "trap" a person in an unhealthy relationship.
- Explain the chemical bonding effect of the hormones Oxytocin and Vasopressin.
- Explain the difference between love and infatuation using an interactive visual.
- Give the "formula" for trusting another person in any type of relationship.

Topic 5

Media Pressure, Boundaries, Assertiveness

- Play game that demonstrates the need for effectively communicating your standards and receiving that same level of communication from someone that you are getting to know.
- Discuss personal communication via text and social media - risks and rewards.
- Discuss effect of mass media on personal decision making.
- Demonstrate how personal, situational, and location boundaries can be used to avoid negative risk behavior.
- Explain to how to be assertive in resisting pressure by understanding core values, setting boundaries, speaking up, using consistent body language, and making a choice.

Reality Check, Inc.

Lizabeth Bryant
Executive Director

PO Box 759
Rogers, AR 72757

E: lizabeth.bryant@gmail.com
P: 479-426-1519