

# **Unit & Lessons include**

(but are not limited to):

## **Learning about yourself and others:**

- Personality Profile
- Basic Needs of the Heart
- Asset Assessment

## **Navigating differences:**

- Generational Differences
- Differences in Birth Order
- Learning Styles

## **Effective communication:**

- Healthy People Ask
- Feelings vs. Behaviors
- Communicating Feelings
- Resolving Conflict

## **Friendship / dating / love:**

- Character Counts
- Creating a Date
- Love vs. Infatuation
- Foundations of a Healthy Relationship
- Preventing Sexual Assault
- Bullying and Violence

## **other topics:**

- Impact of Media / Social Media / Texting Establishing Boundaries
- Peer Pressure
- Success Sequence
- Choices and Effects
- STI and Teen Pregnancy
- Leadership and Job Readiness and Overcoming Obstacles

