**Family Life Curriculum Scope & Sequence**

**\*Tennessee Code Annotated Mandates That a Family Life Curriculum be taught yearly – TCA 49, Chapter 6 Part 13 (Abstinence Centered)**

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| **Day & Topic** | **Houston High School Lifetime Wellness**  |
| **Day 1****Building Healthy Relationships** | -Summarize the benefits of abstaining from sex and/or ceasing to have sex.-Define “abstinence” and describe ways to develop healthy, lasting relationships.-Discuss benefits and barriers of talking with parents and other trusted adults. |
| **Day 2****Let’s Hear the Facts** | -Review the importance of developing healthy, intimate relationships.-Identify the 6 sexually transmitted infections that are most relevant to teens.-Identify abstinence as the most effective way to prevent STIs. |
| **Day 3****The Many Facets of Intimacy** | -Identify honesty and safety as key ingredients in a healthy relationship.-Review characteristics of intimacy in friendships and romances.-Summarize the importance of developing intimacy without having sexual intercourse. |
| **Day 4****Know Your Limits & Avoid the Risks** | -Cite statistics to establish abstinence as the norm for students.-Review the legal ramifications of sexual intercourse.-Understand the stages of physical intimacy and establishing personal boundaries.-Identify characteristics of risky situations and how to understand limit-setting behaviors. |
| **Day 5****The Cost of Teen Pregnancy & Teen Parenting** | -Identify legal responsibilities of parents for their children.-Predict how daily activities and relationships would be affected by caring for a baby.-Showcase the financial costs of a baby for the first year and for 18 years. |
| **Day 6****Dating Violence****\*lessons 13 & 14 from packet** | -Identify the beliefs society promotes regarding desired characteristics and expectations for males and females and how these beliefs impact behaviors in relationships.-Describe characteristics of an abusive relationship-Examine warning signs of an abusive relationship.-Apply skills and strategies to be used to deal with an abusive relationship. |