

Outline for 5-day sexual risk avoidance program offered in the 7th grade  
**Relationships Under Construction**

Day 1

Introduction

Worksheet – What will it take to be me?

Demo - Consequences Bag (eggs filled with options)

Day 2

Terms, Abstinence, Renewed Abstinence, STIs/STDs, Abuse

Video - Consent Tea, discussion

Worksheet- STIs/STDs

Day 3

Demo - The Human Puzzle

Bonding (hormones)

Worksheet – Building a Healthy Relationship (house)

Day 4

Resisting negative pressure and setting goals

Lies, Lines and Comebacks Worksheet

Goals Worksheet

Day 5

Social media, Cyber bullying, sexting

Demo - Things aren't what they seem -or-

Demo - Winding Through Life Game

Review

Post-survey

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