



Programs are presented in four 45-minute sessions for each grade level.

FIFTH GRADE

Day 1- Real RELATIONSHIPS: *Whole Person Health and Healthy/Unhealthy Friendships*

Day 2- Real CHANGES: *Always Changing and Growing Co-Ed Puberty Discussion*

Day 3- Real CHANGES: *Separate Gender Puberty Q&A and Hygiene Kits*

Day 4- Real DEVELOPMENT: *Basic Reproductive Anatomy, Pregnancy, and Fetal Development*

SIXTH GRADE

Day 1- Real YOU: *Basic Needs of the Heart and Love Languages*

Day 2- Real RELATIONSHIPS: *Healthy/Unhealthy Relationships and Communication Skills*

Day 3- Real RESPECT: *Online Communication, Internet Safety, and Boundary Setting*

Day 4- Real CHANGES AND DEVELOPMENT: *Hygiene Review and Human Growth and Development*

SEVENTH GRADE

Day 1- Real YOU: *Whole Person Relationships and Personality Styles*

Day 2- Real DEVELOPMENT: *Human Growth and Development Level 2*

Day 3- Real HEALTH: *Biological Purposes of Sex, STI Education, and Healthy Boundaries*

Day 4- Real BOUNDARIES: *Decision-Making Model and Refusal Skills*

EIGHTH GRADE

Day 1- Real RELATIONSHIPS: *Love Vs Infatuation, Dating, and Relationship Red Flags*

Day 2- Real HEALTH and DEVELOPMENT: *Role of Bonding Hormones, Contraceptives and Their Limitations, and Healthy Steps of Physical Intimacy*

Day 3- Real RESPECT: *Effects of Pornography*

Day 4- Real FUTURE: *Success Sequencing, Goal-Setting, Future Planning*

For More Information, Visit Us At
www.realchoicesedu.org