

Oil City School District
825 Grandview Rd
Oil City, PA 16301

Promise of Life Network
321 N Jefferson St
New Castle, PA 16101

Healthy Relationships Today Program

Curricula used:

Carrington's Wild Character Adventure (CWCA) (grades 3-5)
Building Healthy Futures from Creating Positive Relationships (grades 6-8)

Instructor:

Lydia Tack, Healthy Relationships Today Coordinator

Course Summary:

Students in grades 3-5 will make use of Carrington's Wild Character Adventure (CWCA). Developed by Women's Care Center of Erie County, this positive youth development and mentoring curriculum guides students through various positive character traits they can foster in themselves. The curriculum utilizes literary rich, multi-sensory learning tactics to help younger students grasp the more abstract concept and develop social, emotional, and relational skills. CWCA employs the CARE model (character-based, asset-building, relationship education) to teach students caring, responsibility, interpersonal competence, and respect. This intricately designed curriculum allows students to deepen their character while continuing to develop reading, writing, and creative skills (and they learn a thing or two about animals!). Each lesson and grade level employs a variety of engagement tactics such as stories, creative projects, and visual aids.

Students in grade 3 will focus on the positive character traits of caring and respectfulness. The Carrington's Wild Character Adventure (CWCA) curriculum uses animals to explain and discuss abstract traits to younger students in a concrete, graspable way. Students will learn what it means to have a big heart and look out for others. Respectfulness will teach students to consider each other's feelings, value, and safety. Along with these traits, students will explore the concept of respecting one another's boundaries. Each lesson includes a take home component, which allows students to connect with trusted adults, especially in their homes. The class will also discuss who the safe adults in their lives are.

Students in grade 4 will focus on the positive characteristics of caring and empathy. In the discussion of caring, students will explore what it means to care for others and to have others care for them. A discussion of empathy dives into feelings and regard for others, including considering others' comfort and boundaries, which will allow students to consider their own boundaries. Each lesson comes with a take home element that allows students to connect with trusted adults in their lives, especially in their homes. The class will consider together who the safe adults in their lives are based on what they have learned about the trait of caring.

Students in grade 5 will focus on the positive characteristics of caring and wisdom. In the discussion of caring, students will discover how to care for others by helping those around them to feel comfortable and safe. When discussing wisdom, students will explore how meaningful relationships with safe adults can help them to foster wisdom in their own lives. Each lesson comes with a take home element that will allow students to connect with trusted adults in their lives, in and out of their home. Together, the class will discuss who are safe adults in their lives who would make good mentors and share wisdom with them.

Grades 6-8 will utilize the Building Healthy Futures parts I, II, and III from Creating Positive Relationships. Based out of Indiana, this curriculum is nationally acclaimed as a sexual risk avoidance and relational education curriculum. Adapted for our local schools, this program is flexible and fun for students, encouraging meaningful discussion in the classroom, with adults in the home, with trusted mentors, and peers. Building Healthy Futures employs an array of educational strategies including stories, interactive demonstrations, conversation, and role playing.

Students in grade 6 will learn about changes in their lives, including physical, mental, emotional, and social changes. Using only medically accurate information, students will learn about the anatomy of the reproductive system, how sexually transmitted infections spread, and the effects of HIV/AIDS. Soft skill topics include: peer pressure, positive influences, delayed gratification, positive decision making, and boundary setting. Students will also discuss how adults can help them with these issues and which adults are safe. This curriculum features an individual handout that students are encouraged to share with an adult in their home.

Students in grade 7 will learn how to respect various individuals in their daily lives. Students will discuss the risks of romantic relationships and potential emotional gravity of such relationships as well as potential physical consequences. The Building Healthy Futures curriculum leads students through setting physical and emotional boundaries for themselves as well as respecting the boundaries of others. Students will discuss possible drawbacks to technology such as the dangers of sexting, pornography, and sextortion. Students will be encouraged to recognize and avoid risky situations and practice refusal skills. All information shared is inclusive, evidence based, and medically accurate. Lessons feature individual handouts, visual demonstrations, thought-provoking discussions, and creative activities.

Students in grade 8 will explore identity (individuality, skills, and passions) as well as goal setting and achievement. Students will be led to question how the decisions they make today will affect their ability to reach their goals in the future and the risks involved in various relationship decisions (such as dating, sharing secrets, and sexual activity). Students will discuss peer pressure and resistance strategies. The Building Healthy Futures curriculum leads students through setting physical and emotional boundaries as well as discussing those boundaries with trusted adults, friends, and dates. Students will learn to identify healthy relationship characteristics and recognize harmful trends. Students will be instructed on how to strengthen relationships with adults in their home through effective communication. This curriculum encourages students to consider adult mentors; who makes a good mentor and why. All

information shared is medically accurate, evidence based, and inclusive. Lessons include thought-provoking discussions, individual handouts, visual demonstrations, and creative activities.

Objectives:

Throughout all six levels of the program

- Students will explore what they like about themselves and how to foster positive personal growth.
- Students will learn how to gauge risks and make responsible decisions for their futures.
- Students will learn how to set, stick to, and communicate boundaries.
- Students will learn how to practically respect themselves and others.
- Students will begin to consider what makes them uniquely them and what they wish to accomplish.
- Students will obtain practical refusal skills to help keep them safe and avoid risky situations.
- Students will understand what makes a relationship healthy and how to form healthy relationships with adults and peers.

Course Format:

Presentations can be executed in a classroom setting under the supervision of a teacher or substitute. Lessons utilize slideshow presentations, paper handouts (provided), and demonstration materials (also provided). The presentation can span six 40 minute class sessions for each grade. Prior to the presentation, HRT Coordinator, Lydia Tack will send a presurvey to the class instructor for students to answer and will follow up with a post-survey. Responses will be analyzed and presented to the class instructor at the conclusion of the school year (or sooner upon request). These surveys are typically conducted via Google Forms, but alternatives can be used if necessary.

Concluding Remarks:

Healthy Relationships Today exists to equip students with what they need for a healthy future full of positive relationships. We utilize acclaimed curricula, but are able to adapt to the individual needs of the schools, classrooms, and students we serve. Please feel free to contact us with any concerns about topics that may or may not be covered by our current presentations. Healthy Relationships Today stresses Sexual Risk Avoidance (abstinence) as the healthiest option for students and seeks to help students understand and avoid unnecessary risks that may come with relationships, while empowering them to make informed and healthy decisions in their own lives. We strive to connect students with resources that will assist them in their future endeavors such as trusted adults, positive friendships, and online resources like LoveIsRespect.org and Fight The New Drug. All information is medically accurate and is pulled mostly from the Center for Disease Control and Prevention. HRT seeks to address the needs of

all students regardless of their past, their sexual orientation, their gender identity, or their desired romantic future. Every student has the opportunity to learn valuable lessons from our experienced and trauma-informed instructor.

For More:

For more information about our employed curricula, you may visit their websites

<https://www.wccerie.org/free-services/education>

<https://www.cpr4teens.org/>

For inquiries or concerns please contact

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Thank you for your consideration.