

Lesson - Upstanders and Allies Against Cyberbullying

Purpose: When cyberbullying happens, everyone involved brings their own perspective to the situation. This lesson helps students learn about the importance of empathy, how to consider others' feelings, and how to be an upstander when cyberbullying occurs.

Lesson - Sexuality and Gender

Purpose: Students will develop a greater understanding of gender and sexuality similarities and differences. Introduces students to different terminology and ideas of accepting all individuals.

Lesson - Human Reproduction System

Purpose: Students will learn about the conception pathway by reviewing basic reproductive anatomy and physiology. Students will learn how pregnancy occurs and what the benefits are to parents and infants by planning for pregnancy.

Lesson - Healthy Relationships

Purpose: Students will learn about the benefits of relationships and how intimacy involves more than sexual activity. There are many components that are necessary to maintain successful adult relationships, such as respect and equality. Students will discuss healthy dating and understand the warning signs of dating violence. Students will discuss how social media and the internet can either enhance or discourage a healthy relationship.

Lesson - Decision Making/Peer Pressure

Purpose: Peer pressure is a normal part of growing up. As friends gain importance in adolescents' lives, they also gain influence over behaviors in positive and negative ways. These activities will help your students learn to recognize and respond to positive and negative peer pressure.

Learning Target:

- Develop verbal responses to use in negative peer pressure situations
- Practice refusal skills

Lesson - Food Labels

Purpose: Food companies spend a lot of time and money convincing people to buy their products. Because it's so easy to fall for misleading claims on the packaging, it's important for students to learn to think critically about what's inside the packaging. The Nutrition Facts food label can help them do that. These activities will help your students learn to use food labels to make healthier dietary choices.

Learning Target:

- Use Nutrition Facts food labels or search online to find out how much fat and sugar is in a typical fast food meal
- Examine why too much fast food can contribute to health problems
- Identify ways to make healthier food choices

Lesson - Media Literacy and Health (Peer and Media Influences)

Purpose: Students will discuss portrayals of sexuality they encounter through various forms of media, including online and television video content, social media, music, and video games, and the potential benefits and harms of using social media. Students will discuss different portrayals of sexuality in the media and how these portrayals relate to real-life situations. Students will understand how social media can be safely used to engage in various types of personal relationships. Students will understand how to critically consume portrayals of sexuality in media and engage in safe online interactions using social media.

Lesson - My Social Media Life (Safety)

Purpose: For most middle schoolers, being on social media can mean connecting with friends, sharing pictures, and keeping up-to-date. But it can also mean big-time distractions, social pressures, and more. This lesson helps students navigate the different feelings they may already be experiencing on social media.

Lesson - Depression/Anxiety

Purpose: Let's say that you've been feeling sad for no reason at all, are more tired than usual, have difficulty concentrating, and don't feel like being with your friends and family. These are all signs that you might be depressed. These activities will help your students learn what depression is, recognize its signs, and know what to do about it.

Learning Targets:

- Learn what depression is and why it occurs Identify signs and symptoms of depression Determine strategies to overcome depression

Lesson - Alcohol

Purpose: These activities will help your students understand the dangers of drinking alcohol.

Learning Targets:

- Explore the influence of peer pressure on drinking behavior
- Develop strategies for dealing with peer pressure

Lesson - Smoking

Purpose: Despite the fact that smoking is dangerous, thousands of youth ages 12 to 17 start smoking each day. The following activities will help your students understand why people begin smoking, what smoking does to the body, and how they can protect themselves from the effects of tobacco.

Learning Targets:

- Explore how peer pressure can affect the decision to smoke
- Identify ways to deal with peer pressure centered around smoking

Lesson - Drugs

Purpose: Despite the fact that they're illegal and dangerous, drugs are still accessible to kids and teens. These activities will help your students learn what drugs do to the body and mind and enable them to counter peer pressure to take drugs.

Learning Targets:

- Identify ways to deal with the pressure to use illegal drugs
- Determine alternatives to taking drugs

Lesson - Vaping

Purpose: The purpose of this lesson is to continue to raise students' awareness of the harmful health effects that might result from becoming addicted to e-cigarettes or vape pens, while also exploring how companies in the e-cigarette/vape pen industry purposely target young people in promoting these habits. Therefore, the skills of Analyzing Influences and Accessing Valid and Reliable Health Information both play a key role in this lesson.