ANNEX B

Topics, Activities, and Lesson Objectives: Ages 12–15

Lesson Topic	Page	Activities	Lesson Objectives Supported by Each Activity	Recommended Facilitator
1. Healthy Relationships	1	1. Characteristics of a Healthy Relationship	• Identify the qualities of a healthy relationship. • Develop a personal safety plan.	Adult or Senior Cdt / JCR
		2. See, Hear, Feel	• Identify the qualities of a healthy relationship. • Develop a personal safety plan.	
		3. Dealing with Peer Pressure	• Identify the qualities of a healthy relationship. • Learn strategies to resist peer pressure. • Develop a personal safety plan.	
2. Dating Relationships	29	1. Healthy Dating Relationships	• Identify characteristics of healthy dating relationships. • Develop a personal safety plan.	Adult or Senior Cdt / JCR
		2. Red Light, Green Light	• Identify characteristics of healthy dating relationships. • Recognize their boundaries in a relationship. • Develop a personal safety plan.	
		3. Quiz: What Do You Know About Dating Relationships?	• Identify characteristics of healthy dating relationships. • Develop a personal safety plan.	
3. Conflict Resolution	59	1. Understand Empathy in Conflict Resolution	• Define “empathy.” • Develop a personal safety plan.	Adult or Senior Cdt / JCR
		2. Conflict Resolution	• Practice ways to respond to conflict. • Develop a personal safety plan.	
		3. De-escalating Conflict	• Gather tools to de-escalate conflicts. • Develop a personal safety plan.	

Lesson Topic	Page	Activities	Lesson Objectives Supported by Each Activity	Recommended Facilitator
4. Sexual Orientation and Gender Identity	91	Introduction	• Describe the concepts of gender identity, gender expression, sex assigned at birth, and sexual orientation.	Adult
		1. Gender Unicorn	• Describe the concepts of gender identity, gender expression, sex assigned at birth, and sexual orientation. • Develop a personal safety plan.	
		2. How to be an Ally	• Take on the role of an ally. • Develop a personal safety plan.	
		3. Exploring Gender Stereotypes	• Recognize gender stereotypes. • Develop a personal safety plan.	
5. Social Media	135	1. Understanding Cyberbullying	• Respond to people who are mean to them online. • Stand up to people who are cyberbullying. • Develop a personal safety plan.	Adult or Senior Cdt / JCR
		2. Strategies for Dealing with Cyberbullying	• Stand up to people who are cyberbullying. • Develop a personal safety plan.	
		3. Standing Up to Cyberbullying	• Stand up to people who are cyberbullying. • Develop a personal safety plan.	
6. Bullying	163	1. Types of Bullying	• Identify the different types of bullying. • Understand the differences between bullying and teasing. • Develop a personal safety plan.	Adult or Senior Cdt / JCR
		2. Put Yourself in My Shoes	• Describe the impact of bullying. • Develop a personal safety plan.	
		3. Standing Up to Bullying: Intervention Strategies	• Identify helpful ways to stop bullying. • Develop a personal safety plan.	
7. Harassment	187	1. What is Harassment?	• Define “harassment.” • Define “discrimination.” • Develop a personal safety plan.	Adult or Senior Cdt / JCR
		2. Common Ground	• Define “discrimination.” • Develop a personal safety plan.	
		3. Impact vs. Intent	• Define “harassment.” • Identify the difference between “impact” and “intent.” • Develop a personal safety plan.	

Lesson Topic	Page	Activities	Lesson Objectives Supported by Each Activity	Recommended Facilitator
8. Consent and Sexual Assault	213	1. What is Consent?	• Define “consent.” • Develop a personal safety plan.	Adult
		2. Match-Up Game: What is Consent?	• Define “consent.” • Develop a personal safety plan.	
		3. Consent: Given or Not Given?	• Define “consent.” • Develop a personal safety plan.	
9. Child Abuse	249	1. Types of Violence Against Children and Youth	• Discuss the types of violence that happen in families. • Develop a personal safety plan.	Adult
		2. Understanding Human Rights	• Explain that children have the right to be protected from abuse and violence. • Develop a personal safety plan.	
		3. Understanding Neglect	• Describe the basic needs of children and youth. • Develop a personal safety plan.	
10. Sexual Abuse	285	1. Sexual Abuse and Grooming	• Discuss sexual abuse and the grooming process. • Develop a personal safety plan.	Adult
		2. Peter’s Story	• Describe why children do not tell when they have been sexually abused. • Develop a personal safety plan.	
		3. Sexual Abuse: Facts and Myths	• Develop a personal safety plan.	
11. Substance Use and Addiction	319	1. Substance Use and Addiction	• Describe why people use substances. • Develop a personal safety plan.	Adult
		2. Risk and Protective Factors	• Describe why people use substances. • Develop a personal safety plan.	
		3. Impacts of Substance Use and Addictions	• Describe the impacts of substance use and addiction. • Develop a personal safety plan.	
12. Self-Harm	349	1. Myths and Facts about Self-Harm	• Recognize self-harm. • Develop a personal safety plan.	Adult
		2. Healthy Coping Strategies	• Develop healthy coping strategies for dealing with stress. • Develop a personal safety plan.	
		3. Look, Listen, Link, Live©: How to Help a Friend	• Demonstrate how to help yourself or a friend. • Develop a personal safety plan.	