

Middle School Activity List

UNIT	SESSION	ACTIVITY	MINS
Unit 0 - Let's Dive In!			**120**
0	Session 1: Caregiver Orientation		120
		1: Getting to know us	10
		2: Getting to know you	15
		3: Example Activity	30
		4: About the Program	35
		5: Questions	30
Unit 1 - The Beginning			**330**
1	Session 1: Getting Into Our Groove		120
		0: Optional Pre-Session	optional
		1: Introductions	10
		2: Lemons	10
		3: Group Agreements	20
		Break	10
		4: Language	20
		5: The Sexualitree	45
		6: Question Box and Closing	5
1	Session 2: Media! Media! Media!		120
		1: Question Box	10
		2: "THE MEDIA"	5
		3: Body Language	10
		Break	10
		4: Social Media Policies	30
		5: Programming Chatbots	30
		6: Question Box and Closing	5
1	Session 3: How Stuff Looks & Works		120
		1: Question Box	10
		2: Anatomy Words	5
		3: Typical Anatomy and Physiology	90
		Break	10
		5: Question Box and Closing	5

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UNIT	SESSION	ACTIVITY	MINS
1	Session 4: Self Portraits		120
		1: Question Box	10
		2: Let's Define That	10
		3: How many people...?	20
		4: Self Portraits	20
		Break	10
		5: Body Functionality	15
		6: Bodies	30
		7: Question Box and Closing	5
1	Session 5: Bonus Session Puberty		120
		1: Ch-ch-ch-changes	20
		2: But When?	20
		3: No One is Average	20
Unit 2 - Identity			**240**
2	Session 1: Gendersocks		120
		1: Question Box	10
		2: Language	15
		3: Biology	10
		Break	10
		4: What's Your Identity?	35
		5: Gendersocks	35
		6: Question Box and Closing	5
2	Session 2: Orienting Orientation		120
		1: Question Box	10
		2: Language	5
		3: Identity History	20
		4: Stereotypes	30
		Break	10
		5: Parades & Protests	35
		6: Question Box and Closing	10
Unit 3 - Relationships			**360**
3	Session 1: Relationships 101		120
		1: Question Box	10
		2: What Do You Want & What Do You Need?	20
		3: Columns & Shadows	35
		Break	10

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UNIT	SESSION	ACTIVITY	MINS
		4: Stories	40
		5: Question Box and Closing	5
3	Session 2: Saying What Needs To Be Said		120
		1: Question Box	10
		2: Defining Styles	25
		3: Mix & Match	30
		Break	10
		4: Advice Columnist	40
		5: Question Box and Closing	5
3	Session 3: Coming Together & Pulling Apart		120
		1: Question Box	10
		2: Communication Style Reminder	10
		3: Coming Together	45
		Break	10
		4: Pulling Apart	40
		5: Question Box and Closing	5
Unit 4 - Safer Sex Decisions			**630**
4	Session 1: Conception, Pregnancy, & Birth		120
		1: Question Box	10
		2: Conception	35
		3: Pregnancy	30
		Break	10
		4: Birth	30
		5: Question Box and Closing	5
4	Session 2: Contraception		125
		1: Question Box	10
		2: What is Sex?	25
		3: Ringerangeroo and Doodle-Dasher, too	20
		Break	10
		4: Introduction to Contraceptives	10
		5: Surgical Contraceptives	5
		6: Hormonal Contraceptives	15
		7: Behavioral Contraceptives	10
		8: Barrier Contraceptives	10
		9: Question Box and Closing	10

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UNIT	SESSION	ACTIVITY	MINS
4	Session 3: Unplanned Pregnancy & Parenting		120
		1: Question Box	10
		2: What Next?	5
		3: Parenting	15
		4: Teen Parenting	25
		Break	10
		5: Adoption	25
		6: Abortion/Termination	25
		7: Question Box and Closing	5
4	Session 4: STIs		120
		1: Question Box	10
		2: Infections	25
		3: Common STIs	25
		Break	10
		4: STI, PSA, & Other Capital Letters	45
		5: Question Box and Closing	5
4	Session 5: Condom Buying & Stations		120
		1: Question Box	10
		2: Why Buy Condoms?	10
		3: Condom Buying	60
		4: Condom Stations	35
		a: How do you put a condom on?	
		b: Can you feel anything through a condom?	
		c: Is a condom too small?	
		d: What kind of lubricant can I use with a condom?	
		5: Question Box and Closing	5
Unit 5 - Violence & Consent			**600**
5	Session 1: Dating Violence		120
		1: Question Box	10
		2: Self-Care	10
		3: Teen Dating Violence	20
		4: Healthy/Unhealthy/Abusive	20
		Break	10
		5: The Impact	25

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UNIT	SESSION	ACTIVITY	MINS
		6: Getting Help	20
		7: Question Box and Closing	5
5	Session 2: Sexual Consent		120
		1: Question Box	10
		2: No/Yes/What?	30
		3: Why Consent?	10
		Break	10
		4: Let's Watch	35
		5: What Would You Say?	20
		6: Question Box and Closing	5
5	Session 3: Sexual Harrassment, Assault, & Rape		120
		1: Question Box	10
		2: No Consent	5
		3: Sexual Harrassment	20
		4: Sexual Assault	10
		Break	10
		5: Rape	20
		6: Sex Trafficking	10
		7: Getting Help	10
		8: The Sexualitree Without Consent	20
		9: Question Box and Closing	5
5	Session 4: Heartbreaker		120
		1: Question Box	10
		2: Heartbreak Hurts	20
		3: One-sided, Two-sided Love	15
		Break	10
		4: Once Upon a Time...	15
		5: The Friendzone	45
		6: Question Box and Closing	5
5	Session 5: Bonus Session Being Smart with Phones		120
		1: Question Box	10
		2: Nudity	10
		3: Sexting Ringtones	50
		Break	10

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UNIT	SESSION	ACTIVITY	MINS
		4: Pornography	35
		5: Question Box and Closing	5
Unit 6 - Wrap Up			**240**
6	Session 1: Sexual Values		120
		1: Question Box	10
		2: What to Say About Religion	25
		3: What to Say About Values	15
		Break	10
		4: I Believe...	25
		5: Thinking Through My Values	15
		6: Letters From the Family	15
		7: Question Box and Closing	5
6	Session 2: Long-term Goals & Final Celebration!		120
		1: Question Box	10
		2: Goals	25
		3: Good-bye Books	30
		4: Celebration	50
		5: Closing	5

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