

TOPICS TO TEACH

SOCIAL SKILLS

- Difference between family, friends, acquaintances, and strangers
- Appropriate behavior and touch
- Public/private
- Modesty and nudity
- Appropriate dress
- Personal hygiene
- Phone etiquette
- Dining skills

PHYSICAL HEALTH AND EMERGING SEXUALITY

- Body parts and functions
- Puberty changes
- Reproduction, pregnancy, and birth
- Sexual abuse prevention
- Sexual feelings, masturbation
- Sexual expression and pleasure
- Sexual orientation and gender identity
- Body image and self-esteem

FRIENDSHIP SKILLS

- Making and keeping friends
- Initiating conversations
- Active listening
- Understanding emotions (verbal, non-verbal)
- Finding similarities

RELATIONSHIP SKILLS

- Asking out on a date
- Dealing with rejection
- Giving and receiving compliments
- Compromise
- Resisting persuasion
- Decision making and setting limits
- Communication skills and sexual behavior
- Consent
- Birth control
- Sexually transmitted infections
- Decisions about family/becoming parent