**Family Life Curriculum Scope & Sequence**

**\*Tennessee Code Annotated Mandates That a Family Life Curriculum be taught yearly – TCA 49, Chapter 6 Part 13 (Abstinence Centered)**

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| **Day & Topic** | **Houston High School Lifetime Wellness** |
| **Day 1**  **Building Healthy Relationships** | -Summarize the benefits of abstaining from sex and/or ceasing to have sex.  -Define “abstinence” and describe ways to develop healthy, lasting relationships.  -Discuss benefits and barriers of talking with parents and other trusted adults. |
| **Day 2**  **Let’s Hear the Facts** | -Review the importance of developing healthy, intimate relationships.  -Identify the 6 sexually transmitted infections that are most relevant to teens.  -Identify abstinence as the most effective way to prevent STIs. |
| **Day 3**  **The Many Facets of Intimacy** | -Identify honesty and safety as key ingredients in a healthy relationship.  -Review characteristics of intimacy in friendships and romances.  -Summarize the importance of developing intimacy without having sexual intercourse. |
| **Day 4**  **Know Your Limits & Avoid the Risks** | -Cite statistics to establish abstinence as the norm for students.  -Review the legal ramifications of sexual intercourse.  -Understand the stages of physical intimacy and establishing personal boundaries.  -Identify characteristics of risky situations and how to understand limit-setting behaviors. |
| **Day 5**  **The Cost of Teen Pregnancy & Teen Parenting** | -Identify legal responsibilities of parents for their children.  -Predict how daily activities and relationships would be affected by caring for a baby.  -Showcase the financial costs of a baby for the first year and for 18 years. |
| **Day 6**  **Dating Violence**  **\*lessons 13 & 14 from packet** | -Identify the beliefs society promotes regarding desired characteristics and expectations for males and females and how these beliefs impact behaviors in relationships.  -Describe characteristics of an abusive relationship  -Examine warning signs of an abusive relationship.  -Apply skills and strategies to be used to deal with an abusive relationship. |