

# Life Skills

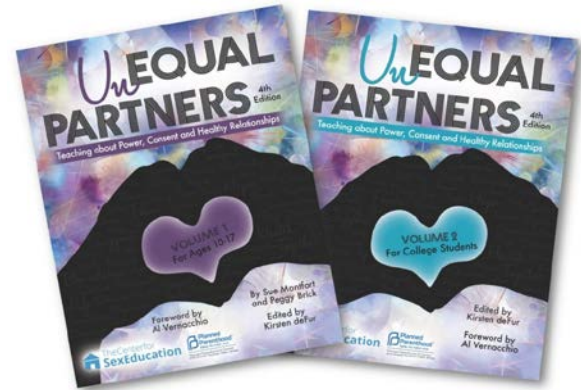
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ACR HEALTH CAPP

# Life Skills Curriculum

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- Goal- for participants to develop self-efficacy and healthy relationship building skills that aim to create supportive communication environments and reduce risk for harm.
- Social and Emotional Learning Model:
  - The Five Core Competencies:
  - Self-awareness
  - Self-management
  - Social awareness
  - Relationship skills
  - Responsible decision making
- Unequal Partners: Teaching about Power, Consent and Healthy Relationships Volume 1 for ages 10-17.
- Published by the Center for Sex Education and Planned Parenthood of Central and Greater Northern New Jersey.





# Youth Retention

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- Gift Card Incentives
- Process of disseminating gift cards

# Outreach and Retention

Social Media :

- Fun posts every week to your story
- Make a highlight
- Message Youth

**IT'S TIME  
FOR  
HEALTHY  
RELATION-  
SHIPS!**

**MONDAYS @2PM**

ACRHEALTHPREGNANCYPREVENTION



textnow



## Outreach and Retention

Apps:

- Remind
- Email Blast
- TextNow

# Overview of Lessons

- Session 1- Assessing Power and Control in Friendships
- Session 2- Healthy Relationships Jeopardy
- Session 3- More Than Just Friends
- Session 4- Abuse of Power and Recognizing Clues to an Unhealthy Relationship
- Session 5- Why People Stay
- Session 6- Current Events
- Session 7- Yes if... no if... maybe so if...
- Session 8- Enthusiastic Consent



Friendships	Bill of Rights	Healthy vs Unhealthy	Sex/Partner Relationships	Random
<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>
<u>20</u>	<u>20</u>	<u>20</u>	<u>20</u>	<u>20</u>
<u>30</u>	<u>30</u>	<u>30</u>	<u>30</u>	<u>30</u>
<u>40</u>	<u>40</u>	<u>40</u>	<u>40</u>	<u>40</u>
<u>50</u>	<u>50</u>	<u>50</u>	<u>50</u>	<u>50</u>

# Healthy Relationships Jeopardy

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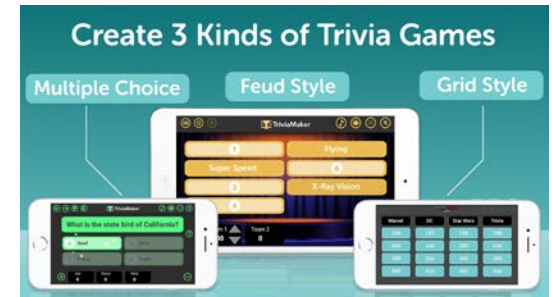
Example question from *Bill of Rights* for 50 points:

*Question- You have the right to say no at any time (to sex, to drugs or alcohol, or to a relationship), even if you've said yes before. Yes or no?*

*Answer- Yes*

# Resources for Engagement

- Psych2go YouTube channel
- Ice breakers: *check ins, would you rather, scavenger hunt*
- Kahoot!
- Jeopardy
- Trivia maker (triviamaker.com) templates include:
  - *Jeopardy*
  - *Family Feud*
  - *Trivia*





# Data Collection

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- Google Classroom
  - Google Slides/PowerPoint
  - Google Forms
  - Ask Questions
  - Keep track of students and surveys



+ Create

Google Calendar Class Drive folder

All topics

Surveys

Powerpoints

Question #1

## Surveys



- Pre Survey Posted Apr 8
- Post Survey Posted Jun 12

## Powerpoints



- PowerPoint #1 Edited Apr 17
- PowerPoint #2 Posted Jun 15
- PowerPoint #3 Posted Jun 15





+ Create

Google Calendar

Class Drive folder

All topics

Surveys

Powerpoints

Question #1

## Surveys



Pre Survey

Posted Apr 8

No due date

Please take a few moments to complete the pre survey for life skills. The survey will only take a few moments to complete. Your name will not be submitted with your survey. You will be assigned a personal ID number to track the changes in your answers over the next 8 weeks. If you have any questions, please feel free to ask! Thank you!

12  
Turned in

1  
Assigned



Pre Survey  
Google Forms

[View assignment](#)



Post Survey

Posted Jun 12

## Pre Survey

Your name will NOT be submitted with your answers. You will be supplied a personal ID number to track the changes in your answers after the 8 week course.

How true are the following statements for you? Answer (1) for Not true at all; (2) for Hardly true; (3) for Moderately true; or (4) for Exactly true.

\* Required

Email address \*

Your email \_\_\_\_\_

What is your name? \*

Your answer \_\_\_\_\_

I can always manage to solve difficult problems if I try hard enough. \*



# Google Classroom

# Post Survey

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- Posted Post-survey at the last session
  - End class early
  - Must complete in order to get last gift card
  - Use retention techniques to check in with those who do not complete it



Questions/Thoughts



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