



Canadian High School

Worth the Wait Lesson Objectives

Lesson 1 Emotional Needs

- Create ground rules that will promote a safe and comfortable learning environment for this unit.
- Review emotional needs and their importance in healthy relationships.
- Recognize how meeting emotional needs for others aids in the meeting of those needs for oneself.

Lesson 2 Puberty/Anatomy Review

- Review the male and female reproductive systems.
- Describe the physical and emotional changes that occur during puberty and the benefits of remaining abstinent from risky behaviors through this turbulent time.
- Explain how pregnancy occurs and describe fetal development.

Lesson 3 Pregnancy-Its Impact on a Teen's Life

- Identify a long-term career goal.
- Review the choices someone has if pregnancy occurs.
- Evaluate pregnancy may affect a teen's future.
- Determine the effects of peer-pressure on decision making.

Lesson 4 Parental Responsibilities

- Identify parental responsibilities as defined by Texas law.
- Discuss parental responsibilities with a parent (for example the cost of raising a child).

Lesson 5 STDs

- Recognize that the risk of contracting a sexually transmitted disease (STD) is high.
- Identify the major symptoms of the most common STDs.
- State that abstinence is the healthiest choice and 100% effective against STDs.

Lesson 6 More STDs

- Review major symptoms of common STDs.
- Distinguish between high, low and no-risk behaviors in the contraction of HIV/AIDS.

Lesson 7 Sex and the Law

- Review the legal implications regarding teen sexual activity.
- Acknowledge that sexual abuse is never the victim's fault.
- Discuss the importance of reporting sexual abuse.
- Construct an action plan to deal with sexual pressure.

Lesson 8 Sexual Limits and Goal Setting

- Apply refusal skills and set sexual limits in problem situations.
- Identify long-term life goals by designing a life map depicting the future.

Lesson 9 Peer Pressure

- Recognize that every decision has consequences, some good, some bad.
- Identify the steps of making good decisions.
- Acknowledge how not dealing well with peer pressure can lead to poor decisions.

Lesson 10 Relationships and Marriage

- Pledge to stay abstinent until marriage.
- Identify and become familiar with good listening skills
- Relate Positive Personal Character Traits to their benefits in relationships with friends, family, and a future marriage.
- Identify the qualities of a good spouse in a healthy marriage.
- Recognize the benefits of a family unit.