

7th Grade Presentation Outline

Part One

- I. Introduction, Ground Rules
 - A. Brief bio and explanation of LifeGuard
 - B. Briefly discuss Goals: Educate, Encourage, & Empower
 - C. Ground Rules

- II. Anatomy, & STDs
 - A. Adolescence/Puberty Changes
 - B. Terms and history
 - C. Skittles Activity
 - D. STDs
 - E. Risk Factors

Part Two

- I. Contraceptives & Pregnancy
 - A. Fetal Development
 - B. Statistics
 - C. Risk Reduction vs. Risk Elimination
 - D. Introduce Concept of Abstinence

- II. Dealing with Conflict
 - A. Nine Dots Activity
 - B. Boundaries are your friend

Part Three

- I. Cultural Influences
 - A. Peer Pressure (Egg Activity)
 - B. Drugs and Alcohol
 - C. Media (Color Influence Activity)
 - D. Circle of Control

Part Four

- I. Understanding Yourself and Goal Setting
 - A. Core Character Traits Handout
 - B. Goal Setting
 - C. Colored paper Activity (Obstacles)

- II. Conclusion
 - A. Yardstick (Choices / Goals)
 - B. Evaluation