

Special Overview Presentations

Middle School—RESIST (Radically Empowering Students in Superhero Training)

- Move over Batman, Spiderman, and all the rest! There's a new Superhero in town! This session will equip students with super powers to successfully complete their mission of healthy relationships in the teen years!
- Presentation discusses 3 important aspects of all superheroes: sidekicks, strength and guts (patience).

High School—Minions to the Rescue: Saving you from “Despicable” Relationships!

- What does the movie “Despicable Me” have to teach us about relationships? Join us as we explore relationships through the eyes of Gru and his minions!
- Presentation discusses healthy versus unhealthy relationships by looking at boundaries, intentionality, communication and time and refusal skills to avoid unhealthy relationships.

6th and 7th Grade Presentations (some appropriate for 5th grade)

Presentation	Description
Puberty & Hygiene	Separate classes for boys & girls: reproductive anatomy, changes during puberty, good hygiene skills
Personal Power	4 Keys to Personal Power—I feel, I am responsible, I have choices and I celebrate (reward good choices)
Personality Styles	Identifies personality styles, strengths & weaknesses of each style, communication & relationships of styles
Friendship	Qualities of a good friend and toxic friends that should be avoided
Draw the Line	Importance of boundaries, establishing healthy boundaries
Speak the Line	Importance of communicating boundaries and practical refusal skills
Media Influences	Influence of media on attitude, behavior and choices
Social Media & Music	Effect of music and impact of social media
Crushes, Infatuation & Love (Part 1)	Different types of relationships, what is love
Crushes, Infatuation & Love (Part 2)	Dating steps, what is dating, importance of focusing on friendships now
Decisions & Choices	Daily choices effect the big picture, life goals

8th Grade and High School Presentations

Presentation	Description
Healthy Relationships	What is healthy dating, qualities of healthy relationships, creative dates
Unhealthy Relationships	Grooming tactics of unhealthy relationships
Steps of Physical Intimacy	Stages of sexual activity from the first look to intercourse, setting healthy boundaries in dating
BITT of Advice for the Journey	Goals and decisions making, Barriers to making good decisions (including alcohol use), Consent, Relationship traps, 6 C's for healthy relationships
Sexually Transmitted Infections	Transmission, signs & symptoms, testing, treatment and protection against
Contraception	Information NOT demonstration (options, cost, effectiveness, side effects, pros/cons)



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Growing
healthy
relationships

All presentations are medically accurate, culturally relevant and developmentally appropriate to equip students with knowledge and skills needed for health, relationship and life success. The lessons are interactive and include hands-on activities. Scope and sequence is flexible (i.e. Lessons can be interchanged between grades).