

WeldWAITS SAMPLE Scope and Sequence

5 th Grade (Introduce)	6 th Grade (Interest)	7 th Grade (Inform)	8 th Grade (Inspire)	High School (Influence)
Character that Stands Tall <ul style="list-style-type: none"> Define character 6 specific character traits and how they help avoid peer pressure and engaging in risky behaviors—responsibility, excellence, self-control, patience (iWAIT), self-respect, and trust 	Personal Power <ul style="list-style-type: none"> Feelings Personal responsibility Choices Celebrating successes & good choices 	Discover YOU...First! <ul style="list-style-type: none"> Determine your personality style Communication with each personality style Relationships within personality styles Strengths and weaknesses of each personality style 	“BITT” of Advice <ul style="list-style-type: none"> Golden Rule Activity Boundaries Intentionality Talk (concentric circles activity, communication skills) Time 	STIs <ul style="list-style-type: none"> Physical, mental, emotional, social, spiritual, financial consequences Goals and decision making Common STIs—transmission, symptoms, testing, treatment, prevention Swapping Juices Activity Crowded Bed Activity
Time for Change... Take Care! (Female Puberty & Hygiene) <ul style="list-style-type: none"> Reproductive system Changes during puberty Good hygiene practices 	True vs. Toxic Friends <ul style="list-style-type: none"> Qualities of a good friend Toxic friendships Avoiding peer pressure 	Live Life...Unplugged! <ul style="list-style-type: none"> Influence of media Positive and negative aspects of media on relationships (specific focus on social media) Media navigation skills 	Red-Flag Relationships <ul style="list-style-type: none"> Types of relationships to avoid (unhealthy/abusive relationships) Grooming Tactics <i>Don't Let Yourself</i> Video 	Protection <ul style="list-style-type: none"> Sexual risk avoidance and sexual risk reduction Contraception
Time for Change... Take Care! (Male Puberty & Hygiene) <ul style="list-style-type: none"> Reproductive system Changes during puberty Good hygiene practices 	Set the Line <ul style="list-style-type: none"> Setting healthy boundaries Making wise life choices 	Don't Get Crushed...Know the Difference! <ul style="list-style-type: none"> Define crushes, infatuation, love 4 types of love Healthy vs. unhealthy (love vs. infatuation) 	Where Do You Draw Your Line? (Steps of Physical Intimacy) <ul style="list-style-type: none"> Steps Boundaries Refusal skills (NICE, Not “I”) 	Strategies for Informed Dating <ul style="list-style-type: none"> Goals and Decision Making Barriers to Making Good Decisions Consent Relationship Traps 6 C's for Healthy Relationships
Be a CHAMP! (Middle School Prep. & Tips) <ul style="list-style-type: none"> Confidence, Health, Advocate, Methodize, Participate 	Speak the Line <ul style="list-style-type: none"> Importance of communicating your boundaries Practical refusal skills (N.I.C.E.) 	The Dating W's <ul style="list-style-type: none"> Dating grid—4 W's of Dating 7 dating steps Personal boundaries 	Conclusion and Wrap-Up <ul style="list-style-type: none"> Continuation of Steps of Physical Intimacy and BITT 	