



HEALTHY CHOICES, HOPEFUL FUTURES

A PARENTS GUIDE TO AWARE

5th Grade

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5TH GRADE AWARE PRESENTATION

Introduction

Parents, Grandparents, and Caregivers,

Thank you for allowing us to step into the lives of your children and educate them on the subject that is oftentimes easier to avoid than to discuss.

We're thrilled to have the opportunity to educate, equip, and encourage your child to think and plan for a healthy future. We look around today and see that our youth are suffering not just from the physical consequences of sex (although those are very real), but also from the mental and emotional scars inflicted by a culture that defines one's identity by their sexual activity.

Through the AWARE program, we aim to empower your child with the knowledge and skills they need to make healthy choices for a hopeful future. At the same time, we know that your involvement is key to their success.

Because of that, we made this guide as an overview of what your child is learning in AWARE, and to provide you with tools to continue the conversation at home. Your role is crucial!

Sincerely,

Connie Peacock
AWARE Program Coordinator
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DAY ONE

GOALS AND ACHIEVEMENT STRATEGIES

5TH GRADE AWARE PRESENTATION

Day 1: Goals and Achievement Strategies

The students start out playing an acronym game where they take each letter of their name and describe themselves with positive words.

Once they begin to identify certain characteristics that are special and unique about themselves, they brainstorm what goals they would like to accomplish in their life.

There is an activity where they have to cut out parts of a recipe and paste them out of order. This symbolizes to the students that putting their goals in a certain order will set them up for success.

We end the day talking about how building character is a strategy that will also help them be successful in achieving their goals.

QUESTIONS TO TALK ABOUT:

- What adjectives did you use to describe yourself?
 - What personal goals do you have? How can you reach those goals?
 - What do you think is the best way to order those goals?
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DAY TWO

PEER PRESSURE,
BOUNDARIES, &
HEALTHY
FRIENDSHIPS

5TH GRADE AWARE PRESENTATION

Day 2: Friendship and Boundaries

We start the day off by playing a game where students have to take a step if a statement applies to them. As the statements begin to apply to less people the students may struggle taking a step without the rest of the crowd. We discuss how this affected them and how peer pressure could affect our daily choices.

We talk about the differences of positive and negative friendships, and the students rate their friends on the Essentials of Friendship Handout.

At the end of the presentation, we talk about the strategies of saying no and practice two of them in pairs.

QUESTIONS TO TALK ABOUT:

- Who are friends that are pulling you away from your goals?
Who are the positive friends in your life?
 - What areas can you improve to be a better friend?
 - What secret code word can we establish amongst ourselves to use in case of emergency?
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DAY THREE

INTERNET SAFETY,
WHOLE HEALTH,
RISK AVOIDANCE

5th GRADE AWARE PRESENTATION

Day 3: Internet Safety, Whole Person Health, Risk Avoidance (Abstinence)

The students play a game to illustrate the dangers of the internet where some students are “surfers” and they have to decide if different scenarios are safety nets (safe to do) or sharks (dangerous). Students get a Social Media Handout to discuss with parents.

We talk about the six types of health (physical, intellectual, emotional, social, spiritual and financial) and how risk avoidance (abstinence) can protect us in each area of health.

We discuss HIV/AIDS briefly as a possible consequence of physical closeness (sex).

Students then play a game where they either hold a thumbs up or thumbs down to whether they would ask for help in certain situations. We discuss when it’s a good idea to ask for help.

QUESTIONS TO TALK ABOUT

- What are some dangers of the internet that you hadn’t thought of before?
 - What are the six types of health?
 - How can abstinence protect your health?
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DAY FOUR

PUBERTY CHANGES & GOOD GROOMING

5TH GRADE AWARE PRESENTATION

Day 4: Puberty Changes and Good Grooming

The students see a few pictures of 5th graders who have all matured at a different pace and they have to guess how old they think they are.

We talk briefly about the physical changes that males and females will go through in puberty. No pictures are shown. Then we discuss the changes they will go through in each of the six types of health (physical, intellectual, emotional, social, spiritual, and financial), and students write some down.

There is a time for students to ask questions anonymously, and students are also encouraged to talk to their parent(s) or a trusted adult.

The students brainstorm specific grooming habits that are appropriate for their age. We end by reminding students that it's helpful for them to talk to a parent or trusted adult about the normal changes they are experiencing.

QUESTIONS TO TALK ABOUT:

- Were you surprised that all of the pictures they showed were of 5th graders?
 - Were there any body changes that you were surprised by?
What questions do you want to ask me about puberty?
 - What grooming habits do you need to start? What do you need to have in your Dopp Kit (see take home handout with ideas)?
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HEALTHY CHOICES, HOPEFUL FUTURES

The conversation doesn't stop here! You are the person that inspires your child to make healthy choices, and you play a crucial role in their future.

Nearly 9 in 10 (87%) young people say it would be much easier for them to delay sexual activity if they have open, honest conversations about this topic with their parents. Statistically, parents have more influence on teens' sexual choices than peers, media, or teachers.

Be encouraged! YOU can be the change!

www.AwareOptions.org