



HEALTHY CHOICES, HOPEFUL FUTURES

A PARENTS GUIDE TO AWARE

6th Grade

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6TH 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 PERSONAL ASSETS

6TH GRADE AWARE PRESENTATION

Day 1: Goals and Personal Assets

The first day we start out brainstorming goals and do an activity where students make a short term and long term vision board where they glue magazine pictures representing their goals.

We discuss the barriers that might get in the way of achieving goals. An example is given of how to focus on the distant future rather than just the immediate future.

Then we talk about how there are 6 types of health that can be affected by our life choices: physical, intellectual, emotional, social, spiritual, and financial. We talk about the value of each part of their health and how they will achieve their goals in each area.

We discuss what a personal asset is, and each student is given an “Asset Assessment” for homework to do with their parents.

QUESTIONS TO TALK ABOUT:

- What does it mean to have 20/20 vision?
 - What did you glue to your vision board?
 - What types of health are there and how can you achieve your goals in those areas?
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DAY TWO

FRIENDSHIP & BOUNDARIES

6TH GRADE AWARE PRESENTATION

Day 2: Friendship and Boundaries

Students identify qualities of healthy relationships and talk about how we can best handle conflict with a friend and care for a friendship. Students are given tips on being a good friend.

We play a communication game to illustrate the difficulties in communicating. Then we talk about good communication strategies and barriers to communication. Students role play scenarios to practice communication skills.

The influence of friendships on our lives and goals is addressed, and we discuss how to deal with peer pressure using communication strategies.

We talk about what character is and how important it is in healthy relationships.

QUESTIONS TO TALK ABOUT:

- What qualities of a good relationship do you think are the most important?
 - How can you communicate to people without shutting them out?
 - What makes character an important part of relationships?
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DAY THREE

MEDIA'S INFLUENCE

6th GRADE AWARE PRESENTATION

Day 3: Media's Influence

We talk about how much time students spend on media and what kind of an impact that makes on their lives.

Students complete a checklist of their activities to analyze just how often they check texts, go on social media, see movies, or listen to music. We discuss how media messages can impact our behavior.

Then students break up into groups and write sample text messages and then read them face to face to each other. They realize that text messaging is an incomplete way to communicate.

Sexting is introduced as a possible scenario the students may have to face and are given questions to ask themselves before they get involved in it.

QUESTIONS TO TALK ABOUT

- What surprised you about how much time you spend on media?
 - What should we do to put boundaries in place so we don't overdo our media time?
 - How is texting an inferior way to communicate?
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DAY FOUR

PUBERTY & ABSTINENCE

6TH GRADE AWARE PRESENTATION

Day 4: Puberty and Abstinence

Students are given a worksheet to help them identify healthy ways of dealing with different changes they face in puberty. Students write down three questions they have about puberty to take home to discuss with parents.

We then define abstinence and sexual abstinence in connection with the whole health, in 6 areas (physical, intellectual, emotional, social, spiritual, and financial). We discuss HIV/AIDS, and infertility caused by untreated STDs. Students identify the protective benefits of abstinence for each area of health.

We play a game where students must try to cover a quarter with pennies in a bucket of water. It shows the difficulty of remembering important information. All students must write one thing down that they won't forget.

Students are encouraged to choose the best, and that their future is what they make of it.

QUESTIONS TO TALK ABOUT:

- What are some changes going on in your body now that are confusing? How does it make you feel?
 - What surprised you about the possible benefits to being sexually abstinent?
 - What one thing do you not want to forget about the AWARE presentation?
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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