



Activities List

UNIT	SESSION	ACTIVITY	MINS
Let's Dive In!			
00	P-Parent Orientation	Getting to know us	10
		Getting to know you	15
		Example Activity	30
		About the Program	35
		Questions	30
The Beginning			
01	01-Getting Into Our Groove	0: Optional Pre-Session	optional
		1: Introductions	10
		2: Bicycle and/or Fruit	10
		3: Group Agreements	20
		4: Language	20
		5: The Sexualtree	45
		6: Question Box and Closing	05
01	02-Media! Media! Media!	1: Question Box	10
		2: Brainstorming Media	15
		3: Entertainment Media	20
		4: Advertisement Yoga	10
		5: Social Media	20
		6: Question Box and Closing	05
01	03-How It Looks & the Way It Looks	1: Question Box	10
		2: Anatomy Words	05
		3: Typical Female A&P	50
		4: Typical Male A&P	40
		5: Question Box and Closing	05
Identity			
02	01-Gendersocks	1: Question Box	10
		2: Language	15
		3: Biology	10
		4: What's Your Identity?	35
		5: Gendersocks	35

		6: Question Box and Closing	05
02	02-Orienting Orientation	1: Question Box	10
		2: Language	05
		3: Identity History	20
		4: Stereotypes	30
		5: Statistics	15
		6: Homophobia/Heterosexism	05
		7: Question Box and Closing	10
Relationships			
03	01-Relationships 101	1: Question Box	10
		2: What Do You Want & What Do You Need?	20
		3: Columns & Shadows	35
		4: Stories	40
		5: Question Box and Closing	05
03	02-Saying What Needs To Be Said	1: Question Box	10
		2: Defining Styles	25
		3: Mix & Match	30
		4: Advice Columnist	40
		5: Question Box and Closing	05
03	03-Coming Together & Pulling Apart	1: Question Box	10
		2: Communication Style Reminder	10
		3: Coming Together	45
		4: Pulling Apart	40
		5: Question Box and Closing	05
Safer Sex Decisions			
04	01-Conception Pregnancy & Birth	1: Question Box	10
		2: Conception	35
		3: Pregnancy	30
		4: Birth	30
		5: Question Box and Closing	05
04	02-Contraception	1: Question Box	10
		2: What is Sex?	25
		3: Ringerangeroo and Doodle-Dasher, too	20
		4: Introduction to Contraceptives	10
		5: Surgical Contraceptives	05

		6: Hormonal Contraceptives	15
		7: Behavioral Contraceptives	10
		8: Barrier Contraceptives	10
		9: Question Box and Closing	10
04	03-Unplanned Pregnancy & Parenting	1: Question Box	10
		2: What Next?	05
		3: Parenting	15
		4: Teen Parenting	25
		5: Adoption	25
		6: Abortion/Termination	25
		7: Question Box and Closing	05
04	04-STIs	1: Question Box	10
		2: Infections	25
		3: Common STIs	25
		4: STI, PSA, & Other Capital Letters	45
		5: Question Box and Closing	05
04	05-Condom Buying & Stations	1: Question Box	10
		2: Why Buy Condoms?	10
		3: Condom Buying	60
		4: Condom Stations	35
		a: How do you put a condom on?	
		b: Can you feel anything through a condom?	
		c: Is a condom too small?	
		d: What kind of lubricant can I use with a condom?	
		5: Question Box and Closing	05
		Violence & Consent	
		1: Question Box	10
05	01-Dating Violence	2: Self-Care	10
		3: Teen Dating Violence	20
		4: Healthy/Unhealthy/Abusive	20
		5: The Impact	25
		6: Getting Help	20
		6: Question Box and Closing	05
		1: Question Box	10
05	02-Sexual Consent	2: No/Yes/What?	30

		3: Why Consent?	10
		4: Let's Watch	35
		5: What Would You Say?	20
		6: Question Box and Closing	05
05	03-Sexual Harrassment, Assault, & Rape	1: Question Box	10
		2: No Consent	05
		3: Sexual Harrassment	20
		4: Sexual Assault	10
		5: Rape	20
		6: Sex Trafficking	10
		7: Getting Help	10
		8: The Sexualtree Without Consent	20
		9: Question Box and Closing	05
05	04-Heartbreaker	1: Question Box	10
		2: Heartbreak Hurts	20
		3: One-sided, Two-sided Love	15
		4: Once Upon a Time...	15
		5: The Friendzone	45
		6: Question Box and Closing	05
Wrap Up			
06	01-Sexual Values	1: Question Box	10
		2: What to Say About Religion	25
		3: What to Say About Values	15
		4: I Believe...	25
		5: Thinking Through My Values	15
		6: Letters From the Family	15
		7: Question Box and Closing	05
06	02-Long-term Goals & Final Celebration!	1: Question Box	10
		2: Goals	25
		3: Good-bye Books	30
		4: Celebration	50
		5: Closing	05