

SRAE Program A-F Topics: *Success Sequence Program Curriculum (4 Grade-Level Versions)*

| Game Plan (GP) (<i>Grades 6-9</i>) | Quest (Q) (<i>Grades 7-10</i>) | Aspire (A) (<i>Grades 8-11</i>) | Navigator (N) (<i>Grades 9-12</i>) |
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| 1: I Got Game! 2: Media Madness 3: Rules of the Game 4: Avoiding the Penalties 5: Half-Time 6: Building Your Team 7: Winning the Prize 8: Game Time | 1: Life is a Journey 2: Mapping Your Course 3: Breaking Free 4: Finding Your Way 5: Staying on Track 6: Future Focus 7: Road Blocks 8: Journey's End: Finding True Love | 1: Living Life on Purpose 2: Standing Strong 3: Thinking Ahead 4: Protecting Your Mind 5: Power of Self-Control 6: Marriage Rocks 7: Making a Fresh Start 8: The Big Picture | 1: Vision 2: Clarity 3: Direction 4: Safety 5: Strength 6: Character 7: Companionship 8: Destination |

A. The holistic individual and societal benefits associated with personal responsibility, self-regulation, goal setting, healthy decision-making, and a focus on the future.

Lessons GP1, GP4, GP5, GP7, GP8; Q1, Q4, Q5, Q8; A1, A2, A3, A5, A6, A7, A8; N1, N3, N8
Activity Examples: Future Stick- Where is Your Focus? Importance of Goal-Setting; The Success Sequence; Your Destination; Life Hike; Your Character Inventory
Content/Themes:

- Based upon whole person approach, encompassing physical, mental, emotional, social, and financial health.
- Teaches the personal and societal benefits of goal-setting and healthy decision-making for future planning.
- Focuses on self-regulation and personal responsibility to improve future outcomes.

B. The advantage of refraining from non-marital sexual activity in order to improve the future prospects and physical and emotional health of youth.

Lessons GP1, GP3, GP4, GP5, GP6, GP7, GP8; Q1, G3, Q4, Q5, Q6, Q7, Q8; A1, A2, A4, A5, A6, A7, A8; N1, N2, N3, N4, N5, N6, N7, N8
Activity Examples: “Fire” Analogy, “Box House” Demonstration, “Catch or Don’t Catch an STD,” Medical Implications, Finding Freedom, “Got Baggage”
Content/Themes:

- Outlines the risks of teen sex and the related benefits tied to delaying sexual activity to promote optimal physical and emotional health.
- Provides evidence-informed health benefits and PYD of voluntarily refraining from non-marital sexual activity including avoiding pregnancy and STIs.

C. The increased likelihood of avoiding poverty when youth attain self-sufficiency and emotional maturity before engaging in sexual activity.

Lessons GP5, GP7; Q1, Q5; A1, A2, A3, A5, A6, A7, A8; N3
Activity Examples: Rewards of Abstinence, Success Sequence, Pathway to Freedom, Why Marriage Matters, “Glyn Milburn Story,” Pursuing Academic Achievement
Content/Themes:

- The *Success Sequence* is a key strategy in SRAE for adolescents to achieve health and future life success.
- Reinforces the long-term financial benefits of graduating, getting a full-time job, and getting married prior to having children.
- Objectively teaches concepts that increase inner locus of control, recognizing that behavior change happens most effectively.

D. The foundational components of healthy relationships and their impact on the formation of healthy marriages and safe and stable families.

Lessons GP5, GP6, GP7; Q2, Q4, Q5, Q6, Q7, Q8; A2, A3, A5, A6; N3, N5, N6, N7, N8

Activity Examples: Building a Healthy Foundation, “Rope Pull,” “Infatuation vs Love,” “Shane’s Incredible Gift,” Winning Relationships

Content/Themes:

- Explores the concept of commitment and its application to healthy relationships.
- Demonstrates the health benefits of non-sexual relationships as the building blocks for healthy friendships, relationships, and reaching life goals.
- Emphasizes the importance of youth developing and navigating healthy and supportive relationships, as well as social-emotional wellness and self-efficacy.

E. How other youth risk behaviors, such as drug and alcohol usage, increase the risk for teen sex

Lessons: GP1, GP3, GP5; Q1, Q2, Q3, Q4, Q5; A2, A3, A4, A5, A7; N1, N2, N5, N6,

Activity Examples: “Sofia Sets Her Course,” “Pressing on Towards My Goals,” Resisting Pressures, “Staying Clear,” “Jerome’s Choice,” Why Judgment Matters

Content/Themes:

- Empowers youth to develop healthy life skills and make healthy decisions, such as avoiding non-marital sexual activity and risk behaviors such as drugs and alcohol usage.
- Addresses multiple risk factors by utilizing a PYD approach, building protective factors; resiliency and character qualities such as impulse control, emotion regulation and goal setting.
- Helps teens identify high-risk environments and vulnerable situations and teaches methods to prevent resulting harm.

F. How to resist and avoid, and receive help regarding, sexual coercion and dating violence, recognizing that even with consent teen sex remains a youth risk behavior.

Lessons GP1, GP5, GP6, GP8; Q2; A2, A3, A4, A5, A7; N5, N6

Activity Examples: “Carla’s Crisis,” “Marie’s Dilemma,” “Resisting Sweet Temptation,” Making a Fresh Start, “Gina’s Journey,” Dating Pressures, “Past, Present, Future” Chalkboard

Content/Themes:

- Presents SRAE message in a trauma-informed approach, which avoids triggers and other unintended consequences for youth who are currently or previously sexually active.
- Promotes the confidence that students who have been sexually active can choose to avoid nonmarital sexual activity and pursue *Success Sequencing* and future goals regardless of past activity.
- Teaches effective and protective skills such as boundary-setting to empower youth to resist negative pressure to prevent assault, coercion, and intimate partner violence.
- Encourages building relationships and open communication with trusted adults and promotes self-advocacy.