



Sample Scope & Sequence

Topic	Lesson Name	Time
Learning About Yourself & Others	Basic Needs of the Heart	20 min.
	Are You Enough?	20 min.
	My Whole Self	30 min.
	Personality Profile*	40 min.
	The Adolescent Brain	20 min.
	How Do You Feel Loved?*	30 min.
Navigating Differences	Physical Differences	30 min.
Effective Communication	Communicating Effectively/ Resolving Conflict	40 min.
Friendship, Dating & Love	Love vs. Infatuation	20 min.
	Relationship Red Flags	20 min.
	Friendship, Dating and Love	20 min.
	Foundations of a Healthy Relationship*	20 min.
	Communicating Consent	20 min.
	Cultural Influences	Setting Boundaries Early*
Committed Love & Marriage	Cohabitation Defined	30 min.
Sexual Health	Swapping Juices	10 min.
	Crowded Bed	20 min.
	Steps of Physical Intimacy	30 min.
Concluding Activities	Web of Support	20 min.

* Indicates lessons with specific instructions for continued conversation with parent(s)/trusted adult, utilizing the two-generation approach to learning.