Daily Lesson Breakdown

➢ **Personality Styles**: Using four different animals representing personality types, we will have a fun time exploring what makes you, you, discussing your personality's strengths and weaknesses and how to respect and appreciate personalities that are different from you own.

➢ **Healthy Attachments**: We all want healthy relationships, but it takes time and patience to truly get there. By exploring the four Be statements, we will test our relationships and become a better friend ourselves.

➢ **Social Media and Internet Safety**: Social media is not the enemy. The negative ways it can be used is. Learn positive use of using social media to not only protect yourself but be a voice of good for those around you.

➢ **Emotional Needs and How to Cope**: Our society wants us to believe they hold the answer to whether we have what it takes to be successful. Be positively affirmed in your specific strengths and learn practical ways to fight against the lies thrown at you every day.

➢ **Risky Behaviors & Boundaries**: Choices don't only involve unwanted pregnancy, STDs, and staying safe online. There are several risky behaviors that, without setting healthy boundaries, can be just as detrimental to your success. It's vitally important to take care of every part of you.

➢ **Sexually Transmitted Diseases and Crowded Bed**: Being aware of the potential harm of these diseases due to carelessness in sexual activity is extremely important. Knowledge truly is power. So, be informed and make the best decision for your health.

➢ **Teen Pregnancy**: A teenage pregnancy is a daunting challenge to face. Let's discuss how each person is impacted, the best way to prevent pregnancy, prenatal development, and pregnancy outcomes (parenting, adoption, and abortion).

➢ **Human Trafficking Awareness**: The world is not always as safe as we would like to believe, but we don't have to live in fear. Get equipped with tools to keep you, your friends, and your family safe from predators lurking right behind the screen of your smartphone.