

**Lesson 1: “Who am I and Where am I Going?”**

**County** \_\_\_\_\_

**School** \_\_\_\_\_

**Code** \_\_\_\_\_

(completed by facilitator)

**Grade in school** \_\_\_\_\_ **Age** \_\_\_\_\_

**Circle one:**      **male**      **female**

**Race/Ethnicity:**    **Black/African American**      **White/Caucasian**      **Hispanic/Latino**  
 (circle 1)

**Native American**      **Asian American**    **Other** \_\_\_\_\_

**Before participating in this program...**

**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				<b>My ability to identify what my possible selves are.</b>				
				<b>My awareness of who currently supports me to be the best person I can be.</b>				
				<b>My ability to do specific things day-to-day that prepare me for my future.</b>				
				<b>My awareness of the importance of comparing my possible selves with those of my friends</b>				
				<b>My strategies for dealing with peer pressure.</b>				

**Lesson 2: “Maturity Issues/What I Value”**

**County** \_\_\_\_\_ **School** \_\_\_\_\_ **Code** \_\_\_\_\_  
 (completed by facilitator)

**Grade in school** \_\_\_\_\_ **Age** \_\_\_\_\_ **Circle one:**      **male**      **female**

**Race/Ethnicity:**    **Black/African American**      **White/Caucasian**      **Hispanic/Latino**  
 (circle 1)

**Native American**      **Asian American**    **Other** \_\_\_\_\_

**Before participating in this program...**

**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				<b>My knowledge of my personal values.</b>				
				<b>My understanding of how one’s values and level of maturity affects one’s behavior.</b>				
				<b>My knowledge of the type of person that I am attracted to.</b>				
				<b>My awareness of the differences between maturity and immaturity.</b>				
				<b>My knowledge of social, emotional, and mental dimensions of maturity.</b>				

**Lesson 3: “Attractions and Infatuation”**

**County** \_\_\_\_\_ **School** \_\_\_\_\_ **Code** \_\_\_\_\_  
 (completed by facilitator)

**Grade in school** \_\_\_\_\_ **Age** \_\_\_\_\_ **Circle one:**      **male**      **female**

**Race/Ethnicity:**    **Black/African American**      **White/Caucasian**      **Hispanic/Latino**  
 (circle 1)  
                          **Native American**      **Asian American**    **Other** \_\_\_\_\_

**Before participating in this program...**

**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				<b>My knowledge of the building blocks of a healthy relationship.</b>				
				<b>My understanding of why a relationship based on sex is not stable.</b>				
				<b>My knowledge of the nature of infatuation, including the “brain chemistry” of infatuation.</b>				
				<b>My understanding of the difference between infatuation and genuine love.</b>				
				<b>My understanding of how relationships change over time.</b>				

**Lesson 4: “Love and Intimacy”**

**County** \_\_\_\_\_ **School** \_\_\_\_\_ **Code** \_\_\_\_\_  
 (completed by facilitator)

**Grade in school** \_\_\_\_\_ **Age** \_\_\_\_\_ **Circle one:**      **male**      **female**

**Race/Ethnicity:**    **Black/African American**      **White/Caucasian**      **Hispanic/Latino**  
 (circle 1)  
                          **Native American**      **Asian American**    **Other** \_\_\_\_\_

**Before participating in this program...**

**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				<b>My understanding of Eros and Agape.</b>				
				<b>My knowledge of the dimensions of mature love (chemistry, friendship, and trust/commitment).</b>				
				<b>My awareness of problems that can occur when the dimensions of mature love are unbalanced.</b>				
				<b>My knowledge of the 6 types of intimacy.</b>				
				<b>My understanding of the ways to build true intimacy.</b>				

**Lesson 5: “Principles of Smart Relationships”**

**County** \_\_\_\_\_

**School** \_\_\_\_\_

**Code** \_\_\_\_\_

(completed by facilitator)

**Grade in school** \_\_\_\_\_ **Age** \_\_\_\_\_

**Circle one:**      **male**      **female**

**Race/Ethnicity:**    **Black/African American**      **White/Caucasian**      **Hispanic/Latino**  
 (circle 1)

**Native American**      **Asian American**    **Other** \_\_\_\_\_

**Before participating in this program...**

**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				<b>My ability to recognize smart and not-so-smart relationship practices.</b>				
				<b>My understanding of the seven principles of smart relationships.</b>				
				<b>My willingness to apply the seven principles to my own life.</b>				
				<b>My awareness of what makes a person compatible with me.</b>				
				<b>My knowledge of how to start and continue conversations with a person I am interested in.</b>				

**Lesson 6: “The Low-risk Relationship Strategy: Decide, Don’t Slide!”**

**County** \_\_\_\_\_ **School** \_\_\_\_\_ **Code** \_\_\_\_\_  
 (completed by facilitator)

**Grade in school** \_\_\_\_\_ **Age** \_\_\_\_\_ **Circle one:**      **male**      **female**

**Race/Ethnicity:**    **Black/African American**      **White/Caucasian**      **Hispanic/Latino**  
 (circle 1)

**Native American**      **Asian American**    **Other** \_\_\_\_\_

**Before participating in this program...**

**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				<b>My awareness of the risks and consequences of sliding.</b>				
				<b>My understanding of the importance of compatibility.</b>				
				<b>My awareness of key things I should learn about someone that I am interested in.</b>				
				<b>My understanding of what it means to know someone.</b>				
				<b>My knowledge a low-risk “deciding” relationship strategy.</b>				

**Lesson 7: “Is It a Healthy Relationship?”**

**County** \_\_\_\_\_

**School** \_\_\_\_\_

**Code** \_\_\_\_\_

(completed by facilitator)

**Grade in school** \_\_\_\_\_ **Age** \_\_\_\_\_

**Circle one:**      **male**      **female**

**Race/Ethnicity:**    **Black/African American**      **White/Caucasian**      **Hispanic/Latino**  
 (circle 1)

**Native American**      **Asian American**    **Other** \_\_\_\_\_

**Before participating in this program...**

**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				<b>My awareness of differences between healthy and unhealthy relationships.</b>				
				<b>My understanding what how a controlling relationship differs from a respectful relationship.</b>				
				<b>My understanding of the difference between a conditional and an unconditional relationship.</b>				
				<b>My understanding of the difference between a relationship that has attractions on many levels compared to attraction at only the physical level.</b>				
				<b>My ability to identify unmet emotional, social, mental, or physical needs that can lead to poor relationship choices.</b>				

**Lesson 8: “Breaking up and Dating Abuse”**

**County** \_\_\_\_\_

**School** \_\_\_\_\_

**Code** \_\_\_\_\_

(completed by facilitator)

**Grade in school** \_\_\_\_\_ **Age** \_\_\_\_\_

**Circle one:**      **male**      **female**

**Race/Ethnicity:**    **Black/African American**      **White/Caucasian**      **Hispanic/Latino**  
 (circle 1)

**Native American**      **Asian American**    **Other** \_\_\_\_\_

**Before participating in this program...**

**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				<b>My awareness of abusive behaviors in relationships, including knowledge of early warning signs.</b>				
				<b>My ability to assert myself at the first sign of disrespect.</b>				
				<b>My ability to identify negative patterns of dealing with conflict.</b>				
				<b>My knowledge of how to respectfully break up with someone.</b>				
				<b>My knowledge of steps to take to recover from a broken relationship.</b>				

**Lesson 9: “Establishing a Foundation for Good Communication”**

**County** \_\_\_\_\_ **School** \_\_\_\_\_ **Code** \_\_\_\_\_  
 (completed by facilitator)

**Grade in school** \_\_\_\_\_ **Age** \_\_\_\_\_ **Circle one:**      **male**      **female**

**Race/Ethnicity:**    **Black/African American**      **White/Caucasian**      **Hispanic/Latino**  
 (circle 1)  
                          **Native American**      **Asian American**    **Other** \_\_\_\_\_

**Before participating in this program...**

**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				<b>My awareness of communication patterns I learned while growing up.</b>				
				<b>My knowledge of when to take a Time Out during an argument.</b>				
				<b>My understanding of how to use the Speaker-Listener Technique to talk through an issue or problem.</b>				
				<b>My awareness of how to facilitate good communication.</b>				
				<b>My ability to listen and offer appreciations to build the friendship in a relationship.</b>				

**Lesson 10: “Communication Challenges”**

**County** \_\_\_\_\_

**School** \_\_\_\_\_

**Code** \_\_\_\_\_  
(completed by facilitator)

**Grade in school** \_\_\_\_\_ **Age** \_\_\_\_\_

**Circle one:**      **male**      **female**

**Race/Ethnicity:**    **Black/African American**      **White/Caucasian**      **Hispanic/Latino**  
(circle 1)

**Native American**      **Asian American**    **Other** \_\_\_\_\_

**Before participating in this program...**

**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				<b>My understanding of communication patterns that damage relationships.</b>				
				<b>My awareness of the 4 danger signs in relationships.</b>				
				<b>My knowledge of how to complain in a way that I can be heard.</b>				
				<b>My understanding of how to use the WWWF format.</b>				
				<b>My awareness of how to avoid negative starts and use gentle starts.</b>				

**Lesson 11: “Why Parents’ Relationships Really Matter to Children”**

**County** \_\_\_\_\_

**School** \_\_\_\_\_

**Code** \_\_\_\_\_

(completed by facilitator)

**Grade in school** \_\_\_\_\_ **Age** \_\_\_\_\_

**Circle one:**      **male**      **female**

**Race/Ethnicity:**    **Black/African American**      **White/Caucasian**      **Hispanic/Latino**  
 (circle 1)

**Native American**      **Asian American**    **Other** \_\_\_\_\_

**Before participating in this program...**

**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				<b>My understanding of ways that parents’ relationships affect their children.</b>				
				<b>My awareness of what babies need from their parents.</b>				
				<b>My knowledge of how parental separation or divorce can affect children.</b>				
				<b>My understanding of what a good father is.</b>				
				<b>My awareness of how both mothers and fathers can increase the well-being of their children.</b>				

**Lesson 12: “Increasing the Odds of Having a Healthy Marriage Someday”**

**County** \_\_\_\_\_ **School** \_\_\_\_\_ **Code** \_\_\_\_\_  
 (completed by facilitator)

**Grade in school** \_\_\_\_\_ **Age** \_\_\_\_\_ **Circle one:**      **male**      **female**

**Race/Ethnicity:**    **Black/African American**      **White/Caucasian**      **Hispanic/Latino**  
 (circle 1)  
                          **Native American**      **Asian American**    **Other** \_\_\_\_\_

**Before participating in this program...**

**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				<b>My understanding of risky marriage choices.</b>				
				<b>My knowledge of ways to have a great marriage.</b>				
				<b>My awareness of why some marriages succeed and others fail.</b>				
				<b>My understanding of why my expectations for a marriage/family are important.</b>				
				<b>My knowledge of the success sequence.</b>				