



Connections™

Prepare teens for life with the adult preparation topics that meet the PREP grant requirements.

CONNECTIONS courses teach teens the skills that are essential for success in their dating relationships, and in preparing for marriage and adult life:

- Self-understanding
- How relationships work
- Managing emotions
- Dating and emotions
- Dealing with problems
- Effective communication
- What to expect from dating and marriage



CONNECTIONS material is fascinating to teens and immediately useful. In addition to lectures, lessons include lively brainstorming, small group work, games and role-playing.

CONNECTIONS programs were created for schools and youth organizations.

- Complete, ready-to-teach programs
- "Best practices" teaching methods
- Non-religious, non-sexual content that reflects current research
- Affordable - as low as \$6.75 per student

For more information on the CONNECTIONS programs visit:



	Connections: Dating and Emotions	Connections: Relationships and Marriage
Healthy Relationships <i>*Positive Self-Esteem</i> <i>*Relationship Dynamics</i> <i>*Friendships</i> <i>*Dating</i> <i>*Romantic Involvement</i> <i>*Marriage</i> <i>*Family Interactions</i>	Whole program	Whole program
Adolescent Development <i>*Knowledge and healthy attitudes & values about adolescent growth & development</i>	Whole program	Whole program
Financial Literacy		3, 14 - 16
Parent-Child Communication		2, 4, 8 - 10
Educational and Career Success <i>*Skills for employment, independent living, workplace productivity</i>	2, 6	3
Healthy Life Skills <i>*Communication, Negotiation, Interpersonal Skills, Stress management:</i> <i>*Goal Setting & Decision-making</i>	Whole program	3, 7, 13, 16

Connections: Dating & Emotions

Lesson topics:

1. Being a Friend; Who am I?
2. Maturity and Readiness for Relationships
3. Communication Skills – Ask, Accept or Decline
4. Areas of Personal Development & Setting Boundaries
5. How Relationships Grow – Developing Intimacy
6. Self-Disclosure – Johari Window
7. Feeling alone, Depression, and Support Systems
8. Problem Personality Patterns
9. Anger and Jealousy in a Relationship
10. Abuse in Relationships
11. Couple Trouble, Communication Issues
12. Breaking Up, ending a relationship
13. The Grieving Process and Moving On
14. Empathy
15. Staying Together, Love That Lasts

Connections: Relationships & Marriage

Lesson topics

1. What It's Like To Be Me, Heredity, Environment & Personality
2. Hierarchy of Needs
3. Life's Plan
4. Change
5. Expectations and Hidden Issues in a Relationship
6. Attractions, Getting Acquainted, My Ideal Person
7. Dating, Emotions, Breaking Up
8. Communication, Danger Signs, Family Patterns
9. Communication, Conflict Resolution & Listening Skills
10. Horizontal & Level Communication, Life Scripts and More Listening
11. What is Love, Components of Relationships
12. Roadblocks to Relationships, Before You Marry
13. The Commitment
14. Creating a Family
15. Finances & the Family Budget
16. Dealing With a Family Crisis & Problem Solving
17. Planning for Fun, The Family Vacation
18. Evaluation