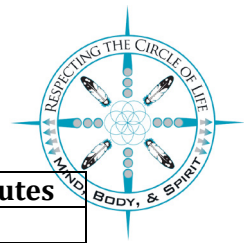




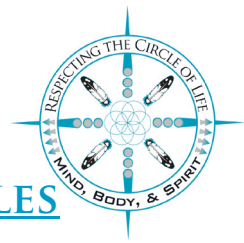
RCL CURRICULUM ACTIVITIES

Respecting the Circle of Life (RCL) was originally designed to be delivered in a camp setting with eight 2-hour sessions for youth peer groups followed by a 2-hour session in the home for a youth and their parent/trusted adult. These sessions include the following activities.

RCL Camp Schedule with additional Parent Session	
Session 1: Building Respect: We're in this Together	120 minutes
1. Working Together	15 min
2. Respecting the Circle of Life Program Overview	10 min
3. Group Cohesion activity <ul style="list-style-type: none"> a. Building My Team: Crossing the Canyon b. Building My Team: The Box c. Building My Team: The Human Knot 	15 min
4. Opening and Closing Rituals	15 min
5. Establishing Group Agreements	20 min
6. Monica and Michael: Learning Through Their Family Experiences	25 min
7. SPIRIT Decision-Making Model: Steps 1 and 2	15 min
8. Wrap-up and Closing Ritual	5 min
Session 2: Honoring Ourselves and Our Values	120 minutes
1. Opening Ritual and Review	10 min
2. Identifying the Risk	20 min
3. How Risky Is It?	20 min
4. Am I Invincible?	10 min
5. What's Important to You?	10 min
6. Ranking Your Values	15 min
7. To Each Their Own: Other's Values May Not be the Same as Yours	30 min
8. Wrap-Up and Closing Ritual	5 min
Session 3: Puberty: Understanding What's Happening to You	120 minutes
1. Opening Ritual and Review	5 min
2. SPIRIT Decision-Making Model: "I" Identifying Possible Solutions	15 min
3. Resources: How Do I Find Out About....	15 min
4. What Are Gender Identity, Attraction, Sex and Gender Expression?	10 min
5. Pregnancy Happens How? What Teens Want to Know about the Body and Puberty	70 min
6. Wrap-Up and Closing Ritual	5 min
Session 4: The Best Decision for Me!	120 minutes
1. Opening Ritual and Review	5 min
2. Communication with a Trusted Adult	20 min
3. Most Teens are Doing What?	15 min
4. Condom Demonstration	30 min
5. Hands-On Condom Race	20 min
6. SPIRIT Decision-Making Model "R": Review	25 min
7. Wrap-Up and Closing Ritual	5 min



Session 5: Communicating for a Healthier You	120 minutes
1. Opening Ritual and Review	10 min
2. SPIRIT Decision-Making Model I+T: Identify one and Try it out and Take action	15 min
3. Communication Game <ul style="list-style-type: none"> a. Reading Cues: The Importance of Nonverbal Communication b. Telephone Game c. Wot Did U Say? 	20 min
4. Assert Yourself: How We Communicate Makes a Difference	30 min
5. Sex: A Decision for Two	40 min
6. Wrap-Up and Closing Ritual	5 min
Session 6: Reducing my Risk for STDs and Pregnancy	120 minutes
1. Opening Ritual and Review	5 min
2. Showing You Care	30 min
3. STD Transmission and Unplanned Pregnancy Game	20 min
4. Making the Choice that's Right for Me: Contraception	55 min
5. Wrap-Up and Closing Ritual	10 min
Session 7: The Skills and Wills to Make My Own Choice	120 minutes
1. Opening Ritual and Review	10 min
2. STDs and Unplanned Pregnancy Review	10 min
3. Teen Parent Speaker: The Life Experiences and Consequences	60 min
4. Keeping my Values: My Safer Sex Guidelines	10 min
5. Sticking to my Decision Roleplay	25 min
6. Wrap-Up and Closing Ritual	5 min
Session 8: Looking Towards My Future	120 minutes
1. Opening Ritual and Review	5 min
2. Making YOUR Dreams Come True	30 min
3. Obstacles to Reaching Goals for my Future	20 min
4. Identifying Additional Obstacles and Concerns	10 min
5. Making a Difference	10 min
6. Buzz! Knowledge Feud	25 min
7. Pat on the Back	15 min
8. Wrap-Up and Closing Ritual	5 min
Session 9: Youth and Parent/Trusted Adult Session (in the home)	120 minutes
1. Introduction to Respecting the Circle of Life with Youth and Parents	5 min
2. Sexual Health 101	15 min
3. Respecting the Circle of Life with Youth and Parents Video	30 min
4. Effective Communication	20 min
5. Condom Demonstration	10 min
6. Talking with Your Youth Roleplays	20 min
7. Making Dreams Come True: Goal Setting	15 min
8. Ending the Session	5 min



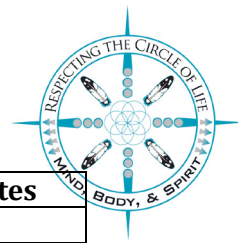
RCL CURRICULUM ACTIVITIES - ALTERNATE SCHEDULES

The RCL designers understand that the original curriculum schedule may need to be adjusted in some communities so that the program can be implemented in different locations (for example, during or after school) or for shorter amounts of time. Some places may choose to do the full program in 16 one-hour long sessions to include all of the content, but others may need further adjustments.

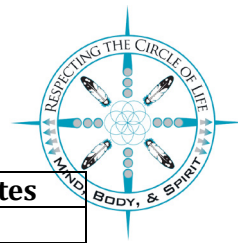
To shorten the sessions and maintain fidelity, be sure to keep the core elements in mind when adjusting time. Some activities can be skipped depending on the time available (examples include the knowledge feud and opening and closing rituals), while other activities can be shortened through less examples, fewer questions, and/or adding homework to the session.

To assist communities who find the eight two-hour long youth sessions too long to implement, alternative schedules have been created as examples. They include ten 80 minute sessions, twelve 60 minute sessions, and twelve 50 minute sessions.

RCL Curriculum in ten 80 min sessions (additional Parent Session)	
Session 1	80 minutes
1. Working Together	15 min
2. Respecting the Circle of Life Program Overview	10 min
3. Group Cohesion activity <ul style="list-style-type: none"> a. Building My Team: Crossing the Canyon b. Building My Team: The Box c. Building My Team: The Human Knot 	15 min
4. Opening and Closing Rituals	15 min
5. Establishing Group Agreements	20 min
6. Wrap-up and Closing Ritual	5 min
Session 2	80 minutes
1. Opening Ritual and Review	3 min
2. Monica and Michael: Learning Through Their Family Experiences	20 min
3. SPIRIT Decision-Making Model: Steps 1 and 2	15 min
4. Identifying the Risk	15 min
5. How Risky Is It?	15 min
6. Am I Invincible?	10 min
7. Wrap-up and Closing Ritual	2 min

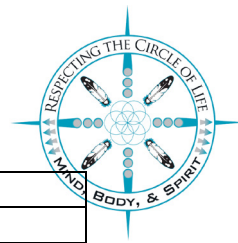


Session 3	80 minutes
1. Opening Ritual and Review	3 min
2. What's Important to You?	10 min
3. Ranking Your Values	15 min
4. To Each Their Own: Other's Values May Not be the Same as Yours	25 min
5. SPIRIT Decision-Making Model: "I" Identifying Possible Solutions	15 min
6. Resources: How Do I Find Out About....	10 min
7. Wrap-Up and Closing Ritual	2 min
Session 4	80 minutes
1. Opening Ritual and Review	3 min
2. What Are Gender Identity, Attraction, Sex and Gender Expression?	10 min
3. Pregnancy Happens How? What Teens Want to Know about the Body and Puberty	65 min
4. Wrap-Up and Closing Ritual	2 min
Session 5	80 minutes
1. Opening Ritual and Review	3 min
2. Communication with a Trusted Adult	20 min
3. Most Teens are Doing What?	15 min
4. Condom Demonstration	25 min
5. Hands-On Condom Race	15 min
6. Wrap-Up and Closing Ritual	2 min
Session 6	80 minutes
1. Opening Ritual and Review	3 min
2. SPIRIT Decision-Making Model "R": Review	25 min
3. SPIRIT Decision-Making Model I+T: Identify one and Try it out and Take action	15 min
4. Communication Game <ul style="list-style-type: none"> a. Reading Cues: The Importance of Nonverbal Communication b. Telephone Game c. Wot Did U Say? 	20 min
5. STD Transmission and Unplanned Pregnancy Game	15 min
6. Wrap-Up and Closing Ritual	2 min
Session 7	80 minutes
1. Opening Ritual and Review	5 min
2. Assert Yourself: How We Communicate Makes a Difference	30 min
3. Sex: A Decision for Two	40 min
4. Wrap-Up and Closing Ritual	5 min
Session 8	80 minutes
1. Opening Ritual and Review	3 min
2. Showing You Care	25 min
3. Making the Choice that's Right for Me: Contraception	50 min
4. Wrap-Up and Closing Ritual	2 min
Session 9	80 minutes
1. Opening Ritual and Review (including STDs and Unplanned Pregnancy)	3 min
2. Teen Parent Speaker: The Life Experiences and Consequences	45 min
3. Keeping my Values: My Safer Sex Guidelines	10 min
4. Sticking to my Decision Roleplay	20 min
5. Wrap-Up and Closing Ritual	2 min

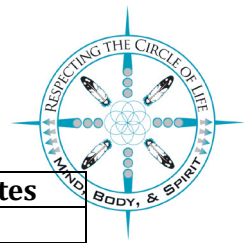


Session 10	80 minutes
1. Opening Ritual and Review	3 min
2. Making YOUR Dreams Come True	25 min
3. Obstacles to Reaching Goals for my Future	15 min
4. Identifying Additional Obstacles and Concerns	10 min
5. Making a Difference	10 min
6. Pat on the Back	15 min
7. Wrap-Up and Closing Ritual	2 min
Session 11: Youth and Parent/Trusted Adult Session (in the home)	120 minutes
1. Introduction to Respecting the Circle of Life with Youth and Parents	5 min
2. Sexual Health 101	15 min
3. Respecting the Circle of Life with Youth and Parents Video	30 min
4. Effective Communication	20 min
5. Condom Demonstration	10 min
6. Talking with Your Youth Roleplays	20 min
7. Making Dreams Come True: Goal Setting	15 min
8. Ending the Session	5 min

RCL Curriculum in twelve 60 min sessions (additional Parent Session)	
Session 1	60 minutes
1. Working Together	10 min
2. Respecting the Circle of Life Program Overview	10 min
3. Group Cohesion activity	10 min
a. Building My Team: Crossing the Canyon	
b. Building My Team: The Box	
c. Building My Team: The Human Knot	
4. Opening and Closing Rituals	10 min
5. Establishing Group Agreements	15 min
6. Wrap-up and Closing Ritual	5 min
Session 2	60 minutes
1. Opening Ritual and Review	3 min
2. Monica and Michael: Learning Through Their Family Experiences	20 min
3. SPIRIT Decision-Making Model: Steps 1 and 2	10 min
4. Identifying the Risk	15 min
5. How Risky Is It?	10 min
6. Wrap-up and Closing Ritual	2 min
Session 3	60 minutes
1. Opening Ritual and Review	3 min
2. Am I Invincible?	10 min
3. What's Important to You?	10 min
4. Ranking Your Values	15 min
5. To Each Their Own: Other's Values May Not be the Same as Yours	20 min
6. Wrap-Up and Closing Ritual	2 min
Session 4	60 minutes
1. Opening Ritual and Review	3 min

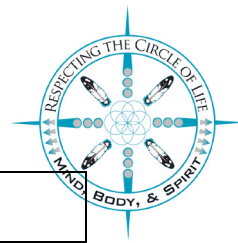


2. SPIRIT Decision-Making Model: “I” Identifying Possible Solutions	15 min
3. Resources: How Do I Find Out About....	15 min
4. What Are Gender Identity, Attraction, Sex and Gender Expression?	10 min
5. Pregnancy Happens How? What Teens Want to Know about the Body and Puberty (body changes)	15 min
6. Wrap-Up and Closing Ritual	2 min
Session 5	60 minutes
1. Opening Ritual and Review	3 min
2. Pregnancy Happens How? What Teens Want to Know about the Body and Puberty (emotional changes, anatomy)	55 min
3. Wrap-Up and Closing Ritual	2 min
Session 6	60 minutes
1. Opening Ritual and Review	3 min
2. Most Teens are Doing What?	15 min
3. Condom Demonstration	25 min
4. Hands-On Condom Race	15 min
5. Wrap-Up and Closing Ritual	2 min
Session 7	60 minutes
1. Opening Ritual and Review	3 min
2. Communication with a Trusted Adult	20 min
3. SPIRIT Decision-Making Model “R”: Review	20 min
4. SPIRIT Decision-Making Model I+T: Identify one and Try it out and Take action	15 min
5. Wrap-Up and Closing Ritual	2 min
Session 8	60 minutes
1. Opening Ritual and Review	5 min
2. Communication Game a. Reading Cues: The Importance of Nonverbal Communication b. Telephone Game c. Wot Did U Say?	20 min
3. Assert Yourself: How We Communicate Makes a Difference	30 min
4. Wrap-Up and Closing Ritual	5 min
Session 9	60 minutes
1. Opening Ritual and Review	3 min
2. Sex: A Decision for Two	35 min
3. Showing You Care	20 min
4. Wrap-Up and Closing Ritual	2 min
Session 10	60 minutes
1. Opening Ritual and Review	3 min
2. STD Transmission and Unplanned Pregnancy Game	15 min
3. Making the Choice that’s Right for Me: Contraception	30 min
4. Keeping my Values: My Safer Sex Guidelines	10 min
5. Wrap-Up and Closing Ritual	2 min
Session 11	60 minutes
1. Opening Ritual and Review (including STDs and Unplanned Pregnancy)	3 min
2. Teen Parent Speaker: The Life Experiences and Consequences	35 min
3. Sticking to my Decision Roleplay	20 min
4. Wrap-Up and Closing Ritual	2 min

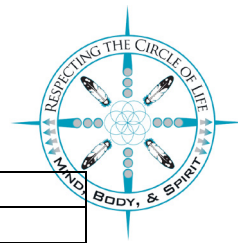


Session 12	60 minutes
1. Opening Ritual and Review	3 min
2. Making YOUR Dreams Come True	25 min
3. Obstacles to Reaching Goals for my Future	15 min
4. Pat on the Back	15 min
5. Wrap-Up and Closing Ritual	2 min
Session 13: Youth and Parent/Trusted Adult Session (in the home)	120 minutes
1. Introduction to Respecting the Circle of Life with Youth and Parents	5 min
2. Sexual Health 101	15 min
3. Respecting the Circle of Life with Youth and Parents Video	30 min
4. Effective Communication	20 min
5. Condom Demonstration	10 min
6. Talking with Your Youth Roleplays	20 min
7. Making Dreams Come True: Goal Setting	15 min
8. Ending the Session	5 min

RCL Curriculum in twelve 50 min sessions (additional Parent Session)	
Session 1	50 minutes
1. Working Together	10 min
2. Respecting the Circle of Life Program Overview	10 min
3. Group Cohesion activity <ul style="list-style-type: none"> a. Building My Team: Crossing the Canyon b. Building My Team: The Box c. Building My Team: The Human Knot 	10 min
4. Establishing Group Agreements	15 min
5. Wrap-up	5 min
Session 2	50 minutes
1. Review	3 min
2. Monica and Michael: Learning Through Their Family Experiences	15 min
3. SPIRIT Decision-Making Model: Steps 1 and 2	10 min
4. Identifying the Risk	10 min
5. How Risky Is It?	10 min
6. Wrap-up	2 min
Session 3	50 minutes
1. Review	3 min
2. Am I Invincible?	10 min
3. What's Important to You?	10 min
4. Ranking Your Values	10 min
5. To Each Their Own: Other's Values May Not be the Same as Yours	15 min
6. Wrap-Up	2 min
Session 4	50 minutes
1. Review	3 min
2. SPIRIT Decision-Making Model: "I" Identifying Possible Solutions	10 min
3. Resources: How Do I Find Out About....	10 min
4. What Are Gender Identity, Attraction, Sex and Gender Expression?	10 min



5. Pregnancy Happens How? What Teens Want to Know about the Body and Puberty (body changes)	15 min
6. Wrap-Up	2 min
Session 5	50 minutes
1. Review	3 min
2. Pregnancy Happens How? What Teens Want to Know about the Body and Puberty (emotional changes, anatomy)	45 min
3. Wrap-Up	2 min
Session 6	50 minutes
1. Review	3 min
2. Most Teens are Doing What?	15 min
3. Condom Demonstration	20 min
4. Hands-On Condom Race	10 min
5. Wrap-Up	2 min
Session 7	60 minutes
1. Review	3 min
2. Communication with a Trusted Adult	20 min
3. SPIRIT Decision-Making Model "R": Review	15 min
4. SPIRIT Decision-Making Model I+T: Identify one and Try it out and Take action	10 min
5. Wrap-Up	2 min
Session 8	50 minutes
1. Review	3 min
2. Communication Game <ul style="list-style-type: none"> a. Reading Cues: The Importance of Nonverbal Communication b. Telephone Game c. Wot Did U Say? 	20 min
3. Assert Yourself: How We Communicate Makes a Difference	25 min
4. Wrap-Up	2 min
Session 9	50 minutes
1. Review	3 min
2. Sex: A Decision for Two	30 min
3. Showing You Care	15 min
4. Wrap-Up	2 min
Session 10	50 minutes
1. Review	3 min
2. STD Transmission and Unplanned Pregnancy Game	15 min
3. Making the Choice that's Right for Me: Contraception	20 min
4. Keeping my Values: My Safer Sex Guidelines	10 min
5. Wrap-Up	2 min
Session 11	50 minutes
1. Review (including STDs and Unplanned Pregnancy)	3 min
2. Teen Parent Speaker: The Life Experiences and Consequences	30 min
3. Sticking to my Decision Roleplay	15 min
4. Wrap-Up	2 min
Session 12	50 minutes
1. Review	3 min
2. Making YOUR Dreams Come True	20 min



3. Obstacles to Reaching Goals for my Future	15 min
4. Pat on the Back	10 min
5. Wrap-Up	2 min
Session 13: Youth and Parent/Trusted Adult Session (in the home)	120 minutes
1. Introduction to Respecting the Circle of Life with Youth and Parents	5 min
2. Sexual Health 101	15 min
3. Respecting the Circle of Life with Youth and Parents Video	30 min
4. Effective Communication	20 min
5. Condom Demonstration	10 min
6. Talking with Your Youth Roleplays	20 min
7. Making Dreams Come True: Goal Setting	15 min
8. Ending the Session	5 min