



# RELATE CURRICULUM

## **Relate Foundational Philosophies:**

Relate teaches healthy relationship skills and sexual risk avoidance (SRA), an approach that encourages avoiding risk behaviors and promotes the elimination of all associated risks of those behaviors. The Relate program has universally transferable principles that are designed to help all students avoid sexual risk. Relate uses a primary prevention model which is the optimal public health model for avoiding and preventing health issues. This includes a balance of emotional, physical, spiritual, intellectual and social health. We teach primary prevention of risk behavior through modules focusing on goal setting, communication, prevention of disease and healthy relationships.

## **Goals of Relate curriculum:**

- Relate seeks to provide students throughout Whatcom County with tools and skills to delay sexual activity and avoid the risks associated with sexual activity.
- We seek to be inclusive of all students. All youth have the same needs regardless of sexual orientation or identity, for love, acceptance, protection and guidance. Sexual activity is still sexual activity and STIs are equal opportunity infectors. Behavior must be modified to avoid risks associated with sexual activity.

Relate is a holistic approach that focuses on the real-life struggles that teens face as they navigate through the complex challenges of their adolescent years. The Relate curriculum does this by teaching youth the benefits of avoiding risky behavior such as sexual activity, violence and drug and alcohol use.

The Relate curriculum is age appropriate, medically and scientifically accurate, and exceeds the OSPI's Healthy Youth Act requirements.

**Relate Curriculum: (Typically taught over a 2- 3 hour period divided up as class schedules permit)**

**\*Uses Relate Student Handbook**

Learning objective – The choices we make today affect our future goals and relationships.

- Goals – 1, 5, & 10 year goals  
Students brainstorm and write down several 1, 5 & 10 year goals. We talk about choosing the best path to achieve our personal goals. We discuss ways we get diverted from our personal goals or how we lose track of these goals. Typical reasons are peer pressure, drugs & alcohol, influence of society and media, and how many of us get confused between love and like. Real life examples are used.

- 7 Steps of Self-Control – Students will learn the 7-step model of physical progression within a dating relationship (we tell a great story that they love to keep them engaged in the conversation). This includes making a plan, knowing when to draw the line/physical boundaries, use communication, arousal (when female & male bodies typically prepare to have sex), risks (STD/STI's, Pregnancy, Emotions and everything that goes with these risks), what a physically focused relationship looks like, and how to stay in the safe intimate zone.
- Consent – non-verbal no, non-verbal yes, verbal no, verbal yes.
- Failure and success rates of types of birth control. Factual.
- Emotional Intimacy – We define emotional intimacy & its 6 levels (with interactive class discussion), explain the difference between physical intimacy & emotional intimacy, share a story about a fireplace to represent key points, and compare 2 marriages along with true story to help students understand the difference.
- Plan for the future- Discuss the 4 steps to a healthy relationship (Decide, Detach, Develop, Support).

Please feel free to contact me with any questions or concerns you may have.

Sincerely,

**Amy Myers**

Relate Healthy Relationships Education, SRAS

Whatcom County Pregnancy Clinic

relate@whatcomclinic.com

(360) 739-2424 Cell

(360)671-8422 Direct Line WCPC



