

Take-Home Family Activities in Middle School

Abstinence, Puberty & Personal Health

Lesson 7: When My Parents Were Teens

Lesson 10: Staying Abstinent: Parent Interview

Emotional & Mental Health

Lesson 6: Time to Talk: Troublesome Feelings

Lesson 11: Time to Talk: Managing Stress

HIV, STI & Pregnancy Prevention

Lesson 5: Time to Talk: Challenges of Being a Parent

Lesson 10: Time to Talk: Responsible Sexual Behavior

Nutrition & Physical Activity

Lesson 12: Time to Talk: Dieting Dangers

Lesson 15: Time to Talk: Getting Fit as a Family

Tobacco, Alcohol & Other Drug Prevention

Lesson 9: Time to Talk: The Media & Drugs

Lesson 11: Advice from an Adult About Tobacco, Alcohol & Other Drugs

Lesson 15: Time to Talk: Peer Pressure & Alcohol

Violence & Injury Prevention

Lesson 5: Time to Talk: Dares & Risks

Lesson 10: Time to Talk: Bullying