



## **C.A.R.E. Program Overview**

**Contemporary Adolescent Relationship Education C.A.R.E.** is a Camp Fire USA program designed to address contemporary issues of sexuality facing today's adolescents. Students learn the basic functions of their bodies and common sexually transmitted infections and diseases (STIs/STDs), while building the knowledge base and life skills necessary for avoiding STIs/STDs and unhealthy relationships.

### **Program Outline:**

1. **Session One: Introduction.** Learn how the body functions, basic anatomy, and the reproduction system. Address how to prevent things such as cancers of the reproductive organs. Also, prepare to discuss unwanted pregnancy in the next session by discussing how and why a teen may become pregnant.
2. **Session Two: Reproduction, pregnancy, childbirth, and protection.** Overview the stages of pregnancy. Discuss consequences of sexual activity. Emphasis on abstinence as the only 100% way to prevent pregnancy. Touch on various contraceptives and their relative advantages and disadvantages for preventing against unwanted pregnancy. Session ends on the costs and realities of raising a child.
3. **Session Three: Sexually Transmitted Infections.** Define the differences between curable and non-curable diseases. Discuss signs, symptoms, and treatments for STDs, while learning the most common forms of STDs.
4. **Session Four: Healthy Relationships and Skill Building.** Watch a video on relationship abuse. Discuss what constitutes a healthy versus an unhealthy relationship. Touch on the emotional and commitment aspects of sexual activity. Reinforce key content, with a course overview.