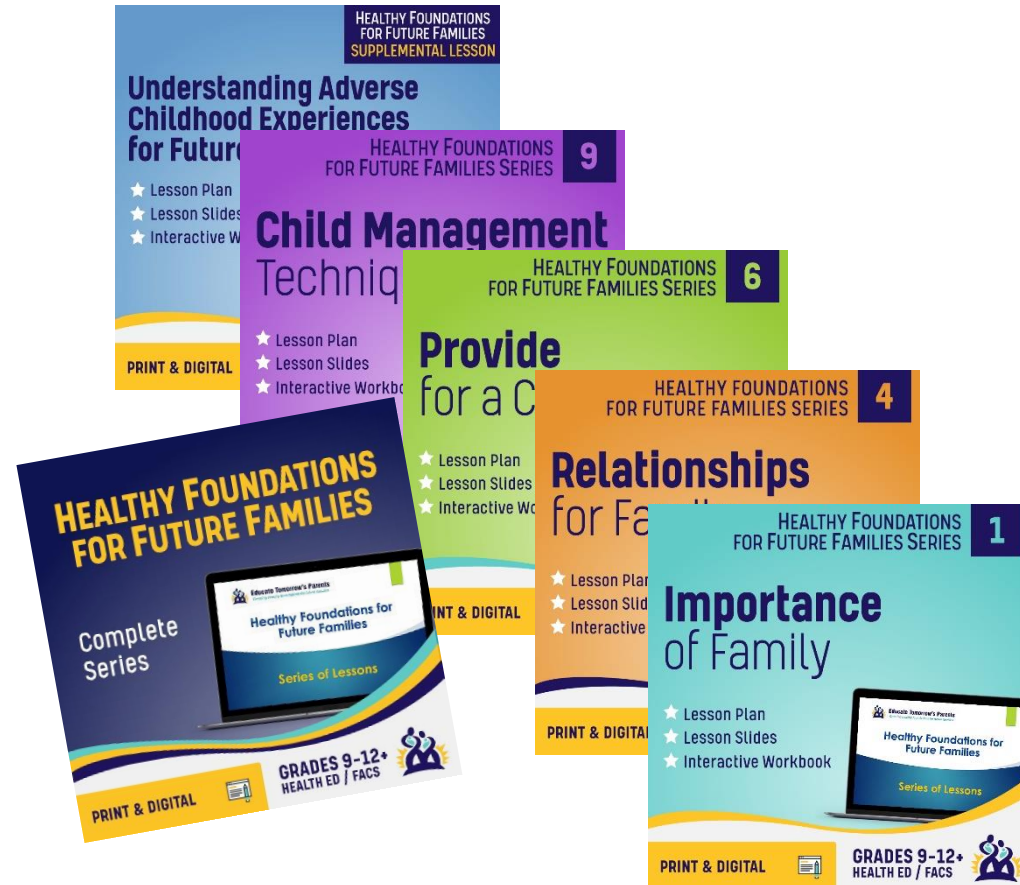


Healthy Foundations for Future Families High School Health & FACS Curriculum



Educate Tomorrow's Parents
Creating healthy foundations for future families

Created by: Randi Rubenstein, MSPH
Founder & Executive Director of Educate Tomorrow's Parents (ETP)



High School Health & FACS... the ETP way

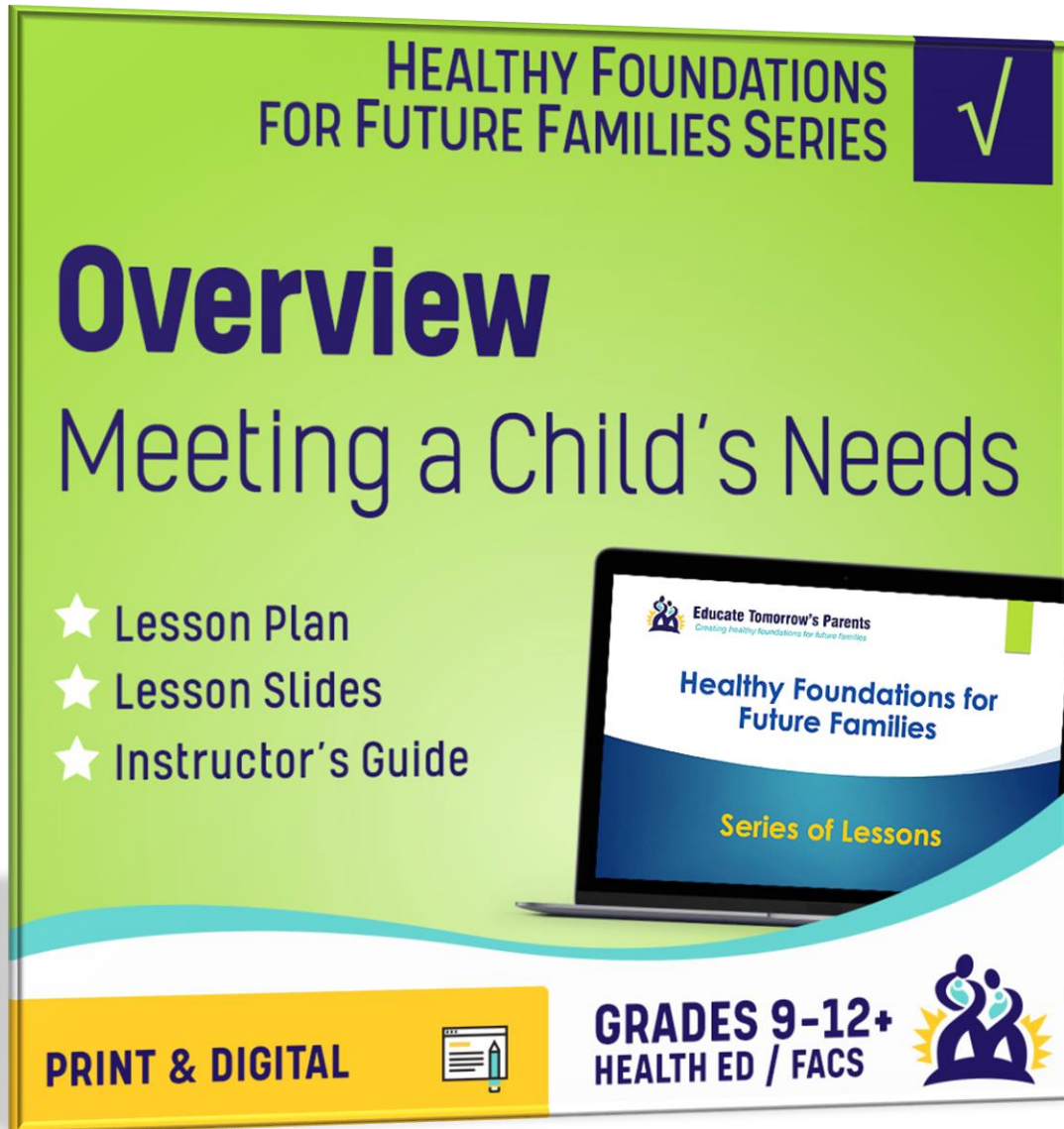
To engage students and maximize learning opportunities, our instructional methods:

Employ	Employ active learning and interactive teaching techniques
Reference	Reference current health information, statistics, trends, and research results
Translate	Translate child development theory into plain-speak
Provide	Provide a framework for developing personal visions and goals for parenting & life
Strengthen	Strengthen parenting and life skills with real-life applications and assignments
Inspire and motivate	Inspire and motivate with quotes, true stories, poems, lyrics, cartoons
Offer	Offer a variety of problem-solving strategies to construct personal "toolkits" for parenting and life management
Engage	Engage interest of all genders, and reinforce the role of fathers
Respect	Respect cultural, religious, and socioeconomic differences in parenting

Empowering Adolescents with Information and Life Skills

We guide adolescents and improve the health and wellbeing of the next generation

This Product Includes Slides, Student Plan, Instructor Guide



Here's why you'll LOVE this Lesson!

- ✓ **No Prep!**
- ✓ **Great discussion**-starter questions
- ✓ **Fully engaging & inclusive** across genders, cultures, faiths, family structures
- ✓ **Supports** social-emotional learning (SEL)
- ✓ **Utilizes** Motivational Interviewing techniques
- ✓ **Aligns** with National Standards for:
 - Common Core ELA
 - Health Education / Healthful Living
 - **FACS -Areas of Study 6.0, 7.0, 12.0, 13.0, 15.0**

Everything you need! Download today...teach it tomorrow

- **PowerPoint slides (28 slides)** – Made for teacher-led or independent student learning. Use with Google Classrooms.
- **Lesson Plan (1 page)** - Editable PPT for student assignment) →
- **Instructor Guide (8 pages)** – Includes presentation guidelines, expansion topics, suggested activity



The image is a screenshot of a lesson plan page. At the top, it says 'Healthy Foundations for Future Families' and 'Module 3: Meeting a Child's Needs'. The main title is 'Mini-Lesson Overview Meeting a Child's Needs - Lesson Plan'. The page is divided into three main sections: 'Overview', 'Lesson (To Do)', and 'Closure'.
Overview
- **Review - What you already know**: Reflect on how and when you plan to create your family.
- **Goal - What you will know and/or accomplish**: You will gain an understanding of parenting responsibilities. Learning about human potential and Maslow's Hierarchy of Needs, you will learn how to meet those needs through a Hierarchy of Care.
- **Rationale - Why this lesson is important**: With this larger perspective of parenting, you will have a strategy for adulting and future parenting.
Lesson (To Do)
- **Objectives**: You will:
• Learn about human potential and Maslow's Hierarchy of Needs
• Be able to identify different types of needs in daily life and understand the cycle of Need States
• Explore ways to meet needs through a Hierarchy of Care: Provide, Protect, and Nurture
- **Do This**:
• View the Slide presentation [here](#).
Closure
- **Key Message**: "Understanding the Hierarchy of Needs can help you prepare to care for a child."
• How can you apply Provide, Protect, and Nurture in your self-care now?
• Is there someone in your life who is your role-model for great parenting? Who?
• Thinking about caring for a future child, how would you like to begin preparing now?
At the bottom, it says '© Randi Rubenstein 2022', 'www.eduparents.org', and 'Educate Tomorrow's Parents'.

Lesson Plan Page-
Edit to add your own student instructions, links to slides worksheet files, etc.

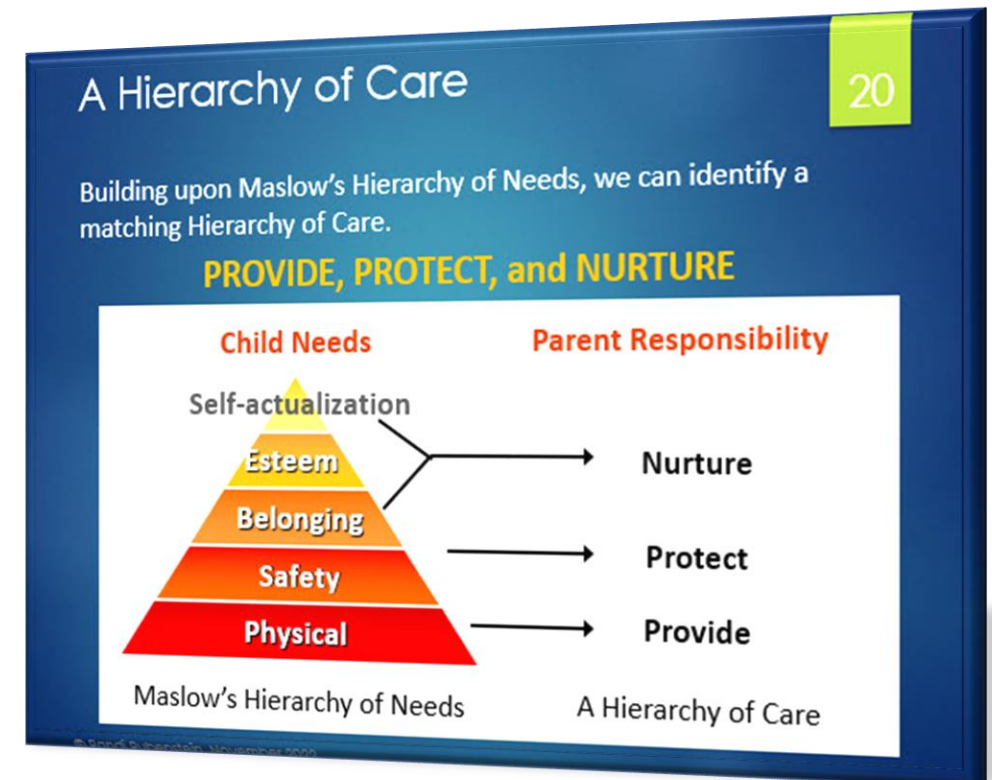
National High School Health & FACS Standards-Based Content

Students will...

- **Learn** about human potential and Maslow's Hierarchy of Needs
- **Identify** different types of needs in daily life and understand the cycle of Need States
- **Explore** ways to meet needs through a Hierarchy of Care: Provide, Protect, and Nurture
- **Consider** parent responsibilities in meeting a child's needs

"I liked how educational and eye-opening this lesson was!"

- Male student (15)



Lesson Topics - Real, Relevant, Relatable!



Students learn...

- What “self-actualization” means in teen-friendly terms
- Types of basic needs and how they can interfere with peak performance and creativity
- A cycle of Need States using hunger as an example
- How children and adults differ in their ability to meet needs – and parenting responsibilities
- Things teens can do now to improve skills for self-care and future care of children

“The information provided was very useful and something I will use when I become a parent.”

- Male Student (14)

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Benefits of learning how to provide, protect, and nurture now.

You can prioritize and address your own needs now.	PROVIDE – You can build skills for life-planning, budgeting, time-management, and good health habits.
PROTECT – You can learn about risks to physical safety, avoid abusive relationships, and build anger management skills.	NURTURE – You can learn about human development and mental health, choose supportive friends, and build self-esteem.
You can gain experience caring for children – with younger siblings, babysitting, working with children.	You can obtain knowledge and resources that will support your self-actualization

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Instructor's Guide – 8 Pages with Lots of Goodies

We have created this overview as a mini-lesson to maximize your flexibility in using our instructional materials. You can use all the slides to explain how Maslow's Hierarchy of Needs relates to self-care and parenting responsibilities. If you are only interested in teaching about Maslow's Hierarchy, you can use a subset of the slides (slides 5 to 17). And you can pair this mini-lesson with one, two, or all 3 of the forthcoming lessons in the Meeting a Child's Needs module.

Topics in this Instructor Guide include:

- How does this lesson fit with other topics and the *Healthy Foundations* series
- Presentation notes
- Expansion topics
- Suggested classroom activity
- Teaching tips for *Healthy Foundations'* lessons based on ETP's experience
- Independent vs. Guided Instruction of the *Healthy Foundations* lessons
- Here's why you can have

Expansion topics

1) Circumstances when it's difficult to do our best – Slide

This slide lists a series of challenging situations that are great conversation starters.

These same situations will be re-visited in slides 13 and 14, after learning about types of needs in Maslow's Hierarchy.

ACTIVITY / PROP DEMONSTRATION: The Hierarchy as a Pyramid

Students will conduct an experiment using stackable objects to see what happens to a pyramid's highest level when the lowest level is incomplete (representing an unmet need).

➤ Materials needed

Teaching Tips for *Healthy Foundations* lessons based on ETP experience

Allowing freedom of expression to cultivate adult-thinking

The goal of the workbook is to encourage teens to think like adults, to plan and anticipate the consequences of their behaviors. It is important to give teens the freedom to explore their ideas in a safe and non-judgmental environment. Teens often start out with one set of ideas and then realize that

ing this activity, plus one set for you)
yls, children's blocks (not Legos), or small

Empowering Teens to Care for the Next Generation

We've been teaching our curriculum in schools since 2005. See why we're so effective.



After ETP's programs, **96%** of teens report they will be better able to provide, protect, and nurture future families!



Our hands-on, inclusive program guides young men and women to create a personalized life-plan.



You can give a teen and their future family a better beginning in life!

The *Healthy Foundations* complete series of topics include: healthy relationships, perils of teen parenting, prenatal health, fatherhood, shaken baby syndrome, family budgets, children's needs, preventing child abuse



"ETP has helped so many kids make good decisions about school, their personal lives, and preparing for life in general."

Health Ed teacher, Buena Park HS