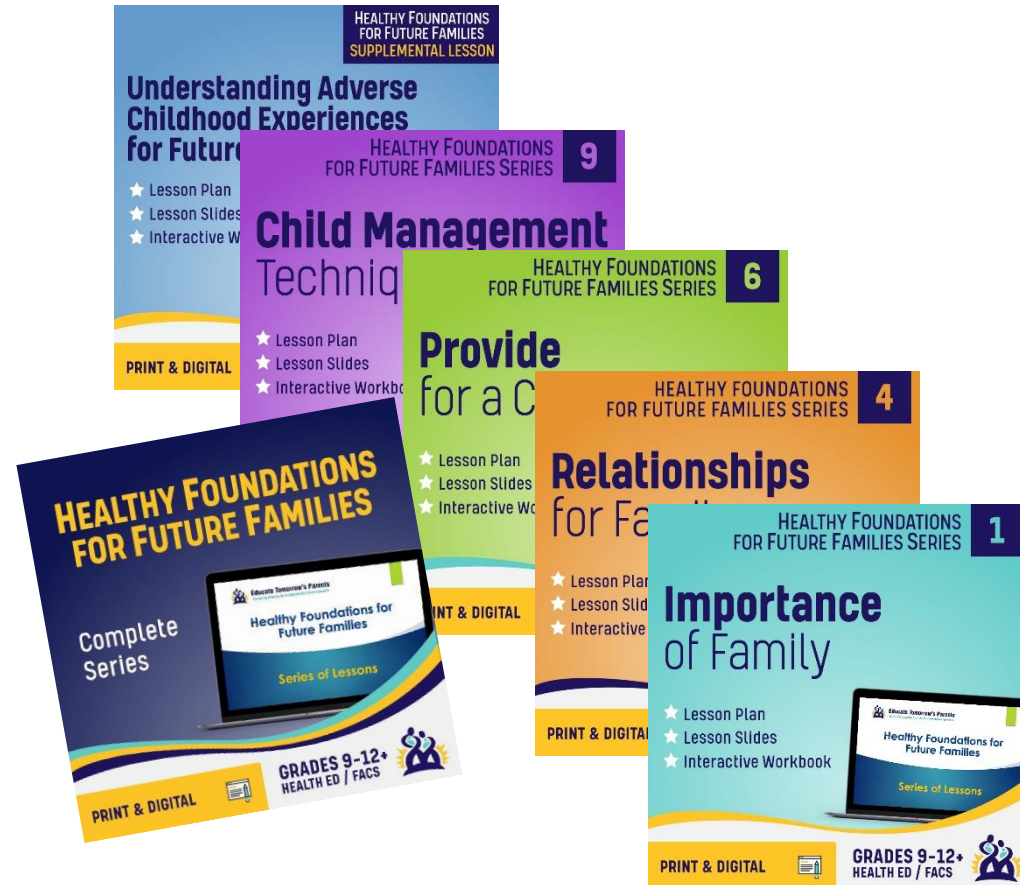


Healthy Foundations for Future Families High School Health & FACS Curriculum



Educate Tomorrow's Parents
Creating healthy foundations for future families

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



Empowering Adolescents with Information and Life Skills

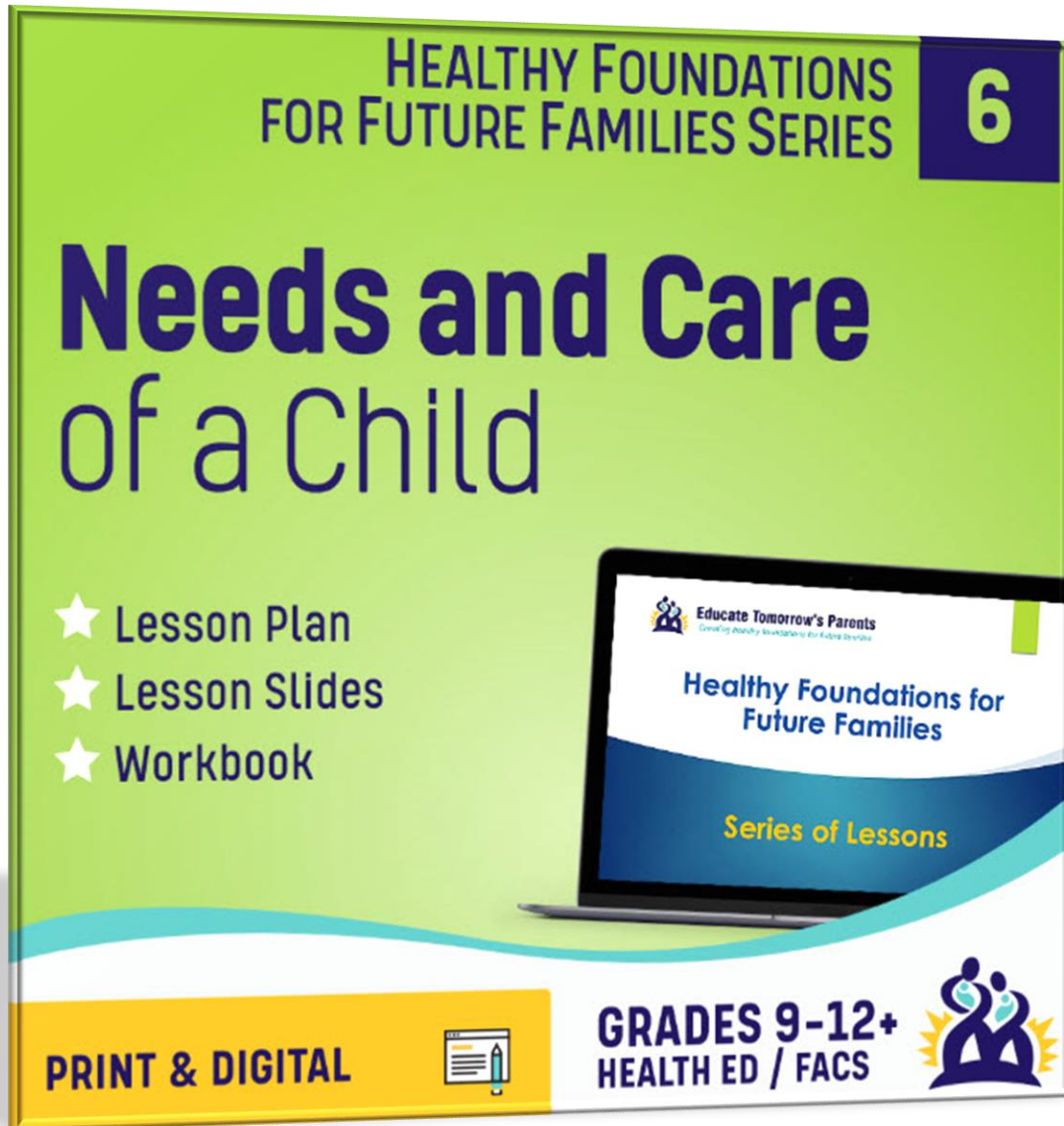
We guide adolescents and improve the health and wellbeing of the next generation

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

This Product Includes Slides, Student Plan, Instructor Guide

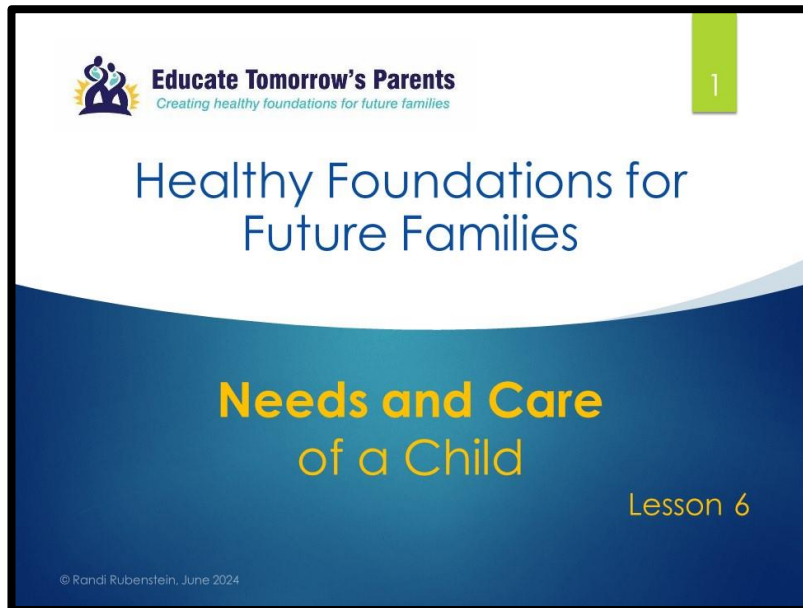


Here's why you'll LOVE this Lesson!

- ✓ **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



Healthy Foundations for Future Families

Module 3: Meeting a Child's Needs

Lesson 6 Needs and Care of a Child – Lesson Plan

Overview

Review – What you already know
Reflect on your goals for a future family and how you would like to form one.

Goal - What you will know and/or accomplish
You will gain an understanding of a Hierarchy of Needs and a Hierarchy of Care, enabling you and your family to reach your full potential.

Rationale – Why this lesson is important
With this knowledge about human needs and the consequences of unmet needs, you will have a broader perspective of how caring for yourself now will help prepare you to care for a child later.

Lesson (To Do)

Objectives
You will:

- Learn about human potential, development, needs and care
- Explore ways to meet needs through a Hierarchy of Care: Provide, Protect, and Nurture
- Identify how your ability or inability to practice self-care can affect you and a future family

Do This

- View the Slide presentation [here](#)
- Open the Workbook assignment [here](#) and complete it.

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?

Turn in your work

Upload your Lesson 6 Workbook [here](#)

DUE BY _____

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

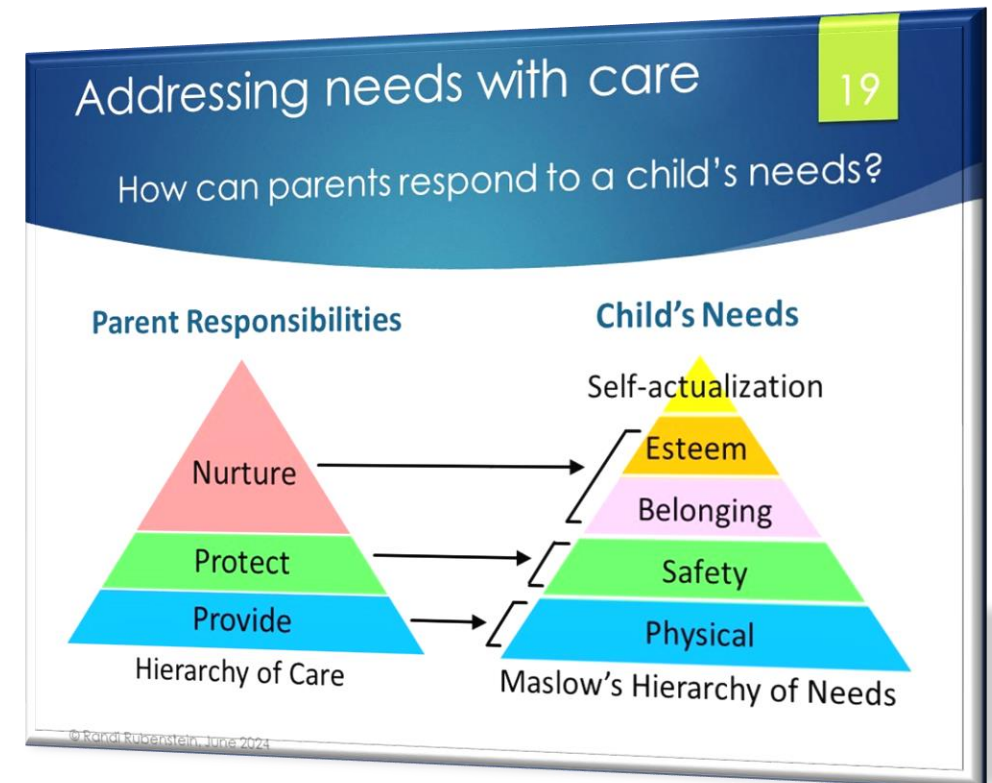
National High School Health & FACS Standards-Based Content

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!

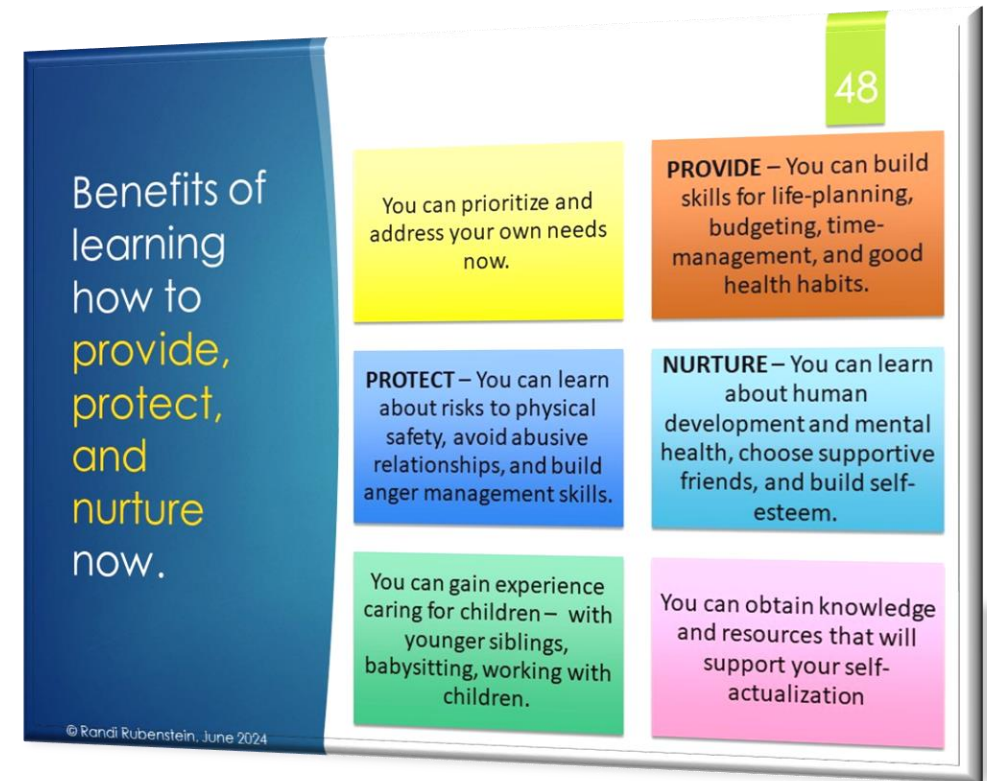


Students learn...

- What “self-actualization” means in teen-friendly terms
- Types of basic needs and how they can interfere with peak performance and creativity
- The effect of unmet needs on child development
- 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)



Instructor's Guide – 8 Pages with Lots of Goodies

Contents of Instructor Guide: Needs and Care of a Child

In this lesson, we present an overview of Maslow's Hierarchy of Needs along with Care, which can be implemented in the context of self-care and parenting response. Come to appreciate how their progress toward self-sufficiency is also building the foundation for their future family.

Topics in this Instructor Guide include:

- How does this lesson fit with other topics and the *Healthy Foundations* series?
- Presentation notes
- Suggested classroom activity
- Extra information for class
- Teaching tips for *Healthy Foundations*
- Independent vs. Guided Practice
- Here's why you can have it all

3) Hierarchy of Needs and our brains – Slide 13

Here we begin introducing the science of brain development, which offers scientific support for Maslow's Hierarchy. It is also a bridge to upcoming slides describing early child development.

The areas of the brain are listed in order of development; their placement over the image does not correspond to physical locations within the brain.

Suggested Classroom Activity

ACTIVITY / PROP DEMONSTRATION: The Hierarchy as a Pyramid Experiment * Supports Slides 11 and 12 *

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).

Human potential

Why is it necessary for so many needs to be met before others can be met?

Let's imagine a pyramid of Need Cups, and the top cup is an activity where you want to do your best.

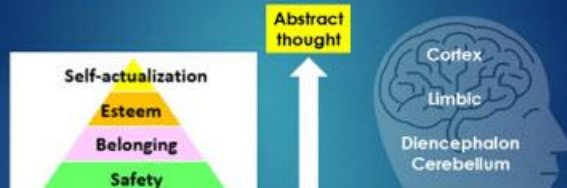
Your physiological needs are on the bottom row.

© Ronck Rubenstein, June 2004

Hierarchy of Needs and our brains

13
... for each group (you)

The Hierarchy of Needs is similar to how our brains develop – beginning with the brain stem for our physical survival.



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

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