

ATTW 8: Changes and Challenges. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
Ch 1. Don't Want to Grow Up! Freedom and Responsibility	Freedom and responsibility.	Addressing ambivalence about the growing up process.	To want to grow more responsible and free.	Identifies ways to attain new rights and better relationships through fulfilling obligations and seeks to incorporate them in real life.	Ask students to make a list of things they could do to help around the house to give their parents more free time	Unit I: Building My Freedom.
		The interrelationship of freedom and responsibility.	To be interested in new rights and obligations.		They resolve to do at least one of them per day, and after a week, record the improvements in relationship to parents	Ch. 1-5
		Definition of responsibility and its role in fulfilling relationships and personal happiness	To accept responsibility as promoting happiness in relationships.		Record any new privileges or freedoms granted for showing responsibility like this.	The student can relate to the concepts of freedom and responsibility in his or her own growing up
Ch 2. Watch Out! Alice Gains Some Independence	Autonomy with responsibility.	Gaining autonomy.	To want autonomy and to be willing to exhibit the responsibility it requires	To find areas in his or her life where greater responsibility may lead to greater autonomy, and to assume those responsibilities and savor the rewards.	To choose a specific privilege or mark of independence wished for during the "brainstorming" session.	he or she values strength and self-control in this process and manages personal circumstances in the direction of responsibility and freedom
		The effects of irresponsibility on autonomy and independence.	To trust responsible adults in one's life to guide one, show interest in one's affairs, and grant appropriate freedoms.		To resolve to discuss with parents or other responsible adults what the student must do to earn and keep that privilege.	
		Accepting adult guidance and help.			To strive toward gaining that privilege and living up to its attendant responsibilities.	
Ch 3. He Is Mighty Who Conquers Himself	Strength and self-discipline.	Definition of strength as mental as well as physical	To get interested in being strong and self-disciplined.	To see situations in daily life as opportunities to put into practice what was learned about strength and discipline.	To develop strength of character as well as outer strengths of physical accomplishments.	
		Self-control and self-discipline	To realize the importance of strengthening both mind and body.		Determine to show "real strength" in fulfilling obligations, being true to one's word, living up to one's responsibilities at home and at school,	

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		Strength in relationship to others			To take responsibility for one's own part in conflicts, regardless of what the other person does or doesn't do.	
Ch 4. Speech! Speech! Charles faces a fear	The wish for freedom and accomplishment versus lack of self-confidence.	Fears are common, but they can limit us.	To realize the need for patience and courage in gaining self-confidence.	To recognize situations in daily life where lack of confidence is fighting one's growth toward freedom and accomplishment.	To resolve that the next time a challenge that requires self-confidence comes along, they will take it up, using	
		With help and guidance, we can face our fears and conquer them.		To know what to do when this occurs.	the help, support and guidance of adults, the ideas in this story, and maybe some of the relaxation exercises.	
		The sense of victory is wonderful, and it can carry over to new challenges.				
Ch 5. Flying High and Swooping Down	Personal benefit and the benefit of the whole.	The Paradox of the whole	To value the common good as leading to personal fulfillment as well as benefiting the group	To evaluate, in specific situations, which is the personal interest and which the common good.	Tell students to try to notice when individual interests conflict with the group's interest.	
		Lesson from nature: The "V" Formation			To remember the benefits of working for the whole.	
		Caring selflessly for others			To decide action accordingly.	
Ch 6. Mirrors and Masks: issues of Identity	The identity crisis	The differentiation process	To value and accept the identity crisis as part of the maturing process	To recognize in specific situations how the identity crisis is working	Ask students to try to be calm and assertive with parents (not aggressive) when tensions arise	Unit II: My Personality
		Trying on different identities or masks	To reject the negative interpretations of this stage of development which bring negative attitudes and erroneous behaviors	To apply tools and criteria that are helpful in managing the crisis in his/her own situation	Recommend to be appreciative of the gifts of personality their parents have given to them and to verbalize that appreciation to their parents.	Ch. 6-11

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		Negative identity				The student understands him- or herself as a unique and unrepeatable being, going through a transitional stage in personal development.
		A positive self-image				Learns to fully value the self and others. Lives this transitional stage prudently and according to his or her own possibilities.
Ch. 7. Friends and Family	The crisis of loyalties between friends and family.	The family as the school of love and relationships	To be disposed positively toward harmonizing loyalty to friends and to family	To be able to harmonize these conflicts amicably and well.	To remember to make plans around parental and family concerns (discussing them) before finalizing them with friends	
		The importance of peers			To value and contribute to "family times."	
		Balancing the two				
Ch 8. Popularity and Personality	Popularity and self-esteem	The natural desire for popularity, acceptance, and admiration	To give popularity its correct importance, without overvaluing or undervaluing it	To avoid falling the false feeling of rejection and refuse to engage in negative behaviors undertaken to avoid rejection.	To know when the media is selling them something based on an appeal to their deep inner needs no product can possibly meet	
		The effects of advertising		To avoid the pitfalls of "selling" one's self and to value keeping his/her own position and personality.	To find and use authentic means to fulfill the needs	
		Inner beauty			To detect lack of authenticity in one's self and others and reject its influence	

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Ch 9. The Clique	Being true to one's self and one's ideals even when under peer pressure not to be.	Conformity/Peer Pressure	To reject negative peer pressure	To resist the desire to conform at all costs	To memorize two of the quotes and apply them in real life peer pressure situations.	
		Integrity	To value his or her own convictions	To reject peer pressure by avoiding conflicts without compromising one's beliefs.	To ask themselves each day, "Was I true to myself today?" If not, where do I need to improve?	
		Cliques				
Ch 10. What Makes the World Change? Magnanimity and Altruism	Magnanimity and altruism	No man is an island-the social nature of human beings	To value magnanimity and altruism as basic human virtues which correspond	To be able to discern magnanimity and altruism in others	Suggest students to try to give more to others without thinking of the return.	
		Magnanimity and altruism bring happiness	to the need of each person to come out of him- or herself and go towards others	To begin to find opportunities to be magnanimous and altruistic	Ask them to notice when others are being magnanimous and altruistic and to note the positive effects of this.	
		Forgetting the self and concentrating on others	To develop a sincere desire to be open to others			
		Dreams into reality				
Ch 11. On My Honor	Truthfulness and honorability.	Honor: definition	To value being dependable, steadfast and truthful as the surest way to personal fulfillment.	To discern the attitudes and feelings in daily behavior which are inherent in the practice of sincerity and authenticity	Ask students to adopt the maxim "A good reputation is better than gold" and strive to live up to it, realizing he or she is building the future day-by-day now.	
		Trustworthiness : A good reputation is better than gold	To repudiate hypocrisy and insincerity		Ask them also to discern during the week how the maxim "Honesty is the best policy" applies in every day situations	
		Building your future				
Ch. 12. Family Life and Strife	Respecting and valuing the family	The meaning and function of the family	To develop a positive attitude toward family, especially parents and siblings	To realize that acts of kindness and helpfulness within the family show care and make family life more agreeable.	Encourage students to appreciate the value of the family and be resolved to be a positive factor in it,	Unit III: My Family and My Future

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	Maintaining autonomy and not allowing others to pressure one	Love is the "gas" in the family car			performing small kindnesses that help promote love and good feeling.	ch. 12-14
		Kindness goes a long way				The student understands the importance of family in one's life and particularly at this period in life
		Rewarding relationships				He or she values the family as one of the greatest strengths and supports
Ch 13. Who's The 'Boss'	Respect for and use of authority.	Understanding authority: how it is conferred and held.	To obey and wield legitimate authority.	To discern legitimate authority in daily life and respect it.	To recognize, obey and wield legitimate authority.	The student is able to think about how to manage family relations.
		Wielding authority well.			To recognize that the authority's legitimacy might not always be readily recognizable and to confer respect to those in positions of authority.	
		Parental authority.				
Ch. 14: The Generation Gap	Respect for others	The value of elders	To realize the importance of talking to trustworthy older or more experienced persons	To initiate conversations with known adults	To treat elders with respect and honor and to learn from their wisdom and experience.	
		Don't judge by appearances				
		Our common humanity				
Ch 15: Romeo and Juliet	The qualities of friendship as the basis for love and marriage.	The basis of love	To value friendship as a special gift throughout life	To take opportunities to make friends or to deepen friendships	To not be taken in by looks alone but to learn to look for inner qualities	Unit IV: Relationships
		The basis of friendship	To reject phony relationships that "use" or "buy" people		To build the inner qualities of a good friend knowing that these are the basis to become a good spouse in the future.	Ch. 15-22

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		The interrelationship between the two				The student understands friendship as a foundation for love relationships later in life and has the skills to be and to make a good friend
Ch 16: Charts and Chili Peppers	Dating.	Dating is not only a good time	To consider dating as a way to nurture love for one another, always with respect and clear purposes	To hold proper friendships with persons of the opposite sex	To view dating as preparation for marriage, to treat it with respect and care, involving parents in decision-making and guidance-giving	The student understands the ripening of friendship into a potential dating situation and the purpose and restrictions of dating.
		Courtship is preparation for marriage		To know how to keep "dates" at a level of respect, which will help getting to know each other	To be resolved to abstain from physical affection on dates until such time as they are ready to make a commitment to one another, and then with restraint until marriage.	He or she is able to understand current family relations, faithfulness and goal-setting as key to good relationships in the future.
		What to look for in a dating partner				
		Physical restraint during dating				
ch 17: Of Spouses and Sonnets	Marriage	Marriage as a gain for personhood and freedom	To value a good marriage as a way to personal fulfillment and happiness	To start developing positive attitudes that will lead to a good marriage.	To "see through" movie and story depictions of love and marriage that end with the big kiss or declaration of love or wedding scene and to realize that a good marriage is built over time	
		The importance of common goals			To "see through" negative social myths about marriage	

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		Ceremony and commitment			To be practicing to be and to pick a good marriage partner through building up their own character strengths of loyalty, perseverance, kindness, supportiveness, etcetera.	
CH. 18 The Power of One	The virtues needed to form a happy family	Taking initiative: the power of one	To reject distorted ideas of family life and accept responsibility for one's own contributions	To contribute to a happier family by living virtuously	To take individual responsibility in their family and group relationships to be a positive, virtuous force.	
		Small kindness count: the power of one				
		Family relationships are a permanent support system				
Ch 19 Dad's Promise	Relationships in the family	Families are started and sustained with love and promises	To reject derogatory opinions about his or her own family	To live by the virtues that foster closeness within a family	To develop the virtue of faithfulness by practicing keeping promises now	
		Family first	To be ready to resolve conflicts within the family when they occur.	To see his or her own family realistically and objectively		
		Resolving Conflict	To accept the importance of faithfulness			
		Don't compare families				
Ch. 20 The Family	The family in society and history.	The family in history	To value the family as the basic unit of society.	To respect one's family and act in a way that will help it to grow and function better.	To take family life-one's present and future family life-more seriously	
		The family and society			To treat the family as central to human existence	
		The importance of the family				
Ch 21. Faithful Friend	Fidelity as the base of all friendships	The importance of fidelity	To repudiate infidelity and disloyalty as destructive of relationships	To reflect on his or her own experience of fidelity in friendships.	To practice being faithful to friends and family	

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		Dealing with pain			To become strong in fidelity in preparation for a happy, stable marriage later in life	
		Fidelity in friendship is practice for fidelity in marriage				
Ch. 22. Dreams and Schemes	Visualizing the future with idealism and realism	The need to have a vision for the future	To appreciate realism as the base from which to project the future	To think of the future with realism but without giving up on idealism	To set realistic and idealistic goals for their futures	
		The need to be both realistic and idealistic about the future			To list and take age-appropriate steps toward their goals	
Ch. 23. Going through Changes	Respecting the changes taking place in the pre-teen body.	The hormonal basis of physical changes and the changes themselves				Unit V: Changes in my Life - Puberty
		The purpose of these changes is parenthood-a great gift	To accept with respect and joyfulness the changes taking place in his or her own body			Chapters 23-30
		Respect	To respect the different pace of development of others	To notice and understand the changes taking place in his or her own body.	To treat the self and others with the respect that the awesome power and functions of the body deserve.	Abilities: The student is able to accept information on and cope well with all the changes that he or she is undergoing: biological, psychological, social, and spiritual.
Ch. 24. My Own Space	Respecting privacy.	The need for privacy	To value privacy	To respect and protect his or her own privacy	To have a higher regard for one's own and others' physical and spiritual modesty and need for privacy and to encourage others in this respect as well	He or she learns and maintains respect for his or her privacy and that of others.

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		Parents as allies in building and respecting privacy		To have a positive and open attitude toward parents	To discourage self and others from “peeping” at the opposite sex or one another, teasing about the body, and prying into others’ private worlds.	
		Respecting the privacy of others and commanding respect for one's own				
Ch. 25. Invasion of Privacy	Respecting the opposite sex.	Accepting changes in the opposite sex with equanimity and respect	To reject disrespect for the privacy of others	To deal with those of the opposite sex always in a natural and straightforward manner	To respect others' physical boundaries.	
		Rejecting disrespect toward the opposite sex	To be patient with the insecurity of others who are going through changes		Recognize and assert the need for others to respect one's own.	
		The importance of personal boundaries				
Ch. 26. Dear Diary	Hormonal changes during puberty and their influence	Hormones and what they do	To feel comfortable with the stages of puberty, whether they come early or late	To have tools for dealing with acne, voice change, fatigue, weight change and menstruation	To have a positive, healthy regard for what is happening to their bodies and to respond with the appropriate body care	
		Coping with the changes	To accept that these may have disadvantages, but these will pass			
		Care of the pubescent body				
Ch. 27. Stones on the Path	The changing moods of puberty and adolescence	Moodiness	To accept that sometimes they will not feel well, but that it is the price of becoming an adult	To deal with changing moods with humor and courage	To discern when moods are dominating them and to apply solutions: humor, sharing it with a friend, or turning it into a positive action to help someone or something else	
		Coping with moodiness	To accept that they cannot allow their moods or feelings to inconvenience others		To be prepared to help someone who seems to be suffering from depression by consulting with a responsible adult	

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		Distinguishing natural moodiness from depression	To see that he or she should show patience with the moods of others just as he or she would expect others to show patience toward him or her			
Ch. 28. Now!!	Impatience and frustration	Chafing under rules and regulations	To reject impatience and expression of frustration	To try to be patient with adults' rules and regulations and to cope with feelings of impatience	When met with situations that produce frustration and impatience to use humor, perspective-taking and optimism (looking for the silver lining).	
		Gaining perspective				
		Coping with impatience and frustration				
ch. 29. Learning My Limits	Irritability	Irritability in adolescence.	To be patient and understand his or her own irritability.	To learn to channel feelings of irritability	To identify irritability as it is happening	
		Ways to handle irritability, including prevention		To apologize when these get out of hand.	To identify possible physical bases of irritability that can be remedied	
				To acquire basic methods to control irritability.	To channel irritability into interest and enjoyment	
				To reject imposing this irritability on others.		
Ch. 30. Communication	Communication and its advantages	Communication as the basis of family life	To value good communications as a means of resolving family conflict	To make an effort to offer "bridges" when necessary to encourage communication within the family	During this week, when conflicts arise, to try the mirror technique or do as Charles does; let things calm down a bit and try sending "I" messages	
		Communication's Techniques: The Mirror	To appreciate being able to communicate well in the family			
		Communication and love				

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Ch. 31. Warning! Danger!	Sexually Transmitted Infections (STIs)	Facts about STIs	To value purity and see the advantages of chastity.	To recognize the main signs of diseases transmitted by irresponsible behavior	Start acting in a way that will lead them to marrying an equally committed and pure partner and stay mutually faithful after marriage.	Unit VI - My Health
		Prevention	To see irresponsible behaviors as negative and self-destructive	To avoid irresponsible behavior		Chapters 31-35
		Peace of Mind				Abilities: The student recognizes the importance of caring for his or her own health (mental and spiritual health as well) and rejects irresponsible behavior.
						He or she acquires some practical knowledge about health issues he or she is faced with or soon will be faced with.
Ch. 32. Pornography	Pornography	Pornography is addictive	To reject the consumption of pornography as self-destructive behavior	To know how to avoid or refuse pornography	To reject the use of all forms of pornography at all times	
		The effects of consumption of pornography: a) on the self. b) on society	To value modesty			
		The pornography industry				
		Consumption of pornography as a sign of arrested development of one's personality and emotional immaturity				

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Ch. 33. Solitary "Pleasures"	Masturbation	What is masturbation?	To reject masturbation as self-abuse	To honor the body and one's sexuality and to eschew self-abuse	To make the best possible choices from the perspective of physical and mental health not to masturbate.	
		Is it healthy? a. mentally b. physically	To value strength and self-control to avoid falling into the habit of masturbation			
		Pleasure versus happiness				
		Combating masturbation				
		A matter of maturity				
Ch 34. Rebel with a Cause	The importance of physical activity to maintain health of body and mind.	How much physical activity does a pre-teen need?	To value physical activity as a way to channel the energies of the human body	To do enough and appropriate physical activities	To counteract exhaustion, stress, and difficulty in concentrating with exercise, increased physical activities, and healthier snacks	
		What kinds of foods does a pre-teen need?	To value sensible eating	To moderate eating in a healthy way		
		What are the benefits of healthy activities and snacks?				
Ch. 35. Mens Sana in Corpore Sano	A healthy mind in a healthy body.	Health review for general adolescent care	To appreciate and cooperate with the miracle of the transformation they are going through as teenagers	To make healthy choices for their minds and bodies	To take a positive, optimistic, forward-looking view of adolescence and growing up.	
		Rebelling against unhealthy things like drugs				
		Living in the middle of a miracle: our own growth				