

# **POSSABILITIES**

## **Instructor's Manual**

### **Table of Contents**

Introduction

To The Instructor

Materials and Protocols

Orientation

Lesson 1: Self-Esteem and Making Choices

Lesson 2: Feelings and Relationships

Lesson 3: Being With People

Lesson 4: Choices and Consequences

Lesson 5: Relationships Change

Lesson 6: Our Bodies and Caring For Them

Lesson 7: Sexual Relationships and How Babies Are Started (Or Not)

Lesson 8: Sexual Behavior, Laws and Rights

Lesson 9: PossAbilities

Lesson 10: Graduation

Appendix 1: Friendly Feud

Appendix 2: Questionnaires

Appendix 3: Glossary of Terms

Appendix 4: Resources

About The Authors