

A Summary of El Camino Curriculum Lessons

Arc 1: Goal Setting	
<p>Lesson 1: State Your Goal: Intro to El Camino</p> <p>Students will (1) learn about El Camino and how the model of life as a road can help them set and achieve their goals; (2) identify a goal for themselves; and (3) read and discuss a story/novela about Sofia and Santiago, using the STAR framework to describe Sofia's and Santiago's goals and steps to reach those goals.</p>	<p>Lesson 2: Think About the Steps: My Life at 25</p> <p>Students will start to "Think about the steps" that they need to take to achieve their goal and the tools and other resources they have available to them.</p>
<p>Lesson 3: Assert Your Camino: Relationships and Decisions</p> <p>Students will (1) discuss positive and negative road trips that can affect their camino; and (2) learn about warning signs and how to use them to stay on their camino.</p>	<p>Lesson 4: Reach Your Goal: Setting Limits to Stay on Track</p> <p>Students will (1) continue to discuss warning signs and how road trips can affect their camino; and (2) describe challenges associated with being a young parent.</p>
Arc 2: Sexual and Reproductive Health	
<p>Lesson 5: Teen Pregnancy and Understanding How a Pregnancy Occurs</p> <p>Students will (1) learn about how a pregnancy occurs; (2) learn important facts about pregnancy; and (3) discuss the benefits of delaying pregnancy/parenthood until completing their education and obtaining a good job.</p>	<p>Lesson 6: Preventing Pregnancy: Contraception</p> <p>Students will (1) learn about highly effective contraception; (2) discuss the benefits of delaying pregnancy; (3) describe how using contraception can help protect their camino; and (4) describe the role men can play in supporting their partners in using hormonal contraception.</p>
<p>Lesson 7: Preventing Pregnancy and STIs: Condoms</p> <p>Students will (1) describe the benefits of correctly and consistently using condoms; (2) explain the steps to using a condom; (3) explain how using condoms and contraception, if sexually active, supports staying on their camino; and (4) describe the roles men and women can play in using condoms.</p>	<p>Lesson 8: Preventing Pregnancy and Staying on Your Camino</p> <p>Students will (1) learn about effective hormonal methods of contraception; (2) learn to feel comfortable going to a health care provider and discussing contraception; and (3) learn about how different contraceptives can help protect their camino.</p>
Arc 3: Healthy Relationships	
<p>Lesson 9: Assertive Communication: Setting and Protecting Our Personal Limits - Part 1</p> <p>Students will (1) learn why limit setting is important to keeping on their camino; (2) define passive and assertive communication; (3) learn to set, communicate, and protect limits; and (4) describe how limit setting is part of a healthy relationship.</p>	<p>Lesson 10: Communication: Setting and Protecting Our Personal Limits - Part 2</p> <p>Students will (1) learn to identify healthy relationship characteristics; (2) understand what characterizes consensual sex; (3) practice use of assertive communication to set and maintain limits; and (4) describe external factors teens face that lead them to have unwanted and/or unprotected sex.</p>
<p>Lesson 11: El Camino and Your Future</p> <p>Students will (1) complete steps for using the El Camino Goal Map; (2) set, communicate, and maintain limits regarding sex and protected sex with partners; (3) use STAR to work toward their goals; and (4) learn how using condoms and contraception, if sexually active, supports the achievement of goals in El Camino maps.</p>	