

Responsible Social Values Program

R S V P

CURRICULUM SAMPLER

6th - 7th - 8th



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Introduction

About the Curriculum

Responsible Social Values Program (RSVP) is an evidence-based curriculum for students in sixth, seventh and eighth grades. Using the foundation of positive character traits, the RSVP curriculum directs students toward making healthy decisions and avoiding risky behaviors. The third edition is designed for those who are seeking a proven, interactive, hands-on approach to teach students how and why to make and keep healthy decisions.

RSVP is recognized as medically accurate and age appropriate as a result of a review by the Administration for Children and Families, U.S. Dept. of Health and Human Services. The medical information contained in the RSVP third edition is derived from cited research that is supported by the weight of research from peer-reviewed journals and leading professional organizations with expertise in the field.

RSVP is designated as an effective curriculum according to a three-year program evaluation conducted by a team of independent, third-party evaluators from the University of Toledo, Toledo, Ohio. The evaluation featured a pre and post quasi-experimental design which utilized a non-equivalent control group. A theory-based, reliable and valid survey instrument for data collection was designed based on the goals, objectives and content of the RSVP curriculum. Students who participated in RSVP have demonstrated statistically significant improvements.

The third edition of RSVP was written under the direction of Cheryl Biddle, Executive Director, Alliance for Healthy Youth, with senior staff members Karin Cibella, B.S., lead writer and compiler with Tish Rogers, B.S. as contributing writer. This edition builds upon the first written in 1985 by its originator, April Thoms, and the second (1999) also written under the direction of Cheryl Biddle by agency staff.

It is recommended that RSVP be taught in its entirety at each grade level so that the curriculum reinforces student learning in each grade. The lesson plans, designed for five classes in each grade for a total of 15 hours of instruction, teach students how to avoid premarital sexual activity, alcohol and other drug use, and promote healthy relationships.

To achieve evaluation results commensurate with those produced in the current program evaluation, the curriculum must be implemented with fidelity. However, because of distinct, individual lesson plans, RSVP can also be successfully used in after-school and summer programs as well as youth programs and clubs.

If you enjoy the rewards and challenges of teaching sixth, seventh and eighth grade students and have a vision for the future, RSVP will bring out the best in your students and the best in you.

Introduction

RSVP Character Formation Overview

Character formation is a primary goal of the RSVP Curriculum. By following three essential character formation steps, students will be educated about the importance of positive character, empowered to take charge of the formative process, and encouraged to make healthy choices regarding their personal development. Building character and developing healthy relationships is a positive indicator of success.

While positive Character Formation is an ongoing process which is a product of the student's family life, social life, classroom environment and overall school culture, there is ample opportunity to interject these three key components throughout the RSVP curriculum.

1. Students must be made consciously aware of why positive character is important, and the impact it will have on their success now and later.
2. Students must be empowered to individually take charge of this critical formative process. Parents teachers, and other trusted adults can provide insight and guidance, but ultimately building character is a personal responsibility.
3. Students must be encouraged to make healthy positive choices and decisions as the primary means to positive character development. Healthy choices become healthy habits, which becomes Positive Character.

From among the multitude of positive character attributes associated with human choice and behavior RSVP has chosen these five: Respect, Responsibility, Self-Control, Courage, and Honesty upon which to concentrate the lesson plans for sixth, seventh, and eighth graders.

Most students will agree that they ultimately want to become happy, healthy, successful adults.

- It is the task of the RSVP instructor to create the connection between the choices and decisions they make as an indicator of maturity and positive character development so that they can become the best possible version of themselves.
- Positive character results in having the ability to form, grow, and maintain healthy loving relationships like marriage and family.
- The ability to form, grow and maintain healthy relationships enables a person to make a positive difference in the lives of others and become a healthy, happy, successful person - a productive member of society.

OVERVIEW: Sixth Grade – Day One

Day one is designed to introduce the main concepts of RSVP to the students. Emphasis is on the character values of responsibility, self-control, respect. Abstinence is defined and emphasized as a responsible social value. The risky areas of tobacco, alcohol and other drugs, and sex outside of marriage are discussed and possible consequences of these risk areas are explored. Students will also closely examine reasons that teenagers most often give for adding sexual activity to their lives and conclude logical consequences based on a story and demonstration. Finally, an assignment is distributed to students for discussion later in the week.

Summary of Day One:

Introduction of Posters
(15 minutes)

Activity: Basket of
Consequences
(10 minutes)

Invitations
(5 minutes)

Demonstration: The Flames
of Passion
(15 minutes)

Assignment: An Ad for
Abstinence
(5 minutes)

OBJECTIVES

- Describe the interrelationships of emotional, physical and social health.
- Encourage mature thought processes regarding consequences of actions.
- Encourage a greater appreciation for individual worth.
- Develop larger sense of social responsibility.
- Describe the benefits of and barriers to practicing healthy behaviors.
- Explain how the perceptions of norms influence healthy and unhealthy behaviors.

MATERIALS NEEDED:

“RSVP” poster; “Risks” poster; basket with plastic eggs of various colors and sizes; printed icons of consequences; clear egg with wedding bands inside; “Abstinence is Freedom” poster; “Fun & Games” poster; “Sexual Invitation” poster; “Make A Difference” poster; flash paper, lighter; Reproducible (6.1): An Ad for Abstinence.

CHARACTER HIGHLIGHTS:

Responsibility, Self-Control, Respect.

Seventh Grade – Day One

Day one begins by introducing or reviewing the main concepts of RSVP. Posters help the students to remember the risk areas and analyze how the possible consequences can impact their freedoms. The introduction is followed by a video that has students looking for the five character traits of RSVP in the characters of the video: Respect, Honesty, Responsibility, Courage and Self-Control. Assisted by “Abbey Stinence,” the characters get a glimpse into the future to see how their lives turn out based on the choices they are making. The class ends with a homework assignment regarding goals that is due the following day.

Summary of Day One:

Introduction:
(15 minutes)

Video:
The Case for Abbey Stinence
(15 minutes)

Discussion of video:
(15 minutes)

Assignment:
Aiming at Your Future –
Setting Goals
(5 minutes)

OBJECTIVES:

- Increase future orientation.
- Appreciate self-worth and impact on others.
- Analyze the relationship between healthy behaviors and personal health.
- Describe the benefits of and barriers to practicing healthy behaviors.
- Analyze the outcomes of a health-related decision.
- Explain the importance of assuming responsibility for personal health behaviors.

MATERIALS NEEDED:

“RSVP” poster, “Risks” poster, “Abstinence is Freedom” poster, Video of “A Case for Abbey Stinence,” Reproducible (7.1): Aiming at Your Future, Now and Later candy.

CHARACTER HIGHLIGHTS:

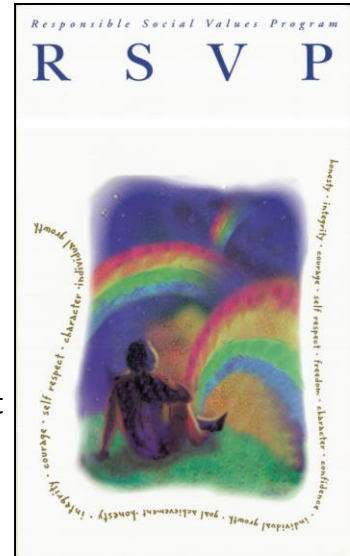
Respect, Responsibility, Courage, Honesty, Self-Control

Seventh Grade – Day One

RSVP OVERVIEW

- Display “RSVP” poster to the class.

1. Establish the “symbolic” reason for the program’s name.
 - On an actual invitation, RSVP means “réponse s’il vous plaît”¹ in French.
 - In English, the phrase means “answer if you please.”
 - Invitations require answers.
2. RSVP wants to help students develop a certain attitude about answering some of life’s important invitations, an abstinent attitude.



- Lead the class in a brief discussion of the key words in the program’s title.

1. What does the word responsible mean?
 - We are responsible for the things we are in charge of and about which we make decisions.
2. What does the word social mean?
 - Social has to do with how we interact with others.
 - Our choices do not just affect us, they affect the people around us, especially people for whom we care or who care about us.
3. What does the word “values” mean? What do you value? (Answers will vary.)
 - Values are what are important to us and that have an effect on our lives.
 - Many values help us live socially with each other in the most positive ways.
 - We must learn to make our choices and decisions based on our values and the people we are, not the bodies we have or what we think everyone else is doing.
 - The value we will be concentrating on this week involves self-control. It is the value of abstaining from unhealthy behaviors and risky areas.
4. Ask students to define abstinence. To abstain is to refrain deliberately from an action or practice. It is a voluntary choice to stay away from something.

- Display “Risks” poster to the class.

1. Review the features of the poster and emphasize the symbolism.
 - Ominous looking “X” – do not do it!

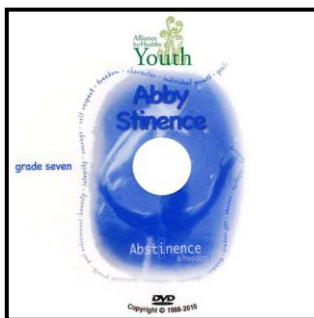


Seventh Grade – Day One

- “Circle” – The categories are all connected. Unhealthy choices about one can lead to unhealthy choices about the others.
 - The “i” in the middle of the poster – Individuality. We are all individually responsible for the choices we make (“I” make my choices.) Who is responsible for making the choices about these risk areas? (“I” am!)
2. Remind students about each category on the poster.
- **Drugs:** Students should understand this to mean controlled substances. There is NEVER a legal age. Clarify that all drugs are illegal for minors unless dispensed by and as directed by a medical professional or parent. (This includes prescription and over the counter drugs.)
 - **Tobacco:** Refers to nicotine products like cigarettes and chewing tobacco. It becomes legal at age 18.
 - **Alcohol:** Includes any type of alcoholic beverage. It becomes legal at age 21.
 - **Sex:** Refers to sex outside of marriage or before marriage. Please note: RSVP is not teaching students that sex is “bad” or “dirty.” Sex can be a good thing. It is on the risk poster because sex outside of marriage is a risky activity. This is a good time to establish that there is no “right” age; rather the right set of circumstances determines the answer – marriage.
3. Discuss that these risks have common consequences.
- Financial – loss of income, expensive, fines and fees.
 - Illegal – may end up in jail.
 - Addictive – difficult to stop.
 - Illness – can adversely affect health.
 - Death – can potentially cause loss of life.
 - Social – loss of trust and respect, failed relationships.

ABBEY STINENCE

- Introduce “A Case for Abbey Stinence” video to class.



1. Each segment of this video offers a situation involving teens who must make choices and take action in response to a risky situation.
2. There are four different scenarios and each instance offers the teen a glimpse into their future and the resulting consequences of their decisions.

Seventh Grade – Day One

3. Instruct the class to look for these examples as they view the video:

- Healthy versus unhealthy choices
- Respectful versus disrespectful attitudes
- Courage
- Honesty

4. Hand out “Now and Later” candies and ask the class to be thinking about the reasons RSVP might have for choosing this as the symbolic candy of the program. (Students may eat the candies as the video is viewed.)



➤ Show the video and then lead the class in a discussion of the following:

1. There is one character who appears in every scene, her name is Abbey Stinence (get it?). She provides insight into how each character can adjust their choices to a more positive outcome.
2. Students should conclude that certain outcomes **COULD NOT** be expected if certain characters had chosen to respond differently to the invitations. (This is a good spot to reinforce the five positive character traits for RSVP: Respect, Honesty, Courage, Responsibility and Self-Control.)
3. Discuss those teens in the film who have exercised **self-control**.
4. Examine with the class which of the film’s teens were or were not **responsible** people.
5. Which of the film’s roles exemplified **respectful** or disrespectful attitudes?
6. What part does **courage** play in any (or all) of the scenarios?
7. Which students were **honest** with their friends; what was the resulting outcome?

CONCLUSION

➤ Reinforce through the film discussion that “abstinence is ALWAYS the healthier choice.”

1. Which of the film’s choices lead to freedom?
2. What are some of the film’s scenarios that result in loss of freedom?
3. How did any characters regain their freedom by regaining abstinence?

Seventh Grade – Day One

- Conclude that the video stresses the important of setting future goals.
 1. Setting goals and working to achieve them requires perseverance and self-control.
 2. Self-control equals maturity.
 3. Abstinent answers require the courage to take responsibility.
 4. Saying “no” to what is harmful is saying “yes” to making a difference for the future.
 5. Setting goals helps teens resist risky experimentation.

- Ask for any ideas the students have thought of to explain the symbolic meaning of the Now and Later candy.
 1. Some students will say, “You can have sex now and later.”
 2. Some students will say, “Don’t have sex now. Wait until later when you are (older, ready) married.”
 3. Lead class to the conclusion that whatever choice we make NOW, it will have an outcome LATER.
 - In general, the better the decision, the better the outcome.
 - Certain outcomes CANNOT be expected if certain decisions are not acted upon.

- Hand out assignment to be completed and returned to class on Day Two.

ASSIGNMENT: “Aiming at Your Future – Setting Goals” – Presentation Notes

Explain that this assignment has been designed to encourage students to look ahead. We understand that you cannot really predict the future. However, as the class is learning, some outcomes are predictable, based on the choices that we make. Ask students to complete each of the four “time frames” listed below by listing two or three plans that they have, goals they would like to achieve, or for things they are expecting or hoping. Their work will be needed for RSVP class the next day.



Assignment Questions (refer to reproducible 7.1):



1. Right now, I am in 7th grade. A couple of goals I have for this year are:
2. In a couple of years, I will be turning 16 and preparing to get my driver’s license. I will be thinking about these things:

Seventh Grade – Day One

3. I will be a “legal” adult at the age of 18. I will be able to vote, serve my country in the military, and live away from home. What goals will help me be responsible?
4. It is hard for me to imagine myself in my twenties, but if I save sex for marriage, some of these goals I will reach:

➤ Thank the class for their time and attention today!

Overview: Eighth Grade – Day One

Day One is designed to remind students of the main concepts of RSVP. After reacquainting students with the familiar posters of RSVP, students will play RSVP Jeopardy. This fun, interactive PowerPoint game encourages students to recall important information from past classes while still challenging students with new information on the benefits of marriage. Students will also become reacquainted with the “Flames of Passion” for one last time. Finally, an assignment is distributed that will help students remember important facts about sexually transmitted infections and diseases.

Summary of Day One:

Introduction of Posters:
(10 minutes)

Game:
RSVP Jeopardy
(25 minutes)

Demonstration:
The Flames of Passion
(10 minutes)

Assignment:
STI/STD Crossword Puzzle
(5 minutes)

OBJECTIVES:

- Review main concepts of RSVP.
- Increase understanding of the benefits of marriage.
- Increase self-respect.
- Encourage mature thought processes regarding consequences of actions.
- Create peer culture conducive to abstinence until marriage.
- Describe the benefits and barriers to practicing healthy behaviors.

MATERIALS NEEDED:

“RSVP” poster; “Risks” poster; “Abstinence is Freedom” poster; Jeopardy PowerPoint; Jeopardy questions/answers/talking points sheet; lighter, flash paper; Reproducible (8.1): RSVP Sexually Transmitted Infection/Disease Crossword Puzzle Review.

CHARACTER HIGHLIGHTS:

Responsibility, respect, self-control.

