| **SMARTool Target** | ***Game Plan*** | ***Quest*** | ***Aspire*** | ***Navigator*** |
| --- | --- | --- | --- | --- |
| 1. Enhance the knowledge of: a) physical development and sexual risks, and b) healthy relationships | Physical Development:**Chapter 4: Avoiding the Penalties** **-***Activity:* Candy in the Bag -*Activity:* Catch or Don’t Catch  an STDSexual Risks:**Chapter 3: Rules of the Game***-Activity:* Gift Box -*Activity:* The Hand**Chapter 4: Avoiding the Penalties** -*Activity:* Candy in the Bag -*Activity:* Catch or Don’t Catch an STDHealthy Relationships:**Chapter 6: Building Your Team** -*Activity:* Character Biography -*Activity*: Building a Healthy Foundation**Chapter 7: Winning the Prize**-*Activity:* The Timeline -*Activity:* Infatuation vs. Love- Letting the Light Really Shine In**Chapter 8: Game Time**-*Activity*: The Rope -*Activity:* Resisting Sweet Temptation | Physical Development:**Chapter 7: Road Blocks** **-***Activity:*The Meet & GreetSexual Risks:**Chapter 4: Finding Your Way** -*Activity:* Treasure Hunt**Chapter 5: Staying on Track** -*Activity*: Gift Wrap**Chapter 7: Road Blocks** **-***Activity:*The Meet & GreetHealthy Relationships:**Chapter 6: Future Focus** **-***Activity:* Box House**Chapter 8: Journey’s End, Finding True Love** **-***Activity:* Word Scramble | Physical Development:**Chapter 3: Thinking Ahead** -*Activity:* Take a Gamble -*Activity:* Grab BagSexual Risks:**Chapter 2: Standing Strong**-*Activity:* Got Baggage?**Chapter 3: Thinking Ahead** -*Activity:* Take a Gamble -*Activity:* Grab BagHealthy Relationships:**Chapter 5: The Power of Self-Control** *-Activity:* Finish Line**Chapter 7: Making a Fresh Start** *-Activity***:** Epoxytocin -*Activity:* Rear View Window**Chapter 8: The Big Picture**-*Activity:* Sweet as Sugar | Physical Development:**Chapter 4: Safety** *-Activity*: Catch or Don’t Catch an STDSexual Risks:**Chapter 4: Safety** *-Activity*: Catch or Don’t Catch an STD**Chapter 5: Strength** *-Activity*: Resisting Sweet TemptationHealthy Relationships:**Chapter 3: Direction** -*Activity:* The Hand**Chapter 6: Character****Chapter 7: Companionship** -*Activity*: Building a Healthy Foundation**Chapter 8: Destination** -*Activity*: Infatuation vs. Love– Letting the Light Really Shine |
| 2. Support personal attitudes, and beliefs that value sexual risk avoidance  | **Chapter 1: I Got Game!**  -*Activity*: Where Is Your Focus? -*Activity:* Sex is Like Fire!**Chapter 5: Half-Time****Chapter 6: Building Your Team** -*Activity:* Character Biography -*Activity*: Building a Healthy Foundation**Chapter 7: Winning the Prize** **-***Activity:* The Timeline -*Activity:* Infatuation vs. Love– Letting the Light Really Shine In**Chapter 8: Game Time**-*Activity*: The Rope -*Activity:* Resisting Sweet Temptation | **Chapter 1: Life is a Journey** -*Activity:* Got Goals?**Chapter 2: Mapping Your Course** -*Activity:* Word Scramble -*Activity:* Pressure Pull**Chapter 6: Future Focus** **-***Activity:* Box House**Chapter 8: Journey’s End, Finding True Love**  **-***Activity:* Word Scramble | **Chapter 1: Living Life on Purpose** -*Activity:* Life Hike**Chapter 5: The Power of Self-Control** *-Activity:* Finish Line**Chapter 6: Marriage Rocks** **-***Activity*: Clothes Pins**Chapter 8: The Big Picture**-*Activity:* Sweet as Sugar | **Chapter 1: Vision** -*Activity:* Your Destination**Chapter 3: Direction** -*Activity*: The Hand**Chapter 6: Character****Chapter 8: Destination** -*Activity:* Infatuation vs. Love- Letting the Light Really Shine In |
| 3. Acknowledge and address common rationalizations for sexual activity | **Chapter 2: TV Time-Out** *-Activity*: Advertising Analysis -*Activity:* Talking Back to the Media -*Activity*: The Amazing Race**Chapter 6: Building Your Team** -*Activity:* Character Biography -*Activity*: Building a Healthy Foundation | **Chapter 3: Breaking Free** -*Activity:* Media Logo Quiz**Chapter 4: Finding Your Way** -*Activity:* Treasure Hunt | **Chapter 4: Protecting Your Mind**-*Activity:* Mouse Trap**Chapter 5: The Power of Self-Control**-*Activity:* Finish Line**Chapter 7: Making a Fresh Start** *-Activity***:** Epoxytocin -*Activity:* Rear View Window | **Chapter 2: Clarity** -*Activity*: Talking Back to the Media -*Activity*: The Amazing Race**Chapter 5: Strength** -*Activity*: Resisting Sweet Temptation**Chapter 6: Character** |
| 4. Improve perception of and independence from negative peer and social norms | **Chapter 2: TV Time-Out** *-Activity*: Advertising Analysis**Chapter 6: Building Your Team** -*Activity:* Character Biography -*Activity*: Building a Healthy Foundation | **Chapter 3: Breaking Free** -*Activity:* Media Logo Quiz**Chapter 4: Finding Your Way** -*Activity:* Treasure Hunt | **Chapter 2: Standing Strong**-*Activity:* Got Baggage?**Chapter 4: Protecting Your Mind**-*Activity:* Mouse Trap**Chapter 5: The Power of Self- Control** *-Activity:* Finish Line**Chapter 7: Making a Fresh Start** *-Activity***:** Epoxytocin -*Activity:* Rear View Window | **Chapter 2: Clarity** -*Activity*: Talking Back to the Media -*Activity*: The Amazing Race**Chapter 5: Strength** -*Activity:* Resisting Sweet Temptation**Chapter 6: Character****Chapter 7: Companionship** -*Activity:* Building a Healthy Foundation |
| 5. Build personal competencies and self-efficacy to avoid sexual activity | **Chapter 1: I Got Game!**  -*Activity*: Where Is Your Focus? -*Activity:* Sex is Like Fire!**Chapter 5: Half-Time****Chapter 6: Building Your Team** -*Activity:* Character Biography -*Activity*: Building a Healthy Foundation**Chapter 7: Winning the Prize** **-***Activity:* The Timeline -*Activity:* Infatuation vs. Love– Letting the Light Really Shine In**Chapter 8: Game Time**-*Activity*: The Rope -*Activity:* Resisting Sweet Temptation | **Chapter 1: Life is a Journey** -*Activity:* Got Goals?**Chapter 2: Mapping Your Course** -*Activity:* Word Scramble -*Activity:* Pressure Pull**Chapter 6: Future Focus** **-***Activity*: Box House**Chapter 8: Journey’s End, Finding True Love** **-***Activity:* Word Scramble | **Chapter 1: Living Life on Purpose** -*Activity:* Life Hike**Chapter 5: The Power of Self- Control** *-Activity:* Finish Line**Chapter 6: Marriage Rocks** **-***Activity*: Clothes Pins**Chapter 7: Making a Fresh Start** *-Activity***:** Epoxytocin -*Activity:* Rear View Window**Chapter 8: The Big Picture**-*Activity:* Sweet as Sugar | **Chapter 1: Vision** -*Activity*: Your Destination**Chapter 3: Direction** -*Activity:* The Hand**Chapter 6: Character****Chapter 7: Companionship** -*Activity:* Building a Healthy Foundation**Chapter 8: Destination** -*Activity:* Infatuation vs. Love– Letting the Light Really Shine |
| 6. Strengthen personal intention and commitment to avoid sexual activity | **Chapter 1: I Got Game!**  -*Activity*: Where Is Your Focus? -*Activity:* Sex is Like Fire!**Chapter 5: Half-Time****Chapter 7: Winning the Prize** **-***Activity:* The Timeline -*Activity:* Infatuation vs. Love– Letting the Light Really Shine In**Chapter 8: Game Time**-*Activity*: The Rope -*Activity:* Resisting Sweet Temptation | **Chapter 1: Life is a Journey** -*Activity:* Got Goals?**Chapter 2: Mapping Your Course** -*Activity:* Word Scramble -*Activity:* Pressure Pull**Chapter 6: Future Focus** **-***Activity*: Box House**Chapter 8: Journey’s End, Finding True Love** **-***Activity:* Word Scramble | **Chapter 1: Living Life on Purpose** -*Activity:* Life Hike**Chapter 5: The Power of Self- Control** *-Activity:* Finish Line**Chapter 6: Marriage Rocks** **-***Activity*: Clothes Pins**Chapter 7: Making a Fresh Start** *-Activity***:** Epoxytocin -*Activity:* Rear View Window**Chapter 8: The Big Picture**-*Activity:* Sweet as Sugar | **Chapter 1: Vision** -*Activity*: Your Destination**Chapter 3: Direction** -*Activity*: The Hand**Chapter 6: Character****Chapter 7: Companionship** -*Activity:* Building a Healthy Foundation**Chapter 8: Destination** -*Activity:* Infatuation vs. Love– Letting the Light Really Shine |
| 7. Identify and reduce the opportunities for sexual activity  | **Chapter 3: Rules of the Game***-Activity:* Gift Box -*Activity:* The Hand**Chapter 5: Half-Time****Chapter 6: Building Your Team** -*Activity:* Character Biography -*Activity*: Building a Healthy Foundation | **Chapter 4: Finding Your Way** -*Activity:* Treasure Hunt**Chapter 5: Staying on Track** -*Activity*: Gift Wrap**Chapter 6: Future Focus** **-***Activity*: Box House | **Chapter 2: Standing Strong**-*Activity:* Got Baggage?**Chapter 5: The Power of Self- Control** *-Activity:* Finish Line**Chapter 7: Making a Fresh Start** *-Activity***:** Epoxytocin -*Activity:* Rear View Window | **Chapter 5: Strength** -*Activity:* Resisting Sweet Temptation**Chapter 6: Character****Chapter 7: Companionship** -*Activity:* Building a Healthy Foundation |
| 8. Strengthen future goals and opportunities | **Chapter 1: I Got Game!**  -*Activity*: Where Is Your Focus? -*Activity:* Sex is Like Fire!**Chapter 5: Half-Time****Chapter 7: Winning the Prize** **-***Activity:* The Timeline -*Activity:* Infatuation vs. Love- Letting the Light Really Shine In | **Chapter 1: Life is a Journey** -*Activity:* Got Goals?**Chapter 2: Mapping Your Course** -*Activity:* Word Scramble -*Activity:* Pressure Pull**Chapter 6: Future Focus** **-***Activity*: Box House**Chapter 8: Journey’s End, Finding True Love** **-***Activity:* Word Scramble | **Chapter 1: Living Life on Purpose** -*Activity:* Life Hike**Chapter 6: Marriage Rocks** **-***Activity*: Clothes Pins**Chapter 8: The Big Picture**-*Activity:* Sweet as Sugar | **Chapter 1: Vision** -*Activity:* Your Destination**Chapter 4: Safety** -*Activity:* Catch or Don’t Catch an STD**Chapter 8: Destination** -*Activity:* Infatuation vs. Love–Letting the Light Really Shine  |
| 9. Partner with parents  | **Lesson 1-8:** At the end of each chapter there is a “Parent Link: For Home Discussion”. The “Parent Link” has two questions which serve as a way for students to engage in conversation with their parents about topics covered throughout the chapter. The “Parent Link” also helps to involve parents in the youth’s development, especially towards healthy decision making.  | **Lesson 1-8:** At the end of each chapter there is a “Talking It Over: Parent Interview” section. This contains questions to facilitate discussion between students and parent. Additionally, this helps to promote parental involvement with youth character development, especially towards healthy decision making.  | **Lesson 1-8**: At the end of each chapter there is a “Talking It Over: Parent Interview” section. This contains questions to facilitate discussion between student and parent. Additionally, this helps to promote parental involvement with youth character development, especially towards healthy decision making. | **Lesson 1-8:** At the end of each chapter there is a “Parent Link: For Home Discussion”. The “Parent Link” has two questions which serve as a way for students to engage in conversation with their parents about topics covered throughout the chapter. The “Parent Link” also helps to involve parents in the youth’s development, especially towards healthy decision making.  |