

# Lesson Outline

## Lesson #1 Thinking About Risk

You will learn:

- about risk and protective factors;
- examples of positive and negative risks; and
- about the importance of fathers from teens and adults in the DMAD video.

## Lesson #2 Families and Relationships

You will learn:

- what it means to be a responsible father;
- how families are diverse;
- the roles fathers and mothers play in families;
- how the media portrays fathers;
- the importance of co-parenting; and
- qualities of healthy / unhealthy relationships.

## Lesson #3 Being a Responsible Father

You will learn:

- how to establish paternity;
- how paternity benefits the father, mother, and child;
- how a parent pays child support; and
- how family members can support each other.

## Lesson #4 Making Decisions for the Future

You will learn:

- to think critically about how our attitudes can impact our relationships;
- how risks can alter your future;
- how you are responsible for your choices; and
- how to visualize a positive future.

