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Offered in this format, The R Factor would take a class approximately 6 to 10 weeks to finish.

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TABLE OF CONTENTS “THE SAMPLE PLATTER”

The following menu offers highlighted lessons addressing specific topics and categories most often used in high school curriculum. Individual lessons are used and adapted to a teacher’s existing curriculum.

PARENTING

The following lessons highlight the role a father plays in the lives of his children; how statistics provide a glimpse into the risks families face; attachment theory and its role in positive parenting; and finally, a reflection and planning component for teens as they prepare for future parenting.

- Puzzle Activity:**
Putting a Face on Today’s Statistics1-5
- Optional Debate:**
Where do you stand as a parent?3-3, (5-13)
Creating a Parenting Vision3-22
- “Parenting: The Most Important Job You’ll Ever Do” article**3-27
- “Parent-Infant Attachment: A Love that Lasts a Lifetime” article**3-39
- Activity: Creating a Parenting Rubric**.....4-15

FATHERING

This sample of lessons overviews the evolutionary role of a father; dynamics of fathers that are nurturing and involved in the lives of their children; and examines how society limits or stereotypes how men should behave.

- Activity: A Brief History of Fathering**1-4
- Extended Activity: Louv Articles**1-8
- Summary: Causes of Gender Stereotypes**2-5
- “Training for Fatherhood” article**.....3-31
- “Nurturing Fathers Raising Nonviolent Sons” article**3-43

RELATIONSHIPS

Using a variety of teaching techniques, each of these lessons provides teens a broader view of healthy relationships; it teaches skill development using simulations, and a tool to assess personal relationship readiness.

- Homework: How Do You Rate? Survey**1-2
- Simulation: Gender War and Peace**2-2
- “Partners for a Healthy Relationship” article**3-51
- Activity: Building Trust**.....4-13
- Activity: Circles of Support**4-14

GROUP ACTIVITIES USING CASE STUDIES

Cooperative groups are a cornerstone of interpersonal skill development. Case studies are used to simulate family groups while individuals practice individual group skills.

- Puzzle Activity:**
Putting a Face on Today’s Statistics1-5
- Small Group Activity: It’s a Baby!**1-6
- Small Group Activity: Gender Socialization**2-4
- Activity: Case Studies**3-2

RESILIENCY (Risk and Protective Factors)

Students who survive dysfunction, abuse, isolation, or other risks begin to find a name for this strength-resiliency. These lessons provide a research-based framework for understanding the power of survival and thriving in tough situations.

- Introduction: Risk and Protective Factors**.....3-1
- Lesson Three (Day One): Journal Assignment**3-2
- Lesson Three (Day One): Homework (Rock Sharing)**3-2, 3-21
- “Parent-Infant Attachment: A Love that Lasts a Lifetime” article**3-39

OPTIMAL VISIONING (Futures/Goal Setting)

Students who look ahead and see a positive future are more likely to face less daily risks. These activities bring students down a path of planning and goal setting.

- “Planning for a Healthy Future” article**3-33
- Lesson Four (Day one): Summary**.....3-34
- Activity: Your Storyline©**4-2
- Assignment: The Blueprint**.....4-23
- Discussion: Sharing Our Stories**4-27