

Lesson 1: A Sense of Belonging

We relate. We belong.

We depend on each other.

We grow fully when we are capable of giving and receiving; of trusting and walking the extra mile for others; when we are capable of going beyond our own needs so that we can share with others; when we become aware of our own gifts and share these with others; when we recognize our own need for others and their need for us because through this we can work together towards the same ultimate goal.

When we live an interdependent lifestyle, we build our sense of who we are. Learning to be interdependent is a process that requires time, maturity and guidance especially for young people.

A Sense of Belonging provides different group activities that give more meaning to friendship with others. Students will realize that the choices we make in friendship invite us to growth and fullness.

Lesson 2: Do's and Don'ts

Girls share the same value and significance with others.

It has been said that one of the reasons that marriages break up early is the expectations of women today for a more equal partnership. Girls today often face conflicts with what society and tradition say about them. They are confronted with many conflicting images of women that often create the unspoken confusion. Girls play a unique and important role in their interaction with family, friends and society. Girls share the same personal value and dignity as boys.

Do's and Don'ts is a lesson for both boys and girls. It raises one's awareness of the images of women in today's society as well as the challenges they face. While both boys and girls need to work towards greater self-awareness, boys need to have a closer look at the special and unique character of girls and know them better.

Lesson 3: Check it out!

Healthy relationships bring joy and meaning to life.

Peer relationships play an important role in the life of every student. It builds them up. It makes them feel good about themselves.

The relationships that we make will play a special part in our life and will teach us a lot of things about ourselves. We need to be conscious of our relationship with others and be able to recognize one that is healthy from another that is harmful. All relationships should be based on respect for the dignity of the person and should promote the growth of the other.

Check it Out offers students the opportunity to review their present relationships. Through the lesson they will be able to understand that the choices we make in friendship invite us to growth and fullness.