

RELATIONSHIPS
WITH INTEGRITY

YOU ARE DESIGNED TO BE WHOLE



LEGACY

INSTITUTE

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Curriculum for Grades K-12 and Parents

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YOU ARE DESIGNED TO BE WHOLE

Dear Teacher,

We are so pleased you will be facilitating the five 7th grade lessons. Each one is a foundation for current and future healthy relationships and sexuality. These lessons are not intended to replace your health textbook, but they will create a relationship roadmap that will be beneficial to your students.

Seventh grade students need a whole person experience when learning, so we highly recommend you take the extra time to create an atmosphere that is engaging, fun and even surprising. Make it a break from the normal routine in class. Below are a few tips on how to make this experience successful. Students who feel comfortable, safe and respected are able to receive biblical truth the best.

TIPS FOR SUCCESS

- ◆ Remind students ahead of time that they will be learning about relationships, so they have time to prepare mentally. For some students, this topic is challenging.
- ◆ Remember to let students know they can talk with you privately, but also encourage them to dialogue with their parents.
- ◆ Review each lesson ahead of time, including the DVD session. Please don't add additional materials to the lesson. They have been designed & tested to work in your setting.
- ◆ Do the recommended extra activities whenever possible. Students need to laugh, move and interact while they are learning.
- ◆ Some of the lessons require a little preparation. For instance, Lesson 4 has an object lesson requiring real garbage and good things to eat. This is an important visual, and really brings home the lesson. Go all out!! Students love out of the box experiences.
- ◆ Each lesson asks you to pray at the beginning and end. This is key to your student's spiritual well being and openness.
- ◆ Our testing has shown that the best discussion happens in small groups of the same sex. To save time, we recommend assigning the groups in advance.
- ◆ If you need extra help, enlist a parent or two. They will be happy to help you educate their son or daughter.
- ◆ There are important definitions in each lesson that we need you to read to the class. You'll find them in bold boxes immediately following the DVD.
- ◆ If you find anything in the material you disagree with, we value your opinion and look forward to talking to you. However, please do not undermine the lesson by challenging

the material with your students. We have worked very hard to back up the content through research and study, and would be glad to address any of your questions.

- ◆ Please test the media in your player well in advance of class time. If you have a problem, please contact us right away! For back up lessons or other support go to **RWI@thelegacyinstite.com**.
- ◆ Please read Carrie Abbott's biography to the students in the beginning. Since she is the teacher in the DVD series; this will establish her credibility to the audience.

God bless you as you minister to His kids!

The Legacy Team

LESSON 1

YOU ARE DESIGNED TO BE WHOLE: MALE & FEMALE

OBJECTIVES

- ◆ Students will discover God created mankind in His image, male and female.
- ◆ Students will understand they impact those around them and leave a legacy.
- ◆ Students will recognize they have five aspects: physical, emotional, intellectual, social and spiritual.
- ◆ Students will be introduced to the concept of sexual integrity: living in agreement with their design and integrating their nature throughout their five aspects.
- ◆ Students will learn some basic differences between the male and female brain.

PREPARATION

Watch the 7th grade DVD Session 1. Get student workbooks out and review discussion questions. Collect puzzles, place them around the room and have them partially done. Let students work on them at the beginning and end of your time together.

Background: In Genesis, we see God, a union of three persons in one (Father, Son and Holy Spirit). He is the first example of wholeness and unity. God made mankind in His image with an essence linked to Him (**Genesis 1:26**), and man is the only created being with that status! God made human beings whole with five integrated aspects and a nature, or a core identity, with which they function. In **Genesis 1:27**, God made mankind male and female, on purpose, with a purpose! Sex then, is not just a physical function, rather it is the core identity of every person and the most powerful force in them, expressed through each of their aspects. In this lesson, these truths will begin to unfold, and the differences designed on purpose by God will begin to take shape.

LESSON PLAN

- ♦ Pray to begin the lesson. Ask God to bless your time together!
- ♦ Pass out the workbooks and have students write their names in them.
- ♦ Read the verse aloud with the students then read the introduction to the students under Section 1. (Both are in their workbooks.)

SESSION 1

Scripture: Genesis 1:27 “And God created man in His own image, in the image of God He created him; male and female He created them.”

Introduction: Did you know God designed you on purpose to be male or female? You are a living example of God’s finest creation, people! In this lesson, you will see God designed you to be whole, happy, healthy and just plain fantastic! He made you with five different aspects or parts in order to help you live life to the fullest!

Start 7th grade DVD Session 1 (approximately 18 minutes). Have students fill in the blanks during the video.

1. What three words were introduced in the video that start with L? Life, Love and Legacy
2. **Genesis 1:1** “God created the heavens and the earth.”
3. **Genesis 1:3** “Then God said, “Let there be light.”
4. **Genesis 1:26** “Let Us make man in Our image.”
5. Us is referring to Father, Son and Holy Spirit.
6. My relationships need to be whole.
7. **Genesis 1:27**, “God created man in His own image... male & female He created them.”
8. Sex is “being” male or female.
9. **Genesis 1:28**, “And God blessed them and said, “Be fruitful and multiply.”
10. You Have Five Aspects: fill in the 2 missing aspects

Physical

Emotional

Intellectual

Social

Spiritual

1. **Sexual Integrity:** Walking out your male or female nature in all five aspects.

1. Male and Female differences:

Guys brains are more spacial.

Girls brains are more connected.

Guys are designed to protect.

Girls are designed to nurture.

Small Group Discussion

1. Can anyone tell me what three words Mrs. Abbott talked about right at the beginning? (*Life, Love and Legacy*)
2. What kind of impact do our actions and choices have on others? (*Our choices and actions always impact others, like a pebble going in to a pond... the ripple affect can be seen almost immediately. They can even have an impact on generations! This is why our legacy is so powerful. It can be good or bad, depending on what we do.*)
3. God made us male and female, on purpose. What are the five aspects He gave us to express our nature? (*Physical, emotional, intellectual, social, spiritual*)
4. What should be the goal of all our relationships? (*Wholeness*)
5. **Male and Female differences** - Review the following points with the group. It is important to point out that while these differences are generalized, they are backed up by research. However, you will find that girls can also be focused and guys can also care for others (nurture, for example). Always bring in balance as you address differences, so all students feel valued.

Have students do the following activity in small groups or pairs and then report back to the group.

SECTION 2

Your Choices Impact You and Others

- ◆ Have the students turn to page 2 in their workbook.
- ◆ Tell them that each choice they make is like a pebble in a pond, impacting their own life and others, sometimes for many years.
- ◆ Give them the assignment to come up with a good choice and the impact it could have, and a bad choice, i.e. you decide to try out for basketball and work hard: Results: **Ripple 1** - You improve. **Ripple 2** - You feel good about yourself. **Ripple 3** - you make new friends. **Ripple 4** - You play in high school and do so well you go on to college ball. **Ripple 5** - You get a scholarship that helps pay for college. Other ideas: You lie to someone, you help your neighbor, you study hard, you gossip, you save your heart, you learn about computers, you study your Bible more etc....



What kind of legacy do you want to leave?

Take a moment and write down a few goals you have for your future. What do you want to accomplish? What do you want to “be” and this doesn’t have to be just one thing. How will your goals help advance the Kingdom of God?

Activity

Have the students finish the puzzles. While they are working on them, you can discuss the fact that most of us want to see something finished, completed or whole. Why would it bug us to do the whole puzzle and be missing the final piece? We are made for wholeness, even in our games!

Optional Activity

One way to learn about wholeness is to play games that require unity. The lap sit (in a big group or in small same sex groups) works well. Human pyramids are also a good test of unity.

Wrap Up

- ◆ Close your time together in prayer, thanking God for making each person in the class, who is created on purpose, with a purpose!
- ◆ Have the students come to class prepared to tell one thing they might like to “be” when they are older during the next lesson.
- ◆ Collect student workbooks.