

LET'S BE INFORMED TOGETHER

The *Informed Together* program contains six unique chapters with age appropriate aspects of sexuality and/or sexual health.

CHAPTER 1: **Healthy Relationships** focus on exploring kindness, understanding, empathy, and love.

CHAPTER 2: **The Sexuality Thumbprint** focus on sexuality as a broad concept.

CHAPTER 3: **Sexual Health AND Reproduction** focus on the biology of the body.

CHAPTER 4: **Relationships, Media, and Technology** focus on making good decisions about interacting with people online.

CHAPTER 5: **Nutrition and Physical Health** focus on healthy eating and exercise.

CHAPTER 6: **Anatomy** focuses on body basics; heart, lungs, kidney, etc.



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