

# Teens Caring for Themselves and Each Other



**North Dakota Department of Public Instruction  
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Bismarck, ND 58505-0440  
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# Teens Caring for Themselves and Each Other

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**NORTH DAKOTA DEPARTMENT OF PUBLIC INSTRUCTION**

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## INTRODUCTION

Life today for young adults can have its share of pain and struggles. The *Teens Caring for Themselves and Each Other* curriculum motivates them as they learn to be responsible for their own physical, social and emotional health.

This curriculum offers knowledge, techniques and skills to enrich the journey through the teen years. This curriculum was written and designed to be discovery- and explorative-based which enable the lessons to be peer directed.

It is best used in grades nine and 10. Many of the lessons could be modified to be taught to grades seven through 12, depending on the classes' needs, the level of the present program or prevalent health-risk behaviors.