

## Required TOP Curriculum Lessons

DHSS TOP Facilitators are required to implement specific lessons from the TOP Curriculum in order to satisfy requirements of grants and funding sources (i.e., middle school clubs funded through SRAE [formerly AEGP] and high school clubs funded through PREP).

Wyman fidelity requirements for the TOP Curriculum are that **at least 12 lessons** must be taught. DHSS requires that you do **at least one lesson from each section of each book**. Those sections are as follows:

- Building My Skills
  - Emotion Management
  - Decision-Making
  - Problem-Solving
  - Goal-Setting
- Learning About Myself
  - Self-Understanding
  - Social Identity
  - Health and Wellness
- Connecting with Others
  - Community
  - Empathy
  - Communication
  - Relationships

The curriculum is divided into three levels: Foundational, Intermediate, and Advanced. Middle school clubs implement **Foundational and Intermediate** lessons while high school clubs implement **Intermediate and Advanced** lessons. If you have a middle school club wishing to implement an Advanced lesson or a high school club wishing to implement a Foundational lesson, please contact the Adolescent Health team for guidance and approval.

**Middle school and high school clubs** are required to facilitate **at least two** Health and Wellness lessons. Clubs may pick any two of the following, adhering to the level guidelines provided above:

- Foundational Level
  - LAM-HW-F2: Changes During Puberty
  - LAM-HW-F4: Sexual Health: Myths or Facts?
- Intermediate Level
  - LAM-HW-I2: Basics of Contraception
  - LAM-HW-I4: STD Basketball
- Advanced Level
  - LAM-HW-I3: Using Condoms Correctly
  - LAM-HW-A5: Understanding and Talking About STDs

**High school clubs** are also required to facilitate lesson **CWO-REL-A2: What is Consent?**