

Current Curriculum



SOME EXCITING CHANGES ARE COMING TO THE PIAL CURRICULUM THIS YEAR. PIAL IS CURRENTLY UPDATING EACH MODULE TO PROVIDE AN EVEN MORE ENGAGING AND INFORMATIVE EXPERIENCE FOR YOUTH. WITH THAT COMES SOME CHANGES TO PIAL OFFERINGS FOR THE YEAR. THE MODULES WILL BE RELEASED AS THEY ARE FINISHED.

NEW MENTAL HEALTH AVAILABLE FOR MIDDLE AND HIGH SCHOOL IN-PERSON OR ONLINE

The Mental Health module integrates research, professional review, and youth voice to create an interactive, participant-centered presentation that hooks youth at the heart level.

In the first activity, "Break the Stigma," students play a Bingo game to understand better what mental health stigma is and brainstorm ways they can break the stigma.

Then students break into small groups to discuss a case study for Jack or Sarah. They talk about how others might make assumptions or judgments about them and discuss ways they can develop empathy and understanding for individuals experiencing mental health challenges, encourage open dialogue, and reduce the stigma surrounding mental illness.

In the next activity, "Handle with Care," students consider what they need to maintain positive mental health. Just as clothes come with care labels, people need to know how to take care of themselves and let others know how to support them. By creating their personalized care label, students will think about what causes them stress, what helps them during times of stress, and how to advocate for their mental health.

The final activity gives students an opportunity to hear a peer-delivered message that they are not alone and connect youth to relevant resources if they need help.



CAREER READINESS



Students will determine what they want and value in a future career or job.

MIDDLE SCHOOL



Students will assess their skills and experiences to determine what skills they currently have and what they want to learn more about.

HIGH SCHOOL



(Online only) Students will practice preparing for an interview by studying a resume, choosing an outfit to wear, and using the STAR method to answer questions while learning the 7 skills employers look for in a new hire.

ONLINE

RESILIENCY



Students will learn types of stress and the resiliency scale, which they use to identify negative experiences, stresses, and positive supports. They also identify helpful, harmful, and useless coping strategies.

HIGH SCHOOL

MIDDLE SCHOOL

ONLINE

COST OF RAISING A CHILD



Understand variable costs that may change over time and stimulate critical thinking by analyzing specific parenting situations, evaluating options, and making informed decisions in a spending simulation

HIGH SCHOOL

MIDDLE SCHOOL

ONLINE

ADVOCATING FOR MY RELATIONSHIPS

DATING VIOLENCE AWARENESS PROGRAM



Students will learn the signs of dating violence and resources available to advocate for healthy relationships.

HIGH SCHOOL

MIDDLE SCHOOL

ONLINE



"WE ALL DESERVE BETTER"

HEALTHY RELATIONSHIPS



Students will engage in conversations about healthy and unhealthy relationships, practice healthy relationship behaviors, and assess current relationships to determine if they are healthy.

HIGH SCHOOL

MIDDLE SCHOOL

ONLINE

Request a Visit Today!

The Parenting: It's a Life project is a partnership between Iowa State University, Iowa Child Support, and the Iowa Attorney General's office.