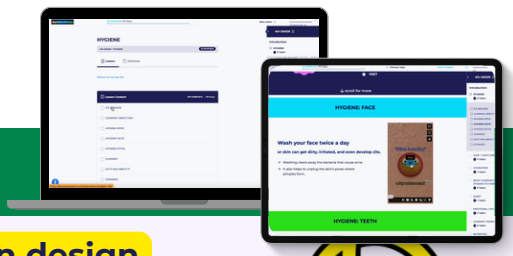
that HEALTH class

Reimagining Health + Sex Education for Today's World

KEY BENEFITS

- Comprehensive + customizable
- Turnkey + teacher-friendly
- Trusted + up-to-date
- Engaging + fun
- Support for educators & parents
- Empowers in-house educators
- Builds communication + community
- Enhances student outcomes



PROGRAM HIGHLIGHTS

Grade levels

Kindergarten–3rd grade
Middle school (4-8)
High school (9-12)

Lesson design

Modular + flexible:
lessons can run
30–90 minutes

Access

Online portal with slides, resources + parent communication

Alignment

Meets CASEL, SIECUS + National Health Education Standards

THE LESS AWKWARD FRAMEWORK

Self-advocacy
Identify personal needs and seek guidance from trusted adults

Self-awareness
Reflect on experiences and emotions without shame or judgment

Critical thinking
Evaluate information, ask questions, and make thoughtful choices

Smart decision making
Weigh options, consider consequences, and make responsible choices

Communication skills
Express feelings, set boundaries, and engage in meaningful conversations

Knowledge
Learn key facts and vocabulary to communicate effectively

That Health Class is a curriculum created by best-selling authors **Dr. Cara Natterson** and **Vanessa Kroll Bennett**, the most trusted experts on the tween + teen years and the founders of **less awkward**

BOOK A DEMO: operations@lessawkward.com