



ESTEEM Implementation and Teaching Assignments

Sample Staffing Plan for Workbook A and Workbook B

School/District: _____ Grade/Series: _____ Coordinator: _____

Implementation Options

Choose a class that reaches all students, such as health, science, social studies, geography, advisory/study period, or PE. Use one certified instructor or share lessons among certified district staff and approved community educators.

7-week plan: Two lessons per week. **14-week plan:** One lesson per week. **Semester plan:** Teach smaller sections, such as 2-3 content pages per class meeting, with time for activities and discussion.

Certify all instructors before teaching. Coordinate district approval, curriculum review, and parent permission.

Workbook A Non Sensitive Topics Lessons 1 through 9

No.	Lesson Topic	Suggested Instructors	Assigned Instructor(s)
1	5 Dimensions of Health	Health teacher; school nurse; PE teacher/coach	
2	Nutrition & Everyday Wellness	Health or science teacher; school nurse; school nutrition professional	
3	Physical Activity & Brain Health	PE teacher/coach; health teacher	
4	Safety & Environmental Health	School nurse; science/geography teacher; SRO	
5	Goals, Character & Success Sequence	School counselor; career education teacher; social studies teacher	
6	Communication & Conflict Resolution	School counselor; health/advisory teacher	
7	Mental Health & Resilience	School counselor; school psychologist or social worker	
8	Healthy Relationships	School counselor; health teacher	
9	Substance Use Prevention	School nurse; SRO; approved prevention educator	

SRO = school resource officer. Suggested roles may be adapted to your district.



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Workbook B Sensitive Topics Lessons 10 through 14

School/District: _____ Grade/Series: _____ Coordinator: _____

Arrange parent/guardian review and obtain any required permission before teaching Workbook B. Select instructors who have completed ESTEEM certification and are prepared to teach the approved grade-level content. SRA = sexual risk avoidance.

No.	Lesson Topic	Suggested Instructors	Assigned Instructor(s)
10	Human Development & Wise Boundaries	School nurse; health or science teacher; approved SRA educator	
11	Sexual Risk Avoidance & Consequences	School nurse; health teacher; approved SRA educator	
12	Safety, Law & Protection	SRO; school counselor or social worker; approved prevention educator	
13	Media & Digital Influences	Technology/digital citizenship teacher; school counselor; SRO	
14	Marriage, Family & Human Flourishing	School counselor; health or family/consumer sciences teacher; approved SRA educator	

Coordinate the Shared Teaching Plan

- Choose one coordinator to confirm instructor assignments, certification, class dates, and locations.
- Teach all 14 lessons in order, using the grade-level workbooks and leader kits; coordinate handoffs between instructors.
- Plan enough class meetings for activities, discussion, and completion of both workbooks.
- Send each completed workbook home to parents/guardians for continued family discussion.

Fifth Grade Content

Fifth-grade Workbook B is modified. It does not include STI, sexting, or pornography instruction. Teach reproduction topics only as included in the approved fifth-grade edition. Topics deepen with age and developmental stage.