The G.U.I.D.E. for Life Unit of Interaction for grades 9-12 includes concepts such as evaluating societal and cultural norms, identifying consequences of safe and risky behaviors, and the developing and understanding of relationships. The lessons include: the goals, competencies addressed during the lesson, learning objectives, materials and preparation needed, key vocabulary, activities, and suggestions for intervention and enrichment.

All lessons can be used together to create an all encompassing unit or they can act as standalone lessons. The activities have approximate times for execution, however, the goal is to create and build interactions so more time may be needed given student participation and reaction. Some of the materials needed include teacher-chosen passages, movie clips, and personal/student accounts. Preparation may range from selecting materials, pre-screening resources, and considering factors that may come into play when teaching this lesson. Lessons are compatible for virtual settings or in-person. Teachers can choose to add extensions to incorporate community based activities or other school wide initiatives as they see fit to the demographics of their environment.