

Health Education Core Idea: Sexual Health (Se)

Topic	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
1. Anatomy and Physiology	Understand boys and girls have some body parts that are the same and some that are different. H1.Se1.K	Identify medically accurate names for body parts, including external reproductive anatomy. H1.Se1.1	Use medically accurate names for body parts, including external reproductive anatomy. H1.Se1.2	Recognize medically accurate names for body parts, including internal and external reproductive anatomy. H1.Se1.3	Label medically accurate names for body parts, including internal and external reproductive anatomy. H1.Se1.4	Understand functions of reproductive systems. H1.Se1.5
2. Growth and Development	Understand living things grow and mature. H1.Se2.K	Describe how living things grow and mature. H1.Se2.1	Understand physical changes are part of growth and development. H1.Se2.2	Understand puberty is part of the process of growth and development. H1.Se2.3	Understand physical, social, and emotional changes occur during puberty. H1.Se2.4a Recognize puberty and physical development can vary considerably. H1.Se2.4b	Identify ways to manage physical, social, and emotional changes that occur during puberty. H7.Se.2.5 Describe how puberty and physical development can vary considerably. H1.Se2.5
3. Reproduction	<i>Developmentally appropriate outcomes first appear in grade 2.</i>	<i>Developmentally appropriate outcomes first appear in grade 2.</i>	Understand living things can reproduce. H1.Se3.2	Understand humans can reproduce. H1.Se3.3	Understand reproductive organs allow living things to reproduce. H1.Se3.4	Recognize puberty prepares the body for reproduction. H1.Se3.5
4. HIV Prevention	<i>Developmentally appropriate outcomes first appear in grade 4.</i>	<i>Developmentally appropriate outcomes first appear in grade 4.</i>	<i>Developmentally appropriate outcomes first appear in grade 4.</i>	<i>Developmentally appropriate outcomes first appear in grade 4.</i>	Understand how communicable diseases are transmitted. H1.Se4.4	Define human immunodeficiency virus (HIV). H1.Se4.5a

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5. Self-Identity	Understand there are many ways to express gender. H1.Se5.K	Explain that there are many ways to express gender. H1.Se5.1	Understand there is a range of gender roles and expression. H1.Se5.2a Understand importance of treating others with respect regarding gender expression. H1.Se5.2b	Explain that gender roles can vary considerably. H1.Se5.3a Understand importance of treating others with respect regarding gender identity. H1.Se5.3b	Identify how friends and family can influence ideas regarding gender roles, identity, and expression. H2.Se5.4 Demonstrate ways to show respect for all people. H4.Se5.4 Define sexual orientation. H1.Se5.4	Identify methods of transmission and prevention of HIV. H1.Se4.5b Describe how media, society, and culture can influence ideas regarding gender roles, identity, and expression. H2.Se5.5a Promote ways to show respect for all people. H8.Se5.5 Identify trusted adults to ask questions about gender identity and sexual orientation. H2.Se5.5b
6. Healthy Relationships	Recognize characteristics of a friend. H1.Se6.Ka	Describe characteristics of a friend. H1.Se6.1a	Identify characteristics and benefits of healthy friendships.	List characteristics of healthy and unhealthy friendships. H1.Se6.3a	Describe characteristics of healthy friendships and other	Differentiate between healthy and unhealthy relationships.

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	<p>Recognize ways to express feelings. H1.Se6.Kb</p> <p>Identify safe and unwanted touch. H1.Se6.Kc</p> <p>Recognize people have the right to refuse giving or receiving unwanted touch. H1.Se6.Kd</p>	<p>Identify healthy ways to express feelings. H1.Se6.1b</p> <p>Explain safe and unwanted touch. H1.Se6.1c</p> <p>Describe how to tell a trusted adult about unwanted touch. H4.Se6.1</p>	<p>H1.Se6.2a</p> <p>Describe healthy ways for family members and friends to express feelings toward each other. H4.Se6.2a</p> <p>Explain why unwanted touches should be reported to a trusted adult. H1.Se6.2b</p> <p>Demonstrate how to tell trusted adults about unwanted touch until action is taken. H4.Se6.2b</p>	<p>Identify trusted adults to communicate with about relationships. H4.Se6.3a</p> <p>Identify positive ways to communicate differences of opinion while maintaining relationships. H4.Se6.3b</p> <p>Understand that a child is not at fault if an unwanted touch occurs. H1.Se6.3b</p>	<p>relationships. H1.Se6.4</p> <p>Explain importance of communicating with trusted adults about relationships. H2.Se6.4a</p> <p>Demonstrate positive ways to communicate differences of opinion and feelings while maintaining relationships. H4.Se6.4</p> <p>Understand ways family, friends, and peers can have a positive or negative influence on relationships. H2.Se6.4b</p>	<p>H1.Se6.5a</p> <p>Explain importance of using social media safely, legally, and respectfully. H1.Se6.5b</p> <p>Understand how to support a peer to recognize healthy and unhealthy relationships. H8.Se6.5</p> <p>Define sexual abuse. H1.Se6.5c</p>

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Topic	Grade 6	Grade 7	Grade 8	High School
1. Anatomy, Reproduction, and Pregnancy	Identify parts of the reproductive systems. H1.Se1.6	Describe reproductive systems including body parts and functions. H1.Se1.7a Describe the stages of a pregnancy from fertilization to birth. H1.Se1.7b	Summarize reproductive systems and their functions, including the path of an egg during ovulation and the path of sperm during ejaculation. H1.Se1.8a Identify physical, emotional, and social effects of sexual activity. H1.Se1.8b	Summarize fertilization, fetal development, and childbirth. H1.Se1.HSa Explain the role hormones play in sexual behavior and decision-making. H5.Se1.HS Describe emotional, social, physical, and financial effects of being a teen or young adult parent. H1.Se1.HSb Describe behaviors that impact reproductive health. H1.Se1.HSc Describe steps of testicular self-exam and the importance of breast self-awareness. H7.Se1.HS
2. Puberty and Development	Identify physical, social, mental, and emotional changes that occur during puberty. H1.Se2.6	Recognize that there are individual differences in growth and development. H1.Se2.7	Describe the physical, social, mental, and emotional changes that occur during adolescence. H1.Se2.8	Explain the physical, social, mental, and emotional changes associated with being a young adult. H1.Se2.HSa Describe how sexuality and

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3. Self-Identity	Understand the range of gender roles, identity, and expression across cultures. H2.Se3.6	Distinguish between biological sex, gender identity, gender expression, and sexual orientation. H1.Se3.7	Recognize external influences that shape attitudes about gender identity, gender expression, and sexual orientation. H2.Se3.8	Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation. H2.Se3.HS
4. Prevention	Define abstinence and explain why it is the most effective method to prevent pregnancy and sexually transmitted infections (STDs), including HIV. H1.Se4.6a Explain how STDs are transmitted. H1.Se4.6b Identify examples of protective factors and risk behaviors. H1.Se4.6c	List and describe commonly used methods of birth control, including abstinence. H1.Se4.7a Describe methods to prevent the transmission of STDs/HIV, including abstinence. H1.Se4.7b Understand that all STDs are treatable and many are curable. H1.Se4.7c Identify medically accurate information about STDs. H3.Se4.7 Identify a decision-making model that can be used to make	Summarize ways to prevent pregnancy and STDs. H1.Se4.8a List steps to using a condom correctly. H7.Se4.8 Identify medically accurate resources about contraceptive methods, STDs/HIV, and pregnancy. H3.Se4.8 Summarize signs, symptoms, potential impact, and treatment of STDs. H1.Se4.8b Use a decision-making model to make a health-related decision. H5.Se4.8	Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV. H1.Se4.HSa Demonstrate steps to using a condom correctly. H7.Se4.HS Identify local youth-friendly sexual health services. H3.Se4.HS Understand that people can choose abstinence at different times in their lives. H1.Se4.HSb Advocate for STD testing and

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<p>5. Healthy Relationships</p>	<p>Explain importance of talking with a family member and other trusted adults about relationships. H3.Se5.6</p> <p>Identify ways to communicate effectively in a variety of relationships. H1.Se5.6a</p> <p>Recognize that everyone has the right to set boundaries based on personal values. H1.Se5.6b</p>	<p>a health-related decision. H5.Se4.7</p> <p>Describe factors that contribute to or protect against engaging in risk behaviors. H1.Se4.7d</p> <p>Describe characteristics of healthy and unhealthy relationships. H1.Se5.7</p> <p>Demonstrate communication skills that foster healthy relationships. H4.Se5.7a</p> <p>Explain importance of setting personal boundaries and showing respect for the boundaries and values of others. H4.Se5.7b</p>	<p>Compare and contrast potential outcomes of risk behaviors and protective factors. H1.Se4.8c</p> <p>Describe personal role in protecting one's own sexual and reproductive health. H7.Se4.8</p> <p>Explain how to build and maintain healthy family, peer, and dating relationships. H1.Se5.8a</p> <p>Define sexual consent and identify ways that consent can be communicated and accepted. H1.Se5.8b</p> <p>Analyze the impact of technology and social media on friendships and relationships. H2.Se8.8.</p> <p>Develop a plan to communicate and maintain personal boundaries and values. H6.Se5.8</p>	<p>treatment for sexually active youth. H8.Se4.HS</p> <p>Use a decision-making model to make a sexual health-related decision. H5.Se4.HS</p> <p>Differentiate between affection, love, commitment, and sexual attraction. H1.Se5.HSa</p> <p>Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships. H1.Se5.HSb</p> <p>Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent. H4.Se5.HS</p> <p>Analyze factors that can affect the ability to give or recognize consent to sexual activity. H2.Se5.HS</p> <p>Identify ways to access accurate</p>

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<p>6. Washington State Laws</p>	<p>Understand which sexual health care services are available to youth. H1.Se6.6a</p> <p>Understand that there are behaviors that constitute sexual offenses. H1.Se6.6b</p> <p>Understand that it is illegal to send or post sexually explicit images or messages electronically. H1.Se6.6c</p>	<p>Identify laws related to accessing sexual health care services. H1.Se6.7a</p> <p>Define sexual offenses as they relate to state law. H1.Se6.7b</p> <p>Identify consequences of sharing sexually explicit pictures or messages. H1.Se6.7c</p>	<p>Understand laws related to accessing sexual health care services. H1.Se6.8a</p> <p>Understand importance of personal responsibility for sexual decisions. H7.Se6.HS</p> <p>Identify state laws related to sexual offenses, including when a minor is involved. H1.Se6.8b</p> <p>Explain consequences of sharing sexually explicit pictures or messages. H1.Se6.8c</p>	<p>information and resources for survivors of sexual offenses. H3.Se5.HS</p> <p>Describe laws related to accessing sexual health care services. H3.Se6.HS</p> <p>Understand importance of personal and social responsibility for sexual decisions. H7.Se6.HS</p> <p>Examine laws and consequences related to sexual offenses, including when a minor is involved. H1.Se6.H5a</p> <p>Identify laws and concerns related to sending or posting sexually explicit pictures or messages. H1.Se6.H5b</p>

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