

Lesson Plans to Assist Schools with the Healthy Youth Act

The NC School Health Training Center has written lesson plans to assist school systems in North Carolina in accommodating H.B. 88, the Healthy Youth Act. This legislation requires the teaching of Reproductive Health and Safety Education beginning in the 2010-2011 school year.

Content and Skills Included:

The lessons include teaching about the **new portions of the law**: prevention of sexually transmitted diseases, the prevention of pregnancy, FDA-approved products, healthy relationships, and the prevention of sexual assault and sexual abuse. They are based on a skills-approach to preventing risk-taking behavior by youth.

Teaching Abstinence:

Abstinence is addressed but is not the focus of these lessons. Most NC teachers already have resources for teaching abstinence since the 1996 mandate to teach AUM. We recommend the evidence-based ***Making a Difference: An Abstinence Approach to Preventing HIV/STDs and Teen Pregnancy*** or ***Lesson Plans for Meeting Abstinence Objectives in the NCSCOS***, published in a CD-ROM or the ***Successfully Teaching*** manuals. Teachers should create a unit which includes abstinence as a positive choice and the expected standard for youth along with the teaching of safer sex practices which they will need for a lifetime of reproductive health and safety.

The lesson plans are based on objectives written from the topics required by the Healthy Youth Act. These objectives have not been approved by the NC Department of Public Instruction or the State Board of Education. The NC Department of Public Instruction will be releasing Essential Standards for the Standard Course of Study by 2012.

We hope the lessons will be of value to teachers and administrators in the implementation of H.B. 88. ***School systems should review the lessons to be certain they are in compliance with local policy in addition to supporting the Healthy Youth Act.***

Questions regarding the lesson plans should be directed to Dr. Donna Breitenstein, Director, NC School Health Training Center, breitenstein@appstate.edu.