

## A – H Lesson Plan Alignment with NC Standard Course of Study in Healthful Living Education

Lesson	NC SCOS Objective Met or Partially Met through this Lesson
<b>A.</b>	7 <sup>th</sup> 3.06 Define abstinence as voluntarily refraining from intimate sexual contact that could result in unintended pregnancy or disease and analyze the benefits of abstinence from sexual activity until marriage.
<b>B.</b>	7 <sup>th</sup> grade 3.11 Analyze the effects of culture, media, and family values (by discussing information with parents/caregivers or trusted adults) on decisions related to becoming or remaining abstinent.
<b>C.</b>	7 <sup>th</sup> grade 3.06 Define abstinence as voluntarily refraining from intimate sexual contact that could result in unintended pregnancy or disease and analyze the benefits of abstinence from sexual until marriage.  7 <sup>th</sup> grade 3.08 Analyze the effectiveness and failure rates of condoms as a means of preventing sexually transmitted diseases, including HIV/AIDS.  8 <sup>th</sup> grade 3.08 Compare and contrast methods of contraception, their effectiveness and failure rates, and the risks associated with different methods of contraception, as a means of preventing sexually transmitted diseases, including HIV/AIDS.
<b>D.</b>	7 <sup>th</sup> grade 3.07, 8 <sup>th</sup> grade 3.09, and H.S. 3.06 Evaluate how mutually faithful monogamous heterosexual relationships in the context of marriage is the best life-long means of avoiding sexually transmitted diseases, including HIV/AIDS.
<b>E.</b>	7 <sup>th</sup> grade 3.09 Analyze the risk of premarital sexual activity.  H.S. 3.08 Identify causes, consequences, and prevention of major health risks, behaviors for own age group, including the transmission of HIV.
<b>F.</b>	6 <sup>th</sup> grade 2.08 Investigate and analyze the responsibilities of parenthood through observation and discussion with parents/caregivers or trusted adults.  7 <sup>th</sup> grade 3.09 Analyze the risk of premarital sexual activity.
<b>G.</b>	7 <sup>th</sup> grade 3.10 Demonstrate techniques and strategies for becoming or remaining abstinent by dealing with peer pressure.  8 <sup>th</sup> grade 3.07 Summarize how sexually transmitted diseases, including HIV, are transmitted and demonstrate skills and strategies for remaining or becoming abstinent from sexual activity to avoid sexually transmitted diseases and unintended pregnancy.  8 <sup>th</sup> grade 5.01 Determine the relationship between alcohol and other drug use and other health risks (including violent behaviors, unintentional injury, sexual risk behaviors, and suicide.  H.S. 3.07 Demonstrate and refine skills and strategies for becoming or remaining abstinent from sexual activity, which is the most certain means of avoiding unintended pregnancy and sexually transmitted diseases, including HIV/AIDS.  H.S. 3.09 Predict situations that could lead to pressure for sex and create alternatives or ways to avoid these situations, including feedback from parents/caregivers or trusted adults.
<b>H.</b>	H.S. 2.08 Compare and contrast how positive and negative health behaviors can have life long effects.