

“Choosing the Best Path”

Seventh Grade Sex-Related Education Curriculum

Lesson & Title	Topics (the students will)
Lesson 1: Sex – Everybody’s Talking About It	<ul style="list-style-type: none"> ● Identify risks of being sexually active ● Learn about the possible negative emotional consequences of premarital sexual activity ● Discuss self-respect and its role in abstinence
Lesson 2: The Risks of STDs and HIV/AIDS	<ul style="list-style-type: none"> ● Learn about the most commonly sexually transmitted diseases
Lesson 3: Teen Pregnancy and “Safe Sex”?	<ul style="list-style-type: none"> ● Learn about teen pregnancy ● Learn about the circumstances of a couple who becomes pregnant ● Discuss if “safe sex” is really safe enough
Lesson 4: Pressures to Be Sexually Active	<ul style="list-style-type: none"> ● Identify the four major pressures to have sex ● Understand the role of alcohol in influencing teenagers ● Discuss respect and how it relates to not pressuring others
Lesson 5: Choosing the Best Path	<ul style="list-style-type: none"> ● Discuss Abstinence ● Consider the reasons to be abstinent until marriage ● Have an opportunity to sign an abstinence pledge
Lesson 6: Set It! The Need for Boundaries	<ul style="list-style-type: none"> ● Discuss the difference between love and sex ● Discover the difference between love and infatuation ● Learn about and learn how to set boundaries ● Discuss the trait of self-discipline and how it relates to setting boundaries
Lesson 7: Say It! The need to Speak Up	<ul style="list-style-type: none"> ● Discuss how “lines” are used to influence others ● Learn four skills to help say NO ● Explore the role of courage in choosing abstinence
Lesson 8: Shout It! The Need to Be Assertive	<ul style="list-style-type: none"> ● Discuss how teenagers respond to pressure ● Learn what it means to be assertive

Important Information

Topics that will not be included in the class: <ol style="list-style-type: none"> 1. The teaching of abortion as a means to prevent birth. 2. The demonstration of how to apply contraceptives 	Law requires that: <ol style="list-style-type: none"> 1. Classes are separated by sex. 2. Written notice of inclusion or exclusion into the program. 3. All discussions include only factual information, not opinion or hearsay.
--	--