

# “Choosing the Best Life”

## Eighth Grade Sex-Related Education Curriculum

Lesson & Title	Topics
<b>Lesson 1:</b> <b>Sex – Emotions and Self-Respect</b>	<ul style="list-style-type: none"> <li>● Girls and Guys can view sex differently</li> <li>● Misusing sex to meet emotional needs</li> <li>● Negative emotions consequences of premarital sex</li> <li>● Abstinence and self-respect</li> </ul>
<b>Lesson 2:</b> <b>Sex, Alcohol, and Respect</b>	<ul style="list-style-type: none"> <li>● Alcohol increases the risk of casual or unwanted sex</li> <li>● Alcohol creates unique risks for teens</li> <li>● Alcohol can kill – now or later</li> </ul>
<b>Lesson 3:</b> <b>Sex, STDs, and Honesty</b>	<ul style="list-style-type: none"> <li>● Health consequences of STDs</li> <li>● The risk of STDs while being sexually active</li> <li>● “Safe sex” does not eliminate the risk of STDs</li> </ul>
<b>Lesson 4:</b> <b>Sex, Pregnancy, and Responsibility</b>	<ul style="list-style-type: none"> <li>● The problem of teen pregnancy</li> <li>● Abstinence and teen pregnancy</li> <li>● The consequences of teen pregnancy</li> </ul>
<b>Lesson 5:</b> <b>Sex, HIV/AIDS, and Compassion</b>	<ul style="list-style-type: none"> <li>● HIV/AIDS has no cure</li> <li>● HIV/AIDS can be contracted through sexual activity</li> <li>● Abstinence eliminates the risk of contracting HIV/AIDS sexually</li> </ul>
<b>Lesson 6:</b> <b>Sex, Love, and Choices</b>	<ul style="list-style-type: none"> <li>● All choices have consequences</li> <li>● Abstinence brings freedom</li> <li>● The difference between infatuation and love</li> <li>● Abstinence helps teens reach their goals</li> </ul>
<b>Lesson 7:</b> <b>Sex, Limits, and Self-discipline</b>	<ul style="list-style-type: none"> <li>● The five primary sources of pressure for teens</li> <li>● “Set It! Say It! Shout It!” to become pressure proof</li> <li>● Learn how to respond to sexual pressure</li> </ul>
<b>Lesson 8:</b> <b>Sex, Saying “No”, and Courage</b>	<ul style="list-style-type: none"> <li>● Teens <i>can</i> stand up to sexual pressure</li> <li>● Teens can say “no” with positive results</li> <li>● Practice helps teen learn to handle pressure-filled situations</li> </ul>
<b>Important Information</b>	
Topics that will not be included in the class: <ol style="list-style-type: none"> <li>1. The teaching of abortion as a means to prevent birth.</li> <li>2. The demonstration of how to apply contraceptives</li> </ol>	Law requires that: <ol style="list-style-type: none"> <li>1. Classes are separated by sex.</li> <li>2. Written notice of inclusion or exclusion into the program.</li> <li>3. All discussions include only factual information, not opinion or hearsay.</li> </ol>