

Sexual Health Education for America's Youth
For Middle Schools and Community Settings

LESSON 1 Objectives – Sexual Development

By the end of this lesson, each student will be able to:

- Describe the typical physical and psychosocial changes that occur during puberty.
- Identify common teen and young adult sex-related issues and concerns in the U.S. today.
- Define and discuss the terms male, female, masculine, feminine, sexual orientation, gender, gender role, transgender, intersex, gender expression, and gender identity.

LESSON 2 Objectives – Exploring Friendships

By the end of this lesson, each student will be able to:

- Assess the degree to which s/he has the traits and skills required for a quality committed friendship.
- Identify and describe opportunities for building friendships.
- Differentiate between “liking” or “loving” something or someone.
- Plan a safe and healthy activity.

LESSON 3 Objectives – Bullying and Abuse

By the end of this lesson, each student will be able to:

- Commit to end bullying and inappropriate sexual behavior in self and others.
- Identify risky sex-related behaviors such as sex trafficking, sexting, and making sexual advances without permission.
- Demonstrate a variety of ways to protect themselves.
- Identify how to respond to inappropriate sexual behaviors.

LESSON 4 Objectives – Preventing an Unplanned Pregnancy

By the end of this lesson, each student will be able to:

- Identify reasons for family planning.
- Describe a range of contraceptive methods, including their effectiveness in preventing pregnancy and other Sexually Transmitted Infections.
- Identify community family planning and contraception services.
- Identify the benefits of delayed sexual activity.

LESSON 5 Objectives – Teen Pregnancy: Choices and Responsibilities

By the end of this lesson, each student will be able to:

- Discuss how to make an important decision if facing an unplanned pregnancy.
- List the key components of prenatal care and responsible parenting.
- Identify key components of your state's Safe Surrender (or Safe Haven) Law.
- Describe key components of both adoptions and abortion.

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LESSON 6 Objectives – Myths and Stereotypes about HIV Infection

By the end of this lesson, each student will be able to:

- Describe the impact of HIV/AIDS on individuals and their family life.
- Identify myths or stereotypes regarding persons infected with HIV.
- Express concern for persons with disabilities or illness, including those infected with HIV.

VIDEO LINKS:

<https://www.youtube.com/watch?v=PGEimk5cx9g>

<https://www.youtube.com/watch?v=L4vCO81SEug&t=92s>

<https://www.youtube.com/watch?v=RCBmYNdWUf4&t=16s>

<https://www.youtube.com/watch?v=i8ZOxdSNYb4>

LESSON 7 Objectives – The HIV / AIDS Epidemic

By the end of this lesson, each student will be able to:

- Describe the AIDS epidemic.
- Describe the effectiveness of ART and PrEP in the prevention and treatment of an HIV infection.
- Identify the fluids and body routes for HIV transmission.
- Identify behaviors that will and will not put a person at risk for HIV transmission.

LESSON 8 Objectives – Preventing Sexually Transmitted Infections

By the end of this lesson, each student will be able to:

- Identify and describe common STIs and their symptoms.
- Describe ways that STIs can be transmitted.
- Identify community resources for STI testing and treatment.

LESSON 9 Objectives – Recognizing and Reducing Risks

By the end of this lesson, each students will be able to:

- Identify situations that put people at risk for HIV.
- Identify **abstinence** is the only 100% effective method to avoid an unplanned pregnancy, HIV and STIs.
- Identify **abstinence** from alcohol and drug use, including needle sharing, as an effective method for avoiding HIV/STI transmission.
- Identify things that weaken a latex condom's ability to prevent HIV/STI transmission.

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LESSON 10 Objectives – Media and Peer Pressure

By the end of this lesson, each student will be able to:

- Identify pressures from peers, media or society to engage in high risk behaviors.
- Recognize that not all students participate in high risk behaviors.
- Demonstrate skills to refuse/avoid the pressure to engage in high risk behaviors.

LESSON 11 Objectives – HIV/STI Testing and Community Resources

By the end of this lesson, each student will be able to:

- Describe how an HIV infection can spread through a population.
- Identify resources for HIV/STI testing, counseling and information.

LESSON 12 Objectives – Goal Setting

By the end of this lesson, each student will be able to:

- Identify personal goals, including steps for achieving these goals.
- Describe how an unplanned pregnancy or HIV infection would change personal goals and life plans, including measures to avoid an unplanned pregnancy and HIV infection.
- Identify ways they will protect their sexual health.