

Lesson - Healthy/Unhealthy Relationships

Purpose: Students will learn about the benefits of relationships and how intimacy involves more than sexual activity. There are many components that are necessary to maintain successful adult relationships, such as respect and equality. Students will discuss healthy dating and understand the warning signs of dating violence. Students will discuss how social media and the internet can either enhance or discourage a healthy relationship.

Learning Targets:

- Describe different types of relationships.
- Define aspects of healthy relationships.

Lesson - Healthy Boundaries – Giving and Accepting Consent

Purpose: Students will understand they have to set behavioral/emotional boundaries in order to be healthy now and in the future. Students will recognize that drugs and alcohol may influence sexual behavior. Students will set goals and consider boundaries for their personal sexual behavior. Students will understand that consent is essential every time you engage in sexual activity. Students will understand that sexual activity is a personal choice and that abstinence is an acceptable, healthy option.

Learning Targets:

- Clearly communicate their own consent and personal boundaries
- Identify, understand, and accept someone else's personal boundaries
- Ask for and respect their partner's consent or refusal

Lesson - Conception/Pregnancy Prevention

Purpose: In this lesson, students will gain knowledge about the importance of good preconception health and how to prevent unplanned pregnancies. Students will learn about the types of current contraceptive methods and why people choose to use (or not to use) contraception. Students will learn about the use of effective contraceptive methods, including abstaining from sexual activity, to prevent pregnancy. Students should be able to discuss the role contraception plays in preventing unplanned pregnancy.

Learning Targets:

- Define conception/fertilization, implantation and contraception.
- Identify categories of contraception and how they work to prevent pregnancy.
- Advocate that both partners have responsibilities in preventing unplanned pregnancies.

Lesson - STI

Purpose: Students should be able to understand how to clearly give and get consent from sexual partners before engaging in sexual activity. Students should understand that abstinence from sexual activity and abstinence from certain behaviors, such as intravenous drug use, are effective for reducing the risk of getting HIV and other STIs.

Learning Targets:

- Define STD/STI and HIV/Aids
- Identify methods of transmission, physical effects, and prevention of STD/STI
- Recognize choices and how to reduce the risk of STI transmission

Lesson - HIV/AIDS

Purpose: Students will clearly identify what is and is not sexual activity, and will familiarize themselves with the modes of transmission, bodily fluids that carry the virus, and activities that increase an individual's potential exposures. Students will also learn about and identify ways to reduce the stigma associated with HIV.

Learning Targets:

- Define HIV and explain how it is transmitted and prevented

Lesson - Protecting Privacy Online

Purpose: Kids share a lot of information whenever they go online -- sometimes on purpose, sometimes not. But do they understand that online privacy isn't just what they say and post? Help your students learn about their digital footprints and the steps they can take to shape what others find and see about them.

Learning Targets:

- Evaluate media forms for sexuality
- Safely engage in social media

Lesson - Sexting and Relationships

Purpose: It's natural for teens to be curious about their emerging sexuality. But most middle schoolers aren't prepared for the risks of exploring this in the digital age. This lesson helps students think critically about self-disclosure in relationships and practice how they'd respond to a situation where sexting -- or a request for sexting -- might happen.

Learning Targets:

- Evaluate media forms for sexuality
- Safely engage in social media

Lesson - Digital Media and Your Brain

Purpose: Students will discuss portrayals of sexuality they encounter through various forms of media, including online and television video content, social media, music, and video games, and the potential benefits and harms of using social media. Students will discuss different portrayals of sexuality in media and how these portrayals relate to real-life situations. Students will understand how social media can be safely used to engage in various types of personal relationships. Students will understand how to critically consume portrayals of sexuality in media and engage in safe online interactions using social media.

Learning Targets:

- Evaluate media forms for sexuality
- Safely engage in social media

Lesson - Stress

Purpose: You're late for school, today's assignments aren't done yet, and you spill a drink on your shirt in the car. Let's face it, you're stressed! Your students feel stress, too, at school and at home. These activities can help them to learn more about what stress is, and how to effectively manage it.

Learning Targets:

- Learn to identify common stressors
- Explore strategies for managing stress

Lesson - Alcohol

Purpose: The cultural views surrounding alcohol, drinking, and drunkenness are complex – and often positive. These activities can help your students improve their understanding of alcohol, its health effects, and the cultural influences around them.

Learning Targets:

- Analyze images of drinking alcohol in the media and contrast them with facts about alcohol. Learn to recognize how drinking can be misrepresented in the media, as well as how ads can manipulate viewers.

Lesson - Smoking

Purpose: Even though just about everyone knows how dangerous tobacco is, 90% of smokers start before age 18. Many teens who smoke never expect to become addicted, and peer pressure can interfere with trying to quit. The following activities will help your students better understand the consequences of tobacco use, why teens might feel pressured to smoke, and strategies for kicking this deadly habit.

Learning Targets:

- Explore ways to deal with tobacco-related peer pressure
- Identify strategies to resist negative peer pressure

Lesson - Drugs

Purpose: It's imperative that teens know the facts about drugs so they can understand the risks. These activities will help your students learn what drugs do to the body and mind, the dangers of using drugs, and how they can handle pressure to use drugs.

Learning Targets:

- Discover the dangers of drug use
- Identify the effects of drugs on the body and mind

Lesson - Vaping

Purpose: Students will analyze informational texts to gather evidence about the risks of vaping, then create a persuasive anti-vaping infographic/poster for a teen audience.