

Lesson 1

Purpose

Students will understand the dimensions of human sexuality and terminology that relates to human sexuality. They will understand and appreciate that sexuality is a normal part of the human experience, and respect that each person's experience is unique. Students will consider the many factors that contribute to becoming a sexually healthy adult.

Learning Target

Students will establish a foundation for understanding human sexuality.

Success Criteria:

- I can explain what is needed for safe and healthy relationships.

Lesson 2

Purpose

Students will identify and understand the differences between gender and sexuality and the terminology associated with gender and sexuality. Students will understand that sexuality and gender are fluid and can change over time. Students will be introduced to a variety of sexual orientations and gender identities. They will understand that sexuality is part of the human experience and respect that each person's experience is unique.

Learning Target

Students will understand there is a broad spectrum of sexuality and terminology.

Success Criteria:

- I can define the difference between gender roles, gender identity, and gender expression
- I can describe why it is important to give people the opportunity to state the pronoun that honors them
- I can explain why human sexuality language is fluid

Lesson 3

Purpose

Students will discuss different types of media and how such media portrays sexuality and relationships. Students will identify ways in which the media can or could potentially serve as "sex educators" for teens. Students will analyze the potential benefits and problems of digital media and explore healthy communication and how consent plays a role in the use of digital media. Students will explore the presentation of self on social media, its influence on perceptions about body image, gender roles, sexuality, and attractiveness, and its impact on their own behavior, health, and relationships.

Learning Target

Students will evaluate how different types of media influence sexual behaviors and recognize choices that promote health and well-being.

Success Criteria:

- I can define and understand what it means to be a responsible and productive digital citizen.
- I can identify sources of sexual pressure and which sources of digital and social media are most influential to teens.
- I can communicate my own consent and personal boundaries while using digital media.
- I can understand how to ask for and respect my partner's consent or refusal.
- I have explored effective ways to reduce cyberbullying and the potential negative impacts of using digital media.

Lesson 4

Purpose

Students will understand that they have to set behavioral boundaries in order to be healthy now and in their 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 for sexual activity to occur. Students will understand that sexual activity is a personal choice and that abstinence is an acceptable, healthy option.

Learning Targets

Students will identify aspects of relationships, and establish personal boundaries regarding sexual activity and practice assertive communication.

Success Criteria:

- I can clearly communicate my own consent and personal boundaries
- I can identify, understand, and accept someone else's personal boundaries
- I can ask for and respect my partner's consent or refusal

Lesson 5**Purpose**

Students will learn about the benefits of relationships and learn that 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 warning signs of dating violence. Students will discuss how social media and the internet can either enhance or discourage a healthy relationship.

Learning Target

Students will determine differences between healthy and unhealthy relationships.

Success Criteria:

- I can define aspects of healthy relationships
- I can identify warning signs of an unhealthy relationship

Lesson 6**Purpose**

Students will learn about the conception pathway by reviewing basic male and female reproductive anatomy and physiology. Students will learn how pregnancy occurs and what the benefits are to parents and infants by planning for pregnancy.

Learning Target

Students will understand how pregnancy occurs and identify the benefits of planning for pregnancy.

Success Criteria:

- I can describe a process of how a person becomes pregnant
- I can identify the benefits of planning for pregnancy

Lesson 7

Purpose

Students will understand that there is the possibility of contracting a sexually transmitted infection (STI) during sexual contact or intercourse. Students will learn about prevention, means of transmission, possible long-term health effects, treatment, and possible signs and symptoms of STIs. Students will identify that abstinence from sexual activity and intercourse is a healthy and highly effective means of reducing the risk of getting or sharing sexually transmitted infections. Students will learn that there are ways to reduce the risk of contracting a STI, including the correct and consistent use of condoms and getting vaccinated against Hepatitis A and HPV.

Learning Target

Students will define STI, methods of transmission, and prevention and recognize choices and how to prevent possible outcomes.

Success Criteria:

- I can list the characteristics and impacts of sexually transmitted infections and/or diseases
- I can identify ways individuals can and cannot contract a STI
- I can discuss the benefits of abstinence.

Lesson 8

Purpose

Students will learn about signs and symptoms, means of transmission, possible long-term effects, and prevention of Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS). They will learn of HIV's impact locally, nationally, and internationally. Students will identify effective methods of preventing the spread of HIV.

Learning Target

Students will interact with HIV and AIDS information, methods of transmission, and prevention.

Success Criteria:

- I can define the difference of HIV and AIDS
- I can describe methods of transmission and prevention
- I can list the five body fluids through which HIV is transmitted
- I can discuss the benefits of limiting the number of sexual partners and reducing high

Lesson 9

Purpose

In this lesson, students will gain knowledge about the importance of good preconception health and how to prevent unplanned pregnancies. The concept of reproductive life planning will be discussed and students will have the opportunity to create their own plan. 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 role contraception in preventing unplanned pregnancy.

Learning Target

Students will understand the importance of safe and healthy and healthy choices for sexual activity as well as the impact of an unplanned pregnancy.

Success Criteria:

- I can define conception/fertilization, implantation, and contraception
- I can identify three options for an unplanned pregnancy
- I can advocate that both partners have responsibility in preventing unplanned pregnancies

If you choose to opt your student out of this program, please complete the [Opt Out Form](#).