

TEXAS ESSENTIAL KNOWLEDGE AND SKILLS FOR HEALTH EDUCATION Aim for Success 6th grade

§Chapter 115.26 Grades 6

(13) Injury and violence prevention and safety--digital citizenship and media. The student understands how to be a safe and responsible citizen in digital and online environments. The student is expected to:

- (A) discuss appropriate personal digital and online communication boundaries;
- (B) develop strategies to resist inappropriate digital and online communication such as social media posts, sending and receiving photos, sexting, and pornography;
- (C) discuss and analyze consequences resulting from inappropriate digital and online communication such as social media posts, sending and receiving photos, sexting, and pornography;
- (E) identify how technology is used to recruit or manipulate potential victims of sex trafficking;
- (F) identify the current legal consequences of cyberbullying and inappropriate digital and online communication

(20) Reproductive and sexual health--healthy relationships. The student understands the characteristics of healthy romantic relationships. The student is expected to:

- (E) explain that each person in a dating/romantic relationship should be treated with dignity and respect;
- (F) describe how healthy marriages can contribute to healthy families and communities

(21) Reproductive and sexual health--personal safety, limits, and boundaries. The student understands how to set and respect personal boundaries to reduce the risk of sexual harassment, sexual abuse, and sexual assault. The student is expected to:

- (A) identify that physical, emotional, and sexual abuse and exploitation are all forms of abuse;
- (B) identify the social and emotional impacts of sexual harassment, sexual abuse, sexual assault, and sex trafficking;
- (C) list the characteristics of unhealthy or harmful relationships, including anger, controlling behavior, jealousy, manipulation, and isolation;
- (D) identify ways of reporting suspected sexual abuse involving self or others such as telling a parent or another trusted adult;
- (E) explain how a healthy sense of self and making and respecting decisions about safe boundaries and limits promote healthy dating/romantic relationships;
- (F) identify communication and refusal skills and how they can be applied in dating/romantic relationships;
- (G) explain the importance of clearly communicating and respecting personal boundaries and using refusal skills related to physical intimacy such as holding hands, hugging, and kissing.

(23) Reproductive and sexual health--sexual risk. The student understands that there are risks associated with sexual activity and that abstinence from sexual activity is the only 100% effective method to avoid risks. The student is expected to:

- (A) identify teen pregnancy as a possible outcome of sexual activity;
- (B) identify life goals that one wishes to achieve prior to becoming a parent;
- (C) define sexually transmitted infections (STIs) and sexually transmitted diseases (STDs) as infections or diseases that are spread through sex or sexual activity;
- (D) identify what emotional risks are associated with sexual activity between unmarried persons of school age;
- (E) define abstinence as refraining from all forms of sexual activity and genital contact between individuals and discuss the importance of seeking support from parents, other trusted adults, and peers to be abstinent;
- (F) explain why abstinence is the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age;
- (G) identify why abstinence from sexual activity is the only method that is 100% effective in preventing pregnancy; STDs/STIs, including human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS); and the emotional risks associated with adolescent sexual activity;
- (H) list the benefits of abstinence from sexual activity such as increased self-esteem, self-confidence, student academic achievement, and alignment with personal, family, and more or religious beliefs and values;
- (I) explain how laws protect victims of sexual harassment, sexual abuse, and sexual assault.

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