

**8TH GRADE
SEX EDUCATION
CURRICULUM**

PARENT RESOURCE FOLDER

Bulloch County Sex Education & Human Trafficking Awareness 2024-2025

Grades 6-9

LESSON #	GRADE 6	GRADE 7	GRADE 8	GRADE 9
1	Staying Healthy for a Lifetime	Everybody's Got Body Parts Part One - Female	Reproduction and Pregnancy	Review of the Reproductive System
2	Values and Decision-Making	Everybody's Got Body Parts Part Two - Male	Saying No	Pregnancy
3	Female Reproductive System & All About Periods	Menstrual Cycle and Pregnancy	Birth Control Methods	Abstinence: What's in it for me?
4	Male Reproductive System	Reproduction and Teen Pregnancy	Setting and Respecting Boundaries YVP	Effective Communication Strategies YVP
5	Puberty	Protecting Your Health: Understanding and Preventing STDs	Communication Strategies YVP	Setting and Respecting Boundaries YVP
6	Choosing Abstinence	Healthy Relationships.	Preventing STDs	Birth Control Methods
7	STD Facts	Resisting Sexual Pressure	Rules of Dating	Preventing HIV and Other STDs
8	HIV Facts	Being Smart: Staying Safe Online	Understanding Romantic Relationships	Healthy Relationships and the Prevention of Teen Dating Violence YVP
9	Healthy vs Unhealthy Relationships	Communicating about a Sensitive Topic	Sexual Harassment and Bullying Prevention YVP	Building a Community Free of Sexual Violence YVP
10	Human Trafficking Awareness	Human Trafficking Awareness	Human Trafficking Awareness	Human Trafficking Awareness

PARENT RESOURCE

Setting Classroom Norms:

Introduction: Today we will be starting our sex education unit. It will last 10 days and will include discussion about female and male reproductive systems, healthy and unhealthy relationships, abstinence, STDs and HIV Aids.

It could be that the title of this unit makes some students uncomfortable. Can you give me some reasons why people might be uncomfortable talking about these topics in class?

(Possible answers: Our parents told us not to talk about it with anyone else and students might be uncomfortable talking about it in front of classmates or the teacher; we don't talk about it at home, so it's weird to be talking about it at school; embarrassing)

All of these are good answers and exactly right. Bulloch County Schools is teaching sex education in order to give our students important RELIABLE information that they can use to make healthy decisions about their bodies.

In order to provide a SAFE respectful atmosphere for talking about this important information, we are going to create some ground rules for our class to adhere to during this unit. Take a minute and think of two rules that would be important to include. Remember ~ We want this class to be a safe and respectful place to discuss important information.

(After 1-2 min~) Ask students to respond: You could jot down their ideas on the board, reword an idea or add a suggestion so that you end up with the following rules:

SEX EDUCATION GROUND RULES

All questions are important; No question is a stupid question

1. No personal questions of teacher or students
2. No PUT DOWNS - (define what a put down looks like - eye rolling, snickering, etc)
3. Some topics are off limits
4. No Personal Stories/Real names
5. Use scientific terms
6. Respect a variety of viewpoints
7. Everyone has the right to PASS
8. What is said in the classroom, stays in the classroom

Revisit these norms every day before starting the day's lesson. If someone breaks a ground rule, identify the rule broken; ask student to stop; the next time he/she breaks a rule- remove the student for the day or maybe the rest of the unit depending on the severity.

8TH GRADE SEX EDUCATION CURRICULUM

LESSON 1

FLASH Reproductive System and Pregnancy

Standard 1: Core Concepts- Content

Describe male and female sexual
and reproductive systems including body parts and their functions

Reproductive System and Pregnancy

Summary

An overview of the basic reproductive system and their functions is provided in a lecture format while students follow along on a worksheet. Small groups compete for points by answering questions related to pregnancy and the reproductive system.

1. Describe basic reproductive organs and their functions.
2. Describe conception and its relation to the menstrual cycle.
3. Describe the signs and symptoms of pregnancy.

Lesson Timing

Warm up	Bell work + 3 minutes
Purpose of lesson	2 minutes
Review reproductive system and conception	20 minutes
Reproductive system and pregnancy game	22 minutes
Exit ticket	3 minutes
Total	50 minutes

8TH GRADE SEX EDUCATION CURRICULUM

LESSON 2

FLASH Saying No

Standard 4: Interpersonal Communication

Demonstrate the use of effective communication skills about the use of contraception including
abstinence

Saying No

Summary

Students define abstinence and learn the steps to refusing effectively. In small groups, they practice using refusal skills and observe their peers modeling effective refusal skills.

Student Learning Objectives

The student will be able to ...

1. Define sexual abstinence as it relates to pregnancy and STD prevention.
2. Demonstrate effective peer refusal skills to avoid sexual risk behaviors.

Lesson Timing

Warm up	Bell work + 2 minutes
Definition of abstinence	5 minutes
Refusal skills	10 minutes
Refusal skill scenario – large group	10 minutes
Refusal skill scenarios – small group	20 minutes
Exit ticket	3 minutes
Total	50 minutes

FLASH Key Concepts

Abstinence is choosing not to have oral, anal or vaginal sex.

Most high school students are abstinent.

Choosing abstinence means a person does not have to worry about pregnancy or STDs.

People can choose abstinence at any point in their lives, whether or not they have had sex before.

8TH GRADE SEX EDUCATION CURRICULUM

LESSON 3

FLASH Birth Control Methods

Standard 1: Core Concepts

Explain the health benefits, risks and effectiveness rates of various methods of contraception, including abstinence and condoms

Birth Control Methods

Summary

The overall purpose of the lesson is for students to learn about birth control methods while developing positive attitudes and positive peer norms about birth control. Students first work in small groups to study their assigned method of birth control. In a full-class activity, the teacher reads aloud a statement about birth control and each small group must determine if the statement is true for their method. There is brief class discussion between statements. The class concludes with students making observations about the positive aspects of the different methods of birth control.

Student Learning Objectives

The student will be able to ...

1. Describe how birth control methods can reduce the risk of pregnancy.
2. Define emergency contraception and its use.
3. Describe the benefits of birth control methods.

Lesson Timing

Warm up	Bell work + 2 minutes
Introduce the lesson	2 minutes
Birth control study groups	5 minutes
"The truth about birth control" activity	30 minutes
Complete the sentence	8 minutes
Exit ticket	3 minutes
Total	50 minutes

8TH GRADE SEX EDUCATION CURRICULUM

LESSON 4

YVP Where are the lines? Face to Face and in Cyberspace:
Setting and Respecting Boundaries

Lesson 8.4: Where are the lines? Face to Face and in Cyberspace: Setting and Respecting Boundaries

Purpose: Explore physical, personal, and emotional boundaries; identify personal boundaries, and discuss interpersonal aspects that help form boundaries, such as emotional, familial, spiritual, relational and school rules; introduce methods by which individuals can be aware of boundary violations and promote a secure sense of responsibility for personal safety on- and off-line.

Materials: Boundary worksheets, PowerPoint

Time: 60 minutes

Defining Boundaries – 10 minutes

- Explore personal boundaries through an activity involving personal space. In pairs, students will use their proximity to others to determine their own physical boundaries.
- Students will also evaluate and develop emotional boundaries by identifying proactive and reactive boundaries.
- Define and explore the concepts of physical and emotional boundaries and the connection to our self-definitions.
- Discuss the variations in boundaries from person to person and in various situations.

Exploring Our Boundaries – 15 minutes

- Ask students to write down 3-5 personal boundaries that they have for themselves. Explore the concept of proactive and reactive boundaries.
- Ask the students why boundaries are important, and discuss how boundaries can change over time and from person to person. Explore what happens in a relationship if people have different boundaries.

Boundaries on Social Media – 10 minutes

- Have a discussion about whether they think it is easy or hard to set boundaries on the internet. Discuss the connection between social media posts, boundaries and personal values.

Boundaries and Expectations – 20 minutes

- Review the concepts of cyberstalking is and what sexting is.
- Discuss the impact of our expectations of others behavior on our boundaries and our actions.

Strategies for Safety – 5 minutes

- Review common tips for practicing online boundary setting and safety.

8TH GRADE SEX EDUCATION CURRICULUM

LESSON 5

YVP - Effective Communication Strategies

Standard 4: Interpersonal Communication
Youth Violence Prevention Skills

Lesson 8.5: Effective Communication Strategies

Purpose: Heighten awareness of personal communication strengths and weaknesses; introduce principles of conflict resolution and review using 'I' statements to express emotions and feelings in relationships; practice effective communication skills; increase perception that clear and effective communication is important to building healthy relationships and strong decision-making skills.

- Review the Four Steps to Negotiation and discuss each component.
- Review the impact of emotion on communication in times of conflict.
- Define the steps to assertive communication and 'I' statements.

- Identify the Four Steps to Negotiation and discuss each component.
- Review the impact of emotion on communication in times of conflict.
- Define the steps to assertive communication and 'I' statements.

- Identify the Four Steps to Negotiation and discuss each component.
- Review the impact of emotion on communication in times of conflict.
- Define the steps to assertive communication and 'I' statements.

- Identify the Four Steps to Negotiation and discuss each component.
- Review the impact of emotion on communication in times of conflict.
- Define the steps to assertive communication and 'I' statements.

8TH GRADE SEX EDUCATION CURRICULUM

LESSON 6

FLASH Preventing STD's

Standard 2: Analyzing Influence

Standard 3: Accessing Information

Analyze the impact of alcohol and other drugs on safer sexual decisionmaking and sexual behaviors
Identify medically accurate information about STDs, including HIV

Preventing STDs

Summary

Students review STD transmission by doing a True/False activity. Working in pairs or triads, they use a persuasion map to develop convincing argument about preventing STDs. Then pairs/triads create STD prevention Public Service Announcements for social media and share them with the class.

Student Learning Objectives

The student will be able to ...

1. Describe the benefits of sexual abstinence as the safest, most effective risk avoidance method of protection from STDs.
2. Describe the benefits of condoms in reducing the risk of STDs.
3. Describe the benefits of testing in reducing the spread of STDs.
4. State a health-enhancing position on the prevention of STDs supported with medically accurate information.
5. Collaborate with others to advocate for behaviors that prevent STDs.

Lesson Timing

Warm up	Bell work + 3 minutes
Introduce topic and warm-up answer key	5 minutes
Testing locations	5 minutes
STD review exercise	10 minutes
Persuasion maps	10 minutes
Public service announcements	14 minutes
Exit ticket	3 minutes
Total	50 minutes

8TH GRADE SEX EDUCATION CURRICULUM

LESSON 7

FLASH Rules of Dating

Standard 8: Advocacy

Develop a plan to promote dignity and respect for all people in the school community

Rules of Dating

Summary

Students brainstorm common behaviors, both positive and negative, for each step of dating. Acting as the Presidential Teen Dating Commission, they work in small groups to develop dating rules that would result in healthier relationships. Students vote for their favorite new rules, setting positive norms for healthy dating behaviors.

Student Learning Objectives

The student will be able to ...

1. Explain the qualities of a healthy dating relationship.
2. Collaborate with others to advocate for safe, respectful and equitable relationships.

Lesson Timing

Warm up	Bell work + 3 minutes
Introduce topic	2 minutes
Brainstorm and debrief dating behaviors	12 minutes
Review state laws on relationships and sex	5 minutes
Presidential Teen Dating Commission activity	20 minutes
Discuss Dating Commission activity	5 minutes
Exit ticket	3 minutes
Total	50 minutes

8TH GRADE SEX EDUCATION CURRICULUM

LESSON 8

RRR Understanding Romantic Relationships

Standard 1: Core Curriculum - Content

Analyze the similarities and differences between friendships and romantic relationships

More Than Friends: Understanding Romantic Relationships

NSES ALIGNMENT:

By the end of 8th grade, students will be able to:

HR.8.CC.3 – Analyze the similarities and differences between friendships and romantic relationships.

LEARNING OBJECTIVES:

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

1. Describe at least two characteristics of a friendship, and two characteristics of a romantic relationship. [Knowledge]
2. Identify at least two similarities and two differences between friendships and romantic relationships. [Knowledge]

TIME: 50 Minutes

MATERIALS NEEDED:

- Handout "Case Study: Olivia and Dylan" – one per every three students
- Handout "Case Study: Aaron and Sophie" – one per every three students
- White board
- White board markers of at least two different colors
- Pencils in case students do not have their own

8TH GRADE SEX EDUCATION CURRICULUM

LESSON 9

YVP Sexual Harassment and Bullying: Prevention Strategies

Lesson 8.9: Sexual Harassment and Bullying: Prevention Strategies

Purpose: Define sexual harassment as a legal problem; identify differences between buddy and bully; identify differences between flirting and sexual harassment; recognize the importance of expressing feelings in a healthy way; understand the effects these crimes have on survivors; and increase knowledge of severity and prevalence of these crimes through case scenarios and discussion as well as students' capacity to understand their personal rights

Materials: Post-its, paper, a board to write on, PowerPoint, case scenarios

Time: 60 minutes

Defining Bullying and Sexual Harassment: 10 minutes

- Define bullying and sexual harassment and discuss examples.
- Explain that sexual harassment is a form of bullying.

8TH GRADE SEX EDUCATION CURRICULUM

LESSON 10

Human Trafficking Awareness

FY 24 Gr8 L10 Human Trafficking Awareness

Lesson Objectives:

1. To have a better awareness of human trafficking and the potential dangers
2. To recognize strategies that traffickers employ to recruit youth.

HUMAN TRAFFICKING HOTLINE

If you are a victim of human trafficking and need immediate help or if you suspect a potential trafficking situation, call the
National Human Trafficking Hotline at

1-888-373-7888

Or send a text to

BeFree (233733)



Be aware of the signs and report any suspicions or concerns
that a child is being sexually exploited to your local police,
and call the

**National Center for Missing and Exploited Children's
Hotline**

1-800-THE-LOST (1-800-843-5678)

