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Grade Level: Fourth Grade

All lessons will continue to be taught in a co-ed setting.

Day 1: (November/December TBD)

Topic: Setting the Climate for Growth

Brief Overview: This lesson sets up guidelines for discussion on how to approach the topic of puberty in a respectful way.

We are considering sending home a Caregiver Packet that contains both Family Partnership

Flyers on Day 2 and combining the two *Together Talk* homework tasks into a single assignment which would be due by the end of the week.

Resource(s) Used:

- Wonder Years Lesson 1
- Modified Wonder Years Slides
- My Trusted Adults
- Together Talk Homework: About Growing Up
- Together Talk Homework: I Wonder
- Family Partnership Flyer 4-1
- Family Partnership Flyer 4-4

Day 2:

Topic: Families and Roles

Brief Overview: This lesson defines families in an inclusive way and helps students build open communication lines through showing appreciation for trusted adults. It includes examples and opportunities for discussion around stereotypes.

Resource(s) Used:

- Wonder Years Lesson 2
- Wonder Years Slides
- What Makes My Family Special
- Teacher Master Harmful vs Helpful

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Day 3:

Topic: Physical, Social and Emotional Changes w/ scenarios.

Brief Overview: This lesson will discuss and practice ways to respectfully address common situations and experiences that arise in puberty.

Resource(s) Used:

- Lesson Plan for Day 3
- Respect Slides
- Maturation Scenarios

Day 4:

Topic: Changes in the Skin

Brief Overview: Teachers feel this lesson is an important one as it pertains to some of the first changes students experience in puberty. Many 4th graders are impacted by changes in their skin and need to know how to practice healthy hygiene habits.

Resource(s) Used:

- Wonder Years Day 4
- Wonder Years Slides
- Integumentary Intrigue
- Top Tips for Caring Student Booklet

Day 5:

Topic: Maturation Video

Brief Overview: Students will watch a video that reviews physical, social and emotional changes that occur during puberty.

We feel the video should be the last lesson as it is the most impactful of the lessons. The video is usually shown before a weekend or school break to allow students more time to discuss questions and seek clarification with their caregivers or trusted adults before returning to school.

Resource(s) Used:

- Always Changing and Growing Up: Co-Ed version

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Grade Level: Fifth Grade

Day 1:

Topic: Ready, Set, Grow!

Brief Overview: Create a safe environment, Changes from infancy to adulthood, Assess prior knowledge, & Communication with parents.

Resource(s) Used:

- Family Partnership Flyer
- Let's Talk
- As You Grow
- Get Ready to Chat
- Ready Set Grow Slides

Day 2: Gender Identity Lesson (Moved from Fourth Grade)

Topic: Respecting Our Friends: Gender

Brief Overview: This lesson focuses on creating a safe, respectful classroom community, particularly around addressing and reducing stereotypes and clarifying identities. Teaching this lesson before the maturation unit will help students better understand the terms “female-bodied” and “male-bodied” when they come up later in the unit.

Resource(s) Used:

- Updated Wonder Years Lesson 2: Respecting Our Friends: Gender
- Respecting Our Friends: Gender Lesson Plan
- Student Scenario Cards
- Gender Terminology Cards

Day 3:

Topic: Male Reproductive System

Brief Overview: Students learn anatomy and function of the male reproductive system.

Resource(s) Used:

- Lesson 3 Slides
- Video Puberty: A Boy's Journey (2016 Marsh Media)

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Day 4:

Topic: Female Reproductive System

Brief Overview: Students Learn anatomy and function of the female reproductive system.

Resource(s) Used:

- Let's Talk
- Female Reproductive System Slides
- Female Reproductive System Labeling
- Video: Puberty: A Girl's Journey (2016 Marsh Media)

Day 5:

Topic: Reproduction, Menstruation, and Anatomy Assessment

Brief Overview: Students will learn different ways reproduction can occur as well as the role the menstrual cycle plays in reproduction. Students will also take an assessment on the male and female reproductive systems.

Resource(s) Used:

- Answer Key Female
- Answer Key Male
- Menstrual Cycle
- Female Reproductive System
- Male Reproductive System
- Reproduction Slides

Day 6:

Topic: Personal Hygiene and Healthy Habits

Brief Overview: Students create a plan for good hygiene, healthy habits, and discuss benefits of postponing parenthood.

Resource(s) Used:

- My Personal Puberty Plan Answer Key
- Family Partnership
- Puberty Pointers for Everyone
- My Personal Puberty Plan
- Personal Hygiene and Healthy Habits Slides

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Day 7:

Topic: Social and Emotional Changes

Brief Overview: Students discuss boundaries, respect and the role social and emotional changes have on individuals going through puberty.

Resource(s) Used:

- Social and Emotional Changes Slides
- Puberty Word Cards
- Student Biographies

Day 8:

Topic: Consent

Brief Overview: Students will learn the concept of consent and evaluate scenarios to determine if consent is given or refused.

Resource(s) Used:

- Consent Video
- Consent Practice Answer Key
- Consent Practice
- Consent Slides
- Consent or Not Scenario Cards
- Consent Signs

Day 9:

Topic: HIV/AIDS

Brief Overview: Students will learn about HIV/AIDs including facts vs fiction.

Resource(s) Used:

- Video: HIV and Me: Marissa's Story (available on YouTube)
- CD4 Count HIV
- Fact vs Myth HIV

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Grade Level: Sixth Grade

Day 1:

Topic: Growing Together

Brief Overview: Creating a safe and productive learning environment for use throughout this curriculum. Review/learn/discover what they still could learn about puberty and learn strategies for identifying/communicating with a trusted adult.

Resource(s) Used:

- Family Activity Sheet
- Family Partnership Flyer
- Growing Together Slides
- Puberty Changes Cards
- Systems of the Body

Day 2:

Topic: How My Body Works

Brief Overview: Review/learn more on puberty and the reproductive systems

Resource(s) Used:

- How My Body Works Slides
- Video: Puberty and You
- Video: Straight Talk Puberty- Girls/Boys (2012- Marsh Media)

Day 3:

Topic: Hormones, Brains, & Feelings

Brief Overview: Matching brain development with cognitive changes that occur during puberty, as well as identifying social-emotional competencies that can be developed throughout adolescence.

Resource(s) Used:

- Hormones, Brains, & Feelings Slides
- Vision Board Project
- Brain Cards
- Social Emotional Learning Cards
- Social Emotional Competency
- Brain Cards Answer Key

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Day 4:

Topic: Healthy Relationships

Brief Overview: Learning about the ways relationships can change during puberty; then compare and contrast characteristics of healthy vs unhealthy relationships, friendships, and romantic relationships.

Resource(s) Used:

- Friendship, Romantic Relationship, or Both? Answer Key
- Relationship Traits Answer Key
- Healthy Relationships Slides
- Friendship, Romantic Relationship, or Both?
- Relationship Traits Cards

Day 5:

Topic: Communication in Relationships

Brief Overview: Learn about boundaries, consent, and communication; while analyzing scenarios & describing ways to communicate & respect for boundaries.

Resource(s) Used:

- Respect or Disrespect Cards Answers
- Relationship Challenges Slides
- Relationship Cards

Day 6:

Topic: Making Responsible Decisions

Brief Overview: Sex is defined and students identify reasons some teens might have sexual intercourse. Learn risks for having sex, benefits for delaying, & alternative choices (model for making decisions).

Resource(s) Used:

- Making Responsible Decisions Answer Key
- Family Activity
- Family Partnership Flyer
- Making Responsible Decisions Slides
- Making Responsible Decisions Worksheet

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Day 7:

Topic: Sexually Transmitted Infections

Brief Overview: Define STIs, as well as learn facts, transmission, prevention, symptoms, and testing.

Resource(s) Used:

- STI Facts Answer Key
- STI Slides
- STI Activity Sheet

Day 8:

Topic: Refuse or Report

Brief Overview: Learning about interpersonal & sexual violence, as well as learn effective refusal & reporting strategies to use when negative or unwanted sexual behavior occurs.

Resource(s) Used:

- Refuse or Report Answer Key
- Refuse or Report Slides
- Sexual Harassment Student Activity Sheet
- Situation Cards: Refuse or Report

Day 9:

Topic: Media & Information Literacy

Brief Overview: Examine media samples for sexual messages, while analyzing digital information for accuracy.

Resource(s) Used:

- Technology and Media Influences Answer Key
- Media & Information Literacy Slides
- Be a CRAB Activity Sheet
- Technology and Media Influences Activity Sheet

Day 10:

Topic: Making Responsible Decisions

Brief Overview: Learn what intersectionality is and how each individual is unique & worthy of respect & dignity.

Resource(s) Used:

- Future Me Slides
- *Counselor address these topics in Safer, Smarter Kids/Teens Programming

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Grade Level: Seventh Grade

Day 1:

Topic: Introduction to Reproductive Health

Brief Overview: Students set norms for the unit. Students learn basic vocabulary for reproductive health with a matching activity using the vocabulary sheet provided.

Resource(s) Used:

- 7th Reproductive Health Vocabulary

Day 2:

Topic: Male and Female Reproductive Systems Anatomy Lessons

Brief Overview: Students label and learn functions of the male and female reproductive systems.

Resource(s) Used:

- Reproductive Systems - Day 1
- Reproductive Systems - Day 2

Day 3:

Topic: Puberty Review

Brief Overview: Students review changes during puberty as well as have a review on period products.

Resource(s) Used:

- Puberty Review Activities
- All About Getting Your Period Video
- Period in Third Period Video
- Reproductive Systems and Puberty Review Quiz

Day 4:

Topic: Gender Identity and Sexual Orientation

Brief Overview: Students will learn the definition of gender identity and sexual orientation terms and how to be respectful of differences.

Resources Used:

- Gender Identity and Sexual Orientation Lesson
- Sexual Orientations Explained
- Sexual Orientation and Sexual Identity Video
- Sexual Orientation: A Spectrum of Attraction Video
- Range of Gender Identities
- What are Pronouns?
- LGBTQ Matching Activity

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Day 5:

Topic: HIV and AIDS

Brief Overview: Students learn about what HIV and AIDS are and ways to prevent HIV.

Resource(s) Used:

- PEP & PReP Video
- Michigan Model Lesson 1: The 4-1-1 on HIV and AIDS
- Understanding HIV/AIDS: Learn the Facts, Fight the Stigma, Stay Safe
- HIV Quiz

Day 6:

Topic: STIs

Brief Overview: Students learn about STI signs and symptoms, prevention and treatments.

Resources Used:

- Kids Health STI Article with STI article links
- STI Assignment
- What is HPV?
- Healthy or Not? Activity

Day 7:

Topic: Pregnancy and Birth

Brief Overview: Students will learn about how pregnancy happens and how a person might know they are pregnant.

Resources Used:

- Pregnancy Lesson FLASH
- Pregnancy Visuals

Day 8:

Topic: Abstinence

Brief Overview: Students learn that complete abstinence is the only 100% way to prevent pregnancy and STIS.

Resources Used:

- Read Abstinence Article from Teenshealth.org
- What is Abstinence? Video

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Day 9:

Topic: Contraception

Brief Overview: Students will learn about contraception options and how well they work.

Resources Used:

- Contraceptives Lesson
- Birth Control Methods Article
- OPill Video
- Contraceptives Quiz

Topic: Boundaries

Brief Overview: Students learn what boundaries are, why they are important, and what to consider when setting boundaries.

Resources Used:

- Boundaries Video
- **Boundaries Slides - Adapted from Michigan Model
- Homework: Parent/Guardian Reproductive Health Discussion

Day 10:

Topic: Consent

Brief Overview: Students learn about what consent is, why it's important, how to ask for consent and how to respect others.

● **Resources Used:**

- A User's Guide to Consent" Article from Scholastic Choices
- Ask Listen Respect video consent
- Dealing with Rejection: What's the best way? Video
- Consent Quiz from Scholastic Choices

Day 11:

Topic: Healthy vs Unhealthy Relationships

Brief Overview: Students will learn about what makes a relationship healthy or unhealthy.

Resources Used:

- What Makes a Relationship Healthy? Video
- The Signs of Teen Dating Abuse Video
- Healthy Relationships Challenge Video

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Day 12:

Topic: Sexual Harassment and Abuse

Brief Overview: Students will learn how to identify, respond to and how to report sexual assault and harassment.

Resources Used:

- Sexual Assault, Consent, and Sexual Harassment: What's the Difference? Video
- Consent and Bystander Skills Lesson - FLASH
- Sexual Harassment and Boundaries Quiz

Day 13:

Topic: Sexting

Brief Overview: Students will learn about what sexting is, why it's dangerous and how to get help if needed.

Resources Used:

- Sexting Lesson
- Sexting Infographic
- Sexting: What Should You Do?

Topic: Sex Trafficking

Brief Overview: Students will learn about what sex trafficking is, how to protect themselves, and where to get help for sex trafficking.

Resources Used:

- 3Rs Sex Trafficking Lesson
- Sex Trafficking: What is it?

Day 14:

Topic: Sexual Media Literacy Awareness

Brief Overview: Students will learn that pornography can show a stereotypical portrayal of relationships, bodies, gender and sex. They will learn strategies for resisting pressure to view pornography, and where they can go to find reliable information about sex and relationships.

Resources Used:

- Sexual Media Literacy Awareness Slides

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Day 15:

Topic: Finding Local Reproductive Health Resources

Brief Overview: Students will learn how to use Google to find local resources for STDs and HIV as well as pregnancy.

Resources Used:

- Finding Local Reproductive Health Resources Assignment

Students will be provided an opportunity to ask questions anonymously throughout the unit.

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Grade Level: Ninth-Twelfth Grade

Day 1:

Topic: Male & Female Reproductive Anatomy

Brief Overview: The internal and external anatomy and functions of the male and female reproductive systems are reviewed.

Resource(s) Used:

- Lesson Plan – Sexual & Reproductive Anatomy and Physiology Part I | Advocates for Youth (Just Part I)

Day 2:

Topic: Communication and Refusal Skills

Brief Overview: Students describe characteristics of effective communication and apply communication skills to scenarios with partners involving sexual relationships.

Resource(s) Used:

- Lesson #1 How Well Do I Communicate With Others?

Day 3:

Topic: Unhealthy Relationships - Plan for Safety

Brief Overview: Students identify their top 3 relationship characteristics, explain the difference between healthy and unhealthy relationships, and develop a plan to get out of an unsafe or unhealthy relationship.

Resource(s) Used:

- Lesson #2 Unhealthy Relationships - Plan for Safety
- PowerPoint: Unhealthy Relationship Ppts

Day 4:

Topic: Understanding Influences on Sexual Decision-Making and Relationships

Brief Overview: Students identify influences on sexual decision-making and relationships and understand how they impact their decisions. These influences include the impact of alcohol and drugs.

Resource(s) Used:

- Lesson #3 Image Overload

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Day 5:

Topic: Decision-Making

Brief Overview: Students describe the steps in the decision-making process and apply them to scenarios relating to pregnancy prevention and safer sex.

Resource(s) Used:

- Lesson #4 Decisions, Decisions

Day 6:

Topic: Planning and Protection

Brief Overview: Students understand how STIs are spread, that abstinence is the only 100% effective way of avoiding an STI and unplanned pregnancy, and that proper condom use reduces the risk of STI transmission and unplanned pregnancy. Students understand that oral, anal, or vaginal sex puts them at risk of contracting STIs. Emotional, economic, and legal consequences of sex are examined and students create a personal plan for avoiding STI transmission.

Resource(s) Used:

- Lesson #5 Planning and Protection

Day 7:

Topic: Pregnancy & STI Testing

Brief Overview: Students understand how and why a person should get tested for pregnancy and STIs and locate resources in the community that provide testing.

Resource(s) Used:

- Lesson #6 Getting Savvy About STI Testing
- website: GetTested | CDC
- video: Let's Talk About Sexual Health
- website: Local Health Department Maps
- website: Title X Clinic Locator

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Day 8:

Topic: STI Basics

Brief Overview: Students describe ways STIs can be spread and how they can protect themselves from STI transmission. Students can locate reliable information regarding STIs and evaluate the reliability of sources of health information, including STIs.

Resource(s) Used:

- Lesson 7 STI Basics: Reducing Your Risks
- video: Amaze.org What Are STD's
- website: GetTested | CDC
- video: Amaze.org The Internet Has Been Interpreted #FactCheck

Day 9:

Topic: STI's

Brief Overview: STI information, including rates of STIs among teens, symptoms, modes of transmission, consequences, preventative measures, and testing are reviewed using a Jeopardy-style quiz format.

Resource(s) Used:

- Lesson 8 STI Smarts
- PowerPoint:STI Smarts PPT
- website:Washtenaw County STI rates

Day 10:

Topic: Pregnancy & Disease Prevention, Abstinence and Contraception

Brief Overview: Students compare and contrast the pros and cons of methods used for pregnancy and disease prevention, including abstinence and contraception. This lesson includes an optional demonstration of how to properly put on a condom. The Michigan safe delivery law, adoption, and responsibilities of parents of children born in or out of wedlock are discussed.

Resource(s) Used:

- Lesson 9 Know Your Options
- website: Contraception and Birth Control Methods
- website: Which Contraception is right for me?
- website: Adoption
- website: Michigan Child Support
- website: Safe Delivery

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Day 11:

Topic: Boundaries

Brief Overview: Students will demonstrate the ability to have positive relationships, communicate caring and love without sexual intercourse, and communicate personal sexual limits and values to a partner. The importance of consent is also discussed in this lesson.

Resource(s) Used:

- Lesson 10 My Boundaries

Day 12:

Topic: Consent, Laws Related to Sexual Behavior of Teens

Brief Overview: Define consent, coercion, and incapacitated and differentiate between situations in which consent is clearly given and when it is not. Demonstrate understanding of the importance of consent in a healthy relationship. Understand laws related to the sexual behavior of teens.

Resource(s) Used:

- Lesson 11 Rights, Respect, Responsibility: Don't Have Sex Without Them
- video: 2 Minutes Will Change the Way You Think About Consent
- Video: Pitch Perfect 2 Trailer (starting at 2:10 of clip - consent or not?)

Day 13:

Topic: Evaluating Resources for Reliability and Finding Accurate Sex Ed Info

Brief Overview: Students learn and use strategies to distinguish whether a sexual health resource contains reliable information. Students also locate reliable, accurate resources of sexual health information for teens.

Resource(s) Used:

- Lesson 12 Trust It or Trash It: Finding Accurate Sex Ed Info
- Powerpoint: Trust it or Trash It PPT
- Screen shots used in lesson:
 - ● Worksheet #1: Sex, Etc.
 - ● Worksheet #2: About Nemours TeensHealth (for Teens)
 - ● Worksheet #3: Love is Respect
 - ● Worksheet #4: Sexual Health Information For Teens | Sex Facts & Myths
 - ● Worksheet #5: Condoms: Contraception and Disease Prevention
 - ● Worksheet #6: Safe Delivery

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Day 14:

Topic: Prevention and Treatment of HIV

Brief Overview: Students understand who should be tested for HIV, how HIV is treated (including PrEP/PEP and impact on viral load), and discuss myths related to people living with HIV, correcting misinformation with facts.

Resource(s) Used:

- Lesson 13 Healthy Living: Prevention and Treatment
- Videos/sites used within the lesson:
- video: PrEP and PEP: HIV Prevention
- video: HIV: It's Called Treatment as Prevention
- video: Personal Stories from People Living with HIV

Day 15:

Topic: Sex Trafficking

Brief Overview: Through the use of discussion, PowerPoint, and video, students learn about sex trafficking including what it is, recruitment strategies used to groom victims, ways to reduce risk related to sex trafficking, and resources related to sex trafficking and sexual violence prevention and intervention.

Resource(s) Used:

- Lesson Sex Trafficking
- PowerPoint: Sex Trafficking
- video: Amaze.org Sex Trafficking: What Is It?

Day 16:

Topic: LGBTQ, Gender Identity, Sexual Orientation

Brief Overview: Through the use of PowerPoint, discussion, and a vocabulary activity, students learn about LGBTQ terminology including gender identity and sexual orientation.

Resource(s) Used:

- PowerPoint: LGBTQ, Gender Identity, Sexual Orientation
- Vocabulary Activity: LGBTQ, Gender Identity, Sexual Orientation Vocabulary Activity