

## Sexual Health Education Scope and Sequence for grades Kindergarten to High School

### Kindergarten

Lesson 1: Private vs. Public – Students identify public and private body parts using medically-accurate vocabulary.

Lesson 2: Good Touch, Bad Touch – Students learn that no one is allowed to touch their private parts without permission.

Lesson 3: Good Secrets, Bad Secrets – Students learn strategies for telling a trusted adult about a secret that makes them scared or uncomfortable.

Lesson 4: Smart About Strangers – Students learn tips for staying safe online and in the real world.

### 1st grade

Lesson 1: Respecting Individuals – Students use creative drawing to show that everyone is a unique individual who deserves dignity and respect.

Lesson 2: Families – Students identify diverse family structures and brainstorm ways to treat all families with respect.

Lesson 3: Families Change – Students explore ways a family can change and how to handle feelings that come with a changing family.

Lesson 4: Bullying – Students identify forms of bullying and what to do if they or a classmate is being bullied.

### 2nd Grade

Lesson 1: My Body – Students learn about the body including the male and female genitalia.

Lesson 2: All Living Things Reproduce – Students identify characteristics of all living things and study the life cycle of a frog.

Lesson 3: Gender and Identity – Students role play strategies for breaking down gender stereotypes and learn to treat all people in their community with respect.

Lesson 4: Keeping My Body Healthy – Students practice infection control strategies for staying healthy.

### 3rd Grade

Lesson 1: Respecting Myself and Others – Students learn concepts of respect for others and self-respect. Students will practice communicating respectfully.

Lesson 2: Building Relationships – Students examine traits of healthy and unhealthy relationships.

Lesson 3: Building Communities/Strengths and Struggles (optional) – Students examine their own strengths and struggles, and how they can use their strengths to create a healthy classroom community.

Lesson 4: Bullying – Students learn how they can be leaders against bullying in their classroom community.

#### **4th Grade**

Lesson 1: What is Puberty – Students are introduced to the physical, social, and emotional changes of puberty.

Lesson 2: Puberty Boy, Puberty Girl – Students are split into groups of boys and girls to learn about the physical changes of puberty specific to males or females.

Lesson 3: Puberty Stress Management and Goal Setting – Students learn techniques to manage the stresses of puberty and set goals for the future.

Lesson 4: Germs and Your Immune System– Students identify the difference between bacteria and viruses and learn how the immune system keeps the body safe from infection.

Lesson 5: What is HIV? (optional) – Students are introduced to HIV as a bloodborne virus, and learn universal precautions for protecting themselves from bloodborne illnesses.

#### **5th Grade**

Lesson 1: Puberty – Students learn about the physical, social, and emotional changes of puberty, including changes specific to male and female bodies.

Lesson 2: Adolescent Health and Hygiene – Students learn proper hygiene practices to keep their growing bodies healthy.

Lesson 3: Self-esteem and Body Image – Students explore the influence of media and social culture on their changing body image.

Lesson 4: Human Reproduction – Students are introduced to concepts in human reproduction and explore how puberty prepares the body for reproduction.

Lesson 5: Abstinence and Contraceptives – Abstinence is stressed as a developmentally appropriate sexual practice. Hormonal and barrier method contraceptives are introduced as ways to prevent pregnancy and STIs.

Lesson 6: HIV/AIDS – HIV is defined as a sexually transmitted disease, and students learn ways to protect themselves from transmission of HIV and other sexually transmitted infections. Abstinence is stressed as developmentally appropriate sexual behavior.

Lesson 7: Gender and Identity – Students learn the difference between sex and gender and brainstorm ways to show respect to different ways of gender expression.

Lesson 8: Personal Safety and Abuse – Students identify behaviors of sexual abuse and harassment and learn techniques for protecting themselves against sexual abuse and harassment.

Lesson 9: Identifying Resources and Review – Students review key concepts from the unit and identify resources of medically-accurate information on puberty, human reproduction, and personal safety.

## 6<sup>th</sup> Grade

Lesson 1: Human Anatomy and Reproduction – Students describe male and female sexual and reproductive systems, including body parts and their functions. Students define sexual intercourse and its relationship to human reproduction.

Lesson 2: Pregnancy and Birth – Students identify signs and symptoms of pregnancy and learn prenatal practices that contribute to a healthy pregnancy.

Lesson 3: Exploring Abstinence – Students will identify abstinence as the only 100% effective method of protecting against unplanned pregnancy and sexually transmitted infections. Student will develop and communicate a plan for practicing abstinence.

Lesson 4: Contraceptives – Students will learn the benefits, risks, and effectiveness rates of various types of contraceptive methods, including abstinence, condoms, hormonal methods, and emergency contraceptives.

Lesson 5: STIs and HIV Prevention – Students will learn medically-accurate information about STIs and HIV. Students will develop a plan to reduce their risk for STIs and HIV.

Lesson 6: Decision Making – Students apply a decision making model to adolescent and sexual health scenarios.

Lesson 7: Delay Tactics and Refusal Skills – Students practice communicating effectively about their sexual health decisions.

Lesson 8: Sexual Health Resources – Students identify medically-accurate sources of information about sexual health, STIs, and HIV.

## 7<sup>th</sup> Grade

Grade 6 Lesson 1: Human Reproduction– (Optional- This lesson can be taught as an optional lesson in Grade 7. First, administer the Grade 7 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 7 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: Adolescent Development – Students describe the physical, social, cognitive, and emotional changes of adolescence.

Lesson 2: Body Image and Self-esteem – Students analyze how friends, family, media, and culture can influence self-esteem and body image.

Lesson 3: Decision Making – Students apply a decision making model to some of the tough decisions of adolescence.

Lesson 4: Relationships I Keeping it Healthy – Students discuss characteristics of healthy and unhealthy relationships and apply the criteria for healthy relationships to various scenarios.

Lesson 5: Relationships II Influences – Students analyze the ways friends, family, media, society, and culture can influence relationships.

Lesson 6: Relationships III Communication – Students learn and apply techniques for communicating assertively and respectfully to express what they do and do not want in relationships. Students practice saying “no” in aggressive situations.

Lesson 7: Navigating Technology and Relationships – Students discuss the role of technology in relationships and develop a plan for remaining safe while using technology and social media.

Lesson 8: Identity I-Gender Expression and Sexual Orientation – Students differentiate between gender identity, gender expression, and sexual orientation, and explore external influences that impact one’s attitude about gender expression and sexual orientation.

Lesson 9: Identity II-Respecting Differences – Students learn to communicate respectfully with and about people of all gender expressions and sexual orientations. Students develop a plan to promote dignity and respect for all people.

### **8th Grade (New and Required)**

Grade 6 Lesson 1: Human Reproduction – (Optional- This lesson can be taught as an optional lesson in Grade 8. First, administer the Grade 8 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 8 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: (Cyber) Bullying – Students describe situations that constitute real life bullying and cyber bullying. Students discuss the impacts of bullying and create a plan for communicating respectfully with everyone.

Lesson 2: Teen Dating Violence – Students will define dating violence, identify phases of the cycle of violence, and learn how to advocate for safer environments.

Lesson 3: Sexual Violence – Students will define consent in relationship to sexual violence.

After teaching Lessons 1-3, educators for grade 8 have the option of completing sexual health education using the Relationship Building Track or the STI and Pregnancy Prevention Track. Both tracks provide a review of key concepts from the 6<sup>th</sup> and 7<sup>th</sup> grade lesson sequence through use of selected lessons. Educators should evaluate students using the pre-test, as well as knowledge about the students proficiency in these topic areas and cultural and community influences. Completing either track will meet the minute requirements outlined in CPS policy.

### **Choose one**

#### **8<sup>th</sup> Grade Relationship Building Track**

Lesson 4: Decision Making – Students apply a decision making model to some of the tough decisions of adolescence.

Lesson 5: Relationships I Keeping it Healthy – Students discuss characteristics of healthy and unhealthy relationships and apply the criteria for healthy relationships to various scenarios.

Lesson 6: Relationships II Influences – Students analyze the ways friends, family, media, society, and culture can influence relationships.

Lesson 7: Relationships III Communication – Students learn and apply techniques for communicating assertively and respectfully to express what they do and do not want in relationships. Students practice saying “no” in aggressive situations.

Lesson 8: Gender Expression and Sexual Orientation – Students differentiate between gender identity, gender expression, and sexual orientation, and explore external influences that impact one’s attitude about gender expression and sexual orientation.

### **8<sup>th</sup> Grade STI and Pregnancy Prevention Track**

Lesson 4: Pregnancy and Birth – Students identify signs and symptoms of pregnancy and learn prenatal practices that contribute to a healthy pregnancy.

Lesson 5: Exploring Abstinence – Students will identify abstinence as the only 100% effective method of protecting against unplanned pregnancy and sexually transmitted infections. Student will develop and communicate a plan for practicing abstinence.

Lesson 6: Contraceptives – Students will learn the benefits, risks, and effectiveness rates of various types of contraceptive methods, including abstinence, condoms, hormonal methods, and emergency contraceptives.

Lesson 7: STIs and HIV Prevention – Students will learn medically-accurate information about sexually transmitted infections and HIV. Students will develop a plan for reducing their risk for sexually transmitted infections and HIV.

Lesson 8: Sexual Health Resources – Students identify medically-accurate sources of information about sexual health, STIs, and HIV.

Lesson 9: Delay Tactics and Refusal Skills – Students apply a decision making model to adolescent and sexual health scenarios.

### **9<sup>th</sup> Grade**

Grade 6 Lesson 1: Human Reproduction – (Optional- This lesson can be taught as an optional lesson in Grade 9. First, administer the Grade 9 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 9 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: Decision Making – Students discuss the choices and consequences of sexual health decisions and practice using a decision making model to make healthy choices.

Lesson 2: Pregnancy and Prenatal Practices – Students study the signs and symptoms of pregnancy and research prenatal practices for a healthy pregnancy.

Lesson 3: Teens and Parenting – Students participate in activities that illustrate resources needed to care for a child and the challenges that face teen parents.

Lesson 4: Teen Sexual Health and Pregnancy Options – Students explore laws that effect sexual health care options for minors.

Lesson 5: Contraceptives – Students compare and contrast the use and effectiveness of various contraceptive methods, including abstinence.

Lesson 6: Sexually Transmitted Infections and HIV – Students learn how to lower their risk of acquiring a sexually transmitted infection and explore resources for testing and treatment.

Lesson 7: Negotiation Skills – Students role play scenarios on sexual health and practice using techniques to set sexual boundaries and delay sexual activity.

Lesson 8: Resources – Students create an annotated bibliography on topics of sexual health and access to care.

Lesson 9: External Influences and Sexual Health – Students learn how drugs, alcohol, and other external influences can affect sexual health decisions.

## **10<sup>th</sup> Grade**

Grade 6 Lesson 1: Human Reproduction – (Optional- This lesson can be taught as an optional lesson in Grade 10. First, administer the Grade 10 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 10 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: Human Sexual Response – Students learn the physiological process of the human sexual response cycle, including the role of hormones.

Lesson 2: Healthy Relationships – Students discuss qualifications of a healthy relationship and how to effectively communicate within romantic relationships and peer relationships.

Lesson 3: Technology and Relationships – Students learn how to use technology safely, respectfully, and ethically in romantic and non-romantic relationships.

Lesson 4: Body Image and Self-esteem – Students explore how media, friends, and family can affect their self-esteem and body image.

Lesson 5: Identity – Students discuss how gender bullying and homophobia can hurt individuals and the community and create a strategy for showing respect and dignity to everyone.

Lesson 6: Bullying and Sexual Harassment – Students compare and contrast bullying, harassment, and sexual harassment and strategize ways to respond to bullying, harassment, and sexual harassment.

Lesson 7: (Cyber) Bullying – Students learn how online gossip and comments can have real life consequences.

Lesson 8: Sexual Violence – Students identify facts and myths of sexual violence and learn how media and culture can influence their perception of sexual violence.

Lesson 9: Sex and Alcohol – Students identify how alcohol and drugs can influence sexual decisions and practice strategies for maintaining personal safety.

## Track Extension

Lesson sequences for grades 11 and 12 provide students the opportunity to review and expand on previously covered lessons from grades 9 and 10. Selected lessons from grade 9 focusing on the prevention of sexually transmitted infections and unplanned pregnancy comprise the bulk of the 11<sup>th</sup> grade curriculum. These lessons are followed by a 135 minute peer teaching project that challenges students to be peer advocates for safer sex practices, while meeting NSES. Similarly, grade 12 curriculum pulls selected lessons from the 10<sup>th</sup> grade sequence focusing on healthy relationships and identity. Lessons cumulate in a 135 minute advocacy project.

## 11<sup>th</sup> Grade

Grade 6 Lesson 1: Human Reproduction – (Optional- This lesson can be taught as an optional lesson in Grade 11. First, administer the Grade 1 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 11 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: Pregnancy and Prenatal Practices – Students study the signs and symptoms of pregnancy and research prenatal practices for a healthy pregnancy.

Lesson 2: Teens and Parenting – Students participate in activities that illustrate resources needed to care for a child and the challenges that face teen parents.

Lesson 3: Teen Sexual Health and Pregnancy Options – Students explore laws that effect sexual health care options for minors.

Lesson 4: Contraceptives – Students compare and contrast the use and effectiveness of various contraceptive methods, including abstinence.

Lesson 5: Sexually Transmitted Infections and HIV – Students learn how to lower their risk of acquiring a sexually transmitted infection and explore resources for testing and treatment.

Lesson 6: Negotiation Skills – Students role play scenarios on sexual health and practice using techniques to set sexual boundaries and delay sexual activity.

Lesson 7: External Influences and Sexual Health – Students learn how drugs, alcohol, and other external influences can affect sexual health decisions.

Final Project: Peer Teaching- STI and Pregnancy Prevention – Students work cooperatively to educate peers on safer sexual health practices.

## 12<sup>th</sup> Grade

Grade 6 Lesson 1: Human Reproduction – (Optional- This lesson can be taught as an optional lesson in Grade 12. First, administer the Grade 12 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 12 lesson sequence.) Students describe male and female sexual and reproductive systems, including



body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: Healthy Relationships – Students discuss qualifications of a healthy relationship and how to effectively communicate within romantic relationships and peer relationships.

Lesson 2: Technology and Relationships – Students learn how to use technology safely, respectfully, and ethically in romantic and non-romantic relationships.

Lesson 3: Identity – Students discuss how gender bullying and homophobia can hurt individuals and the community and create a strategy for showing respect and dignity to everyone.

Lesson 4: Bullying and Sexual Harassment – Students compare and contrast bullying, harassment, and sexual harassment and strategize ways to respond to bullying, harassment, and sexual harassment.

Lesson 5: (Cyber) Bullying – Students learn how online gossip and comments can have real life consequences.

Lesson 6: Sexual Violence – Students identify facts and myths of sexual violence and learn how media and culture can influence their perception of sexual violence.

Lesson 7: Sex and Alcohol – Students identify how alcohol and drugs can influence sexual decisions and practice strategies for maintaining personal safety.

Final Project: Addressing Identity and Advocating for Respectful Communities – Students work cooperatively to explore differences in gender identity, gender expression, and sexual orientation and advocate for a culture of tolerance and respect in their school community.