



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

### Kindergarten

Lesson 1: Public vs. Private – 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: 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 Everyone – 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 (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 (optional) – Students identify difference between bacteria and viruses and learn how the immune system keeps the body safe from infection.

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

## 5<sup>th</sup> 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: Health and Hygiene – Students learn proper hygiene practices to keep their growing bodies healthy.

Lesson 3: 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 – 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 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 - Student 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: STI 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

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

Lesson 2: Self-esteem and Body Image - 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: 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 - 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 - 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.

## 8<sup>th</sup> Grade (New and Required)

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

Lesson 2: 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 area 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 1: Decision Making - Students apply a decision making model to some of the tough decisions of adolescence.

Lesson 2: Relationships I Keeping it Healthy - Students discuss characteristics of healthy and unhealthy relationships and apply the criteria for healthy relationships to various scenarios.

Lesson 3: Relationships II Influences - Students analyze the ways friends, family, media, society, and culture can influence relationships.

Lesson 4: 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 5: 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 1: Pregnancy and Birth - Student identify signs and symptoms of pregnancy and learn prenatal practices that contribute to a healthy pregnancy.

Lesson 2: 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 3: 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 4: STI 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 5: Sexual Health Resources - Students identify medically-accurate sources of information about sexual health, STIs, and HIV.

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

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

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 – 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

Lesson 1: The Sexual Response Cycle – 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 fact 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, which focus 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 the NSES. Similarly, grade-12 curriculum pulls selected lessons from the 10<sup>th</sup> grade sequence focusing on healthy relationships and identity. Lessons culminate in a 135-minute advocacy project.

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

Lesson 1: Pregnancy - 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 - Students work cooperatively to educate peers on safer sexual health practices.

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

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 fact 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: Advocacy – 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.