

Sexual Health Education and Sexual Safety Lessons

Elementary School		
<u>Required Sexual Safety Lessons</u>	<u>Health and PE: Sexual Health Education Lessons</u>	<u>Resources</u>
Under DC law, these lessons must be provided to students, and students cannot opt out of these lessons when they are being taught. These lessons can be taught by any identified instructor. Schools are encouraged to notify parents before these lessons on student safety are taught.	A notification letter must be sent to parents/guardians before implementing any lesson from the larger sexual health education curriculum in elementary school. Lessons on puberty are mandatory and must be taught to all students. Families may opt out of lessons that are not related to puberty.	
<u>Kindergarten</u> Lesson 3 in the 3Rs curriculum titled “My Space Your Space”. This lesson educates students on what “personal space” means and how to identify actions that are right from wrong. <u>1st Grade</u> Lesson 2 in the 3Rs curriculum titled “Bullying is Not OK”. The goal of this lesson is to get students to fully grasp the fact that bullying is never a good or okay thing to take part in and what to do if students come across bullying. <u>2nd Grade</u> Lesson 4 in the 3Rs curriculum titled “Seeking Help”. The overall purpose of this lesson is to get students to understand the concept that teasing, touching, bullying, or being forced to touch someone else is never ok and is an important sign that help needs to be called upon right	<u>4th Grade</u> • Making Sense of Puberty • Figuring out Friendships <u>5th Grade</u> • Sexual and Reproductive Anatomy • Puberty and Reproduction • What is Love Anyways • Learning About HIV and STDs • Being Clear with Your Friends	• Gender Spectrum – Principles of Gender-Inclusive Puberty and Health Education: genderspectrum.org/staging/wp-content/uploads/2019/02/GenderSpectrum_2019_report_WEB_final.pdf • Teaching Tolerance – New Guide for Gender-Inclusive Puberty and Health Education: tolerance.org/magazine/new-guide-for-gender-inclusive-puberty-and-health-

away.

3rd Grade

During the [Teasing, Harassment and Bullying](#) lesson, students define each term, identify trusted adults they can turn to for help and demonstrate ways to communicate issues.

4th and 5th Grade

[Taking a Stand Against Bullying](#) allows students to demonstrate how to be an upstander when they see bullying occur.

[Your Body, Your Rights](#) helps students define abuse and harassment and demonstrate they have a trusted adult with whom they can speak if they or someone they know is being abused.

[education](#)

Middle School		
<u>Required Sexual Safety Lessons</u> Under DC law, these lessons must be provided to students, and students cannot opt out of these lessons when they are being taught. These lessons can be taught by any identified instructor. Schools are encouraged to notify parents before these lessons on student safety are taught.	<u>Health and PE: Sexual Health Education Lessons</u> A notification letter must be sent to parents/guardians before implementing any lesson from the larger sexual health education curriculum. Only students that have returned the letters signed by a parent/guardian are able to opt out of these lessons.	<u>Resources</u>
<u>6th Grade</u> Lesson 3 in the 3Rs curriculum titled "Understanding Boundaries". This lesson starts by defining and then providing examples of personal boundaries. <u>7th Grade</u> 6th grade and 8th grade lessons would be appropriate to implement at this grade level. <u>8th Grade</u> Lesson 7 in the 3Rs curriculum titled "Warning Signs". This lesson starts with a trigger warning and a reminder about ground rules before starting with a video clip reviewing the key facts about sexual assault and abuse. DCPS lesson titled "Healthy or Unhealthy Relationships". This lesson compares the characteristics of healthy and unhealthy relationships, explains the criteria for evaluating the health of a relationship, and grants student the opportunity to describe the potential impacts of power differences such as age, status or position within relationships.	<u>6th Grade</u> • Change is Good (Puberty Review) • Everybody's Got Body Parts (Reproductive Anatomy), Pt. 1 • Everybody's Got Body Parts, Pt. 2 • Gender Roles and Expectations • More than Friends: Understanding Romantic Relationships • Liking and Loving: Pregnancy and Reproduction • Being a Sex Ed Sleuth: Accessing Sexual Health Information and Resources <i>6th Grade Cornerstone: Cornerstone 4 Parent Guide: Students will learn about various factors that influence the choices students make about sexual activity. Students will then develop a guide on these influences and other aspects of adolescent sexuality that can be used by parents, one of the first influences of teen sexuality.</i> <u>7th Grade</u> • Reproduction Basics • Great Expectations: Signs and Symptoms	• CDC: Protective Factors for LGBT Youth: cdc.gov/healthyyouth/disparities/lgbt/protective_factors.htm • A Call to Action: LGBTQ Youth Need Inclusive Sex Education: glsen.org/sites

	of Pregnancy • Protecting Your Health: STI Prevention • Blue is for Boys; Pink is for Girls: Gender Norms • Making SMART choices • Let's Talk About Sex: Communication <i>7th Grade Cornerstone: Cornerstone 4 Facts and Fairy Tales: Students will assess the power of peer influence and analyze sources of health information. Students will research and dispel major misconceptions that young people have regarding pregnancy and STIs. They will then produce a resource for other.</i> <u>8th Grade</u> • The World Around Me: Analyzing Influences • Healthy Relationships • Birth Control Basics • Effective Contraception Use • STI Basics	
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High School		
<u>Required Sexual Safety Lessons</u> Under DC law, these lessons must be provided to students, and students cannot opt out of these lessons when they are being taught. These lessons can be taught by any identified instructor. Schools are encouraged to notify parents before these lessons on student safety are taught.	<u>Health and PE: Sexual Health Education Lessons</u> A notification letter must be sent to parents/guardians before implementing any lesson from the larger sexual health education curriculum. Only students that have returned the letters signed by a parent/guardian are able to opt out of these lessons.	<u>Resources</u>
<u>9th Grade</u> Lesson 3 in the 3Rs curriculum module titled “It Isn’t My Fault”. This lesson suggests a presentation by rape survivors brought in from a community agency and includes Guides for Teachers in selecting guest speakers as well as advance preparation to connect with the school counselor. <u>10th-12th Grade</u> Lesson 2 in the high school module of the 3Rs curriculum titled “My Boundaries”. Lesson 2 in the high school accessing information support modules in the 3Rs curriculum titled “Is it Abuse If”. Lesson 3 in the high school bullying modules of the 3Rs curriculum module titled “Sexual Rights Who Decides”. DCPS lesson titled “Rights, Respect, Responsibility: Don’t Have Sex Without Them”. This lesson defines sexual consent and explain its implications for sexual decision making. It also explains why using tricks, threats or coercion in relationships is wrong, and	<u>P26 Health Course</u> • Trust it or Trash it (Accessing information and resources) • Sexual Orientation, Behavior and Identity • Decision making • Planning and Protection (STI Prevention) • What If (Pregnancy) • Contraception Options • Contraceptive Options 2 • We All Have Rights <i>P26 Cornerstones: Cornerstone 2 Stop the Spread: Students will continue their study of disease and explore why people are affected differently by disease. They will research various communicable diseases and analyze factors that contribute to the spread of the disease. Students will then develop a strategy to limit the spread of a disease.</i> <i>Cornerstone 4 Let’s Talk: Students demonstrate assertive interpersonal communication skills with health care professionals and potential partners as they discuss abstinence, contraceptive use,</i>	• Teen Health Source – Queering Sexual Education: teenhealthsource.com/blog/queering-sexual-education/ • Associations of LGBTQ-Inclusive Sex Education with Mental Health Outcomes and School-Based Victimization in US High School Students: reader.elsevier.com • What Works in Youth HIV – Inclusive Sex Ed: whatworksinyouthhiv.org/youth-hiv/youth-sexual-health/inclusive-sex-education

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analyzes factors, including alcohol and other substances, that can affect the ability to give or perceive the provision of consent to sexual activity.	<i>and STI screening.</i>	
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