



## Student Sexual Health Curriculum Overview

### Elementary Overview

Grade	Required Sexual Safety Lessons	Health 3Rs Lessons and Cornerstones <i>Students may opt-out of these lessons by returning the opt-out request with parent signature to the school.</i>
K	“My Space Your Space” This lesson educates students on what ‘personal space’ means and how to identify actions that are right from wrong.	“Understanding Our Bodies, The Basics”
1	School may select Kindergarten or 2nd grade lessons.	Use Kindergarten or 2nd grade lessons.
2	<p>“Bullying is Not OK” The goal of this lesson is to support students to fully grasp the fact that bullying is never a good or okay thing to take part in and to prepare students for what to do if they encounter bullying.</p> <p>“Seeking Help” The goal 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 away.</p>	N/A
3	“Teasing and Bullying” This lesson defines teasing, harassing, and bullying through a discussion between the teacher and students, why these behaviors are extremely wrong by providing concrete examples.	N/A
4	<p>“Your Body Your Rights” This lesson addresses sexual harassment and sexual abuse.</p> <p>“Taking a Stand Against Bullying” Students learn effective ways to handle when they or someone they know is being teased, harassed, or bullied, and discuss different skills to take action.</p>	<p>“Sexual and Reproductive Anatomy”</p> <p>“Puberty and Reproduction”</p>
5	School may use 4th grade lessons.	Use 4th grade lessons.

### Resources

- Gender Spectrum – Principles of Gender-Inclusive Puberty and Health Education, report available at: <https://www.genderspectrum.org/blog/gender-inclusive-puberty-and-health-education/>
- Teaching Tolerance – New Guide for Gender-Inclusive Puberty and Health Education: <https://www.tolerance.org/magazine/new-guide-for-gender-inclusive-puberty-and-health-education>

Middle School Overview

Grade	Required Sexual Safety Lessons	<b>Health 3Rs Lessons and Cornerstones</b> <i>Students may opt-out of these lessons by returning the opt-out request with parent signature to the school.</i>
6	<p><i>“Understanding Boundaries”</i> This lesson starts by defining and then providing examples of personal boundaries.</p>	<p><i>“Change is Good”</i>  <i>“Everybody’s Got Body Parts”</i>  <i>“Gender Expectations”</i>  <i>“More Than Friends: Understanding Romantic Friendships”</i>  <i>“Liking and Loving”</i>  <i>“Being a Sex Ed Sleuth”</i></p> <p>6th Grade Cornerstone: 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.</p>
7	<p>School may select 6<sup>th</sup> or 8<sup>th</sup> grade lessons.</p>	<p><i>“Reproduction Basics”</i>  <i>“Great Expectations”</i>  <i>“Protecting Your Health”</i>  <i>“I Am Who I Am”</i>  <i>“Blue is for Boys Pink is for Girls”</i>  <i>“Making SMART Choices”</i>  <i>“Let’s Talk About Sex”</i>  <i>“Being the Change You Want to See in the World”</i></p> <p>7th Grade Cornerstone: 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</p>
8	<p><i>“Warning Signs”</i> This lesson reviews the key facts about sexual assault and abuse.  <i>“Healthy or Unhealthy Relationships”</i> This lesson compares and contrasts 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</p>	<p><i>“The World Around Me”</i>  <i>“Choose Your Words Carefully”</i>  <i>“We Need to Talk”</i>  <i>“Talking Without Speaking”</i>  <i>“Birth Control Basics”</i>  <i>“Using Condoms Effectively”</i>  <i>“STD Basics”</i>  <i>“Being the Change you See in the World”</i></p>

	such as age, status or position within relationships.	
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### Resources

- CDC-DASH – Protective Factors for LGBT Youth <https://www.cdc.gov/healthyyouth/disparities/lgbtprotectivefactors.htm>
- A Call to Action: LGBTQ Youth Need Inclusive Sex Education: <https://www.glsen.org/sites>

High School Overview

Grade	Required Sexual Safety Lessons	<b>Health 3Rs Lessons and Cornerstones</b> <i>Students may opt-out of these lessons by returning the opt-out request with parent signature to the school.</i>
9	<p><i>"It Isn't My Fault."</i> The goals of this lesson are for students to be able to describe at least two impacts of rape and sexual assault on someone who has been assaulted, to explain why a person who has been raped or sexually assaulted is never at fault, and to reflect on their own feelings about rape and sexual abuse</p>	<p><i>"Trust it or Trash it"</i>  <i>"Orientation Behavior and Identity"</i>  <i>"Understanding Gender"</i>  <i>"Decisions Decisions"</i>  <i>"Planning and Protection"</i>  <i>"What If ...?"</i></p>
10	<p><i>"Rights, Respect, Responsibility: Don't Have Sex Without Them"</i> 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 analyzes factors, including alcohol and other substances, that can affect the ability to give or perceive the provision of consent to sexual activity.</p>	<p><i>"Condom Confidence"</i>  <i>"Know Your Options"</i>  <i>"We all Have Rights"</i>  <i>"Using Technology Respectfully and Responsibly"</i></p>
11	<p><i>"My Boundaries"</i> The goal of this lesson is for students to define what a boundary is and to explain at least two examples of types of boundaries, to clarify what their own boundaries are in relation to physical touch, and to demonstrate an understanding for the need to communicate about boundaries in a romantic or sexual relationship.</p> <p><i>"Is it Abuse If"</i> The goal of this lesson is for students to describe at least two characteristics of five different types of relationship abuse. Students will explain what, in their own opinion, does and does not constitute relationship abuse and name one online and one hotline resource teens can use to get help if they or someone they know is in an abusive relationship.</p>	<p>Cornerstone 2: <i>"Stop the Spread"</i> 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.</p> <p>Cornerstone 4: <i>"Family Matters"</i> Students will explore the financial, mental and emotional ramifications of having a child. Students will be assigned a budget and a parenting scenario. Students must then research a month in the life of the parent in the scenario</p>
12	<p><i>"Sexual Rights Who Decides"</i> The goal of this lesson if for students to identify their own feelings about a specific type of law relating to statutory rape and describe at least two messages about sexual consent, abuse, age and gender, and the source(s) of those messages.</p>	

### Resources

- Teen Health Source – Queering Sexual Education: <http://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: <https://reader.elsevier.com/>
- What Works in Youth HIV – Inclusive Sex Ed: <https://www.whatworksinyouthhiv.org/youth-hiv/youth-sexual-health/inclusive-sex-education>