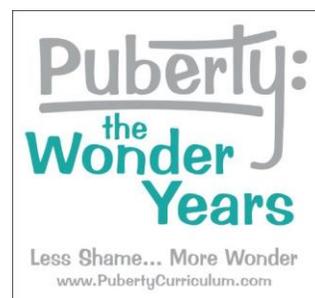




## CDC’s Critical Topics to Include in High School Sex Education: *Puberty: The Wonder Years* Lays a Strong Foundation



The federal Centers for Disease Control has identified 16 critical sexual education topics<sup>1</sup> which should be included in sex education classes offered to high school students in the U.S. Fewer than half of high schools and only a fifth of middle schools teach all 16. *Puberty: The Wonder Years* (PWY)<sup>2</sup> lays the foundation for addressing these topics in a developmentally appropriate manner beginning in grades 4, 5, and 6.

CDC’s 16 Critical Sex Education Topics	PWY Grade 4	PWY Grade 5	PWY Grade 6
1. Benefits of being sexually abstinent.	• 4-3	• 5-5	• 6-6
2. How to access valid and reliable health information, products and services related to HIV, other sexually transmitted diseases, and pregnancy.	• 4-1	• 5-1 • 5-5 • 5-6	• 6-1 • 6-D (opt)
3. Influences of family, peers, media, technology and other factors on sexual risk behavior.	• -	• 5-7	• 6-6
4. Communication and negotiation skills related to eliminating or reducing risk for HIV, other STDs, and pregnancy.	• -	• 5-5	• 6-7
5. Goal-setting and decision-making skills related to eliminating or reducing risks.	• -	• 5-5	• -
6. Influencing and supporting others to avoid or reduce sexual risk behaviors.	• -	• -	• 6-6 • 6-7
7. Importance of using condoms consistently and correctly.	• -	• -	• 6-D (opt)
8. Importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy.	• -	• -	• 6-D (opt)
9. How to create and sustain healthy and respectful relationships.	• 4-2	• 5-6	• 6-4 • 6-5
10. Importance of limiting the number of sexual partners.	• -	• -	• -
11. Preventive care that is necessary to maintain reproductive and sexual health.	• 4-6	• 5-5	• -
12. How HIV and other STDs are transmitted.	• MMH <sup>3</sup>	• MMH <sup>4</sup>	• -
13. Health consequences of HIV, other STDs, and pregnancy.	• 4-3	• -	• -
14. Effectiveness of condoms.	• -	• -	• -
15. How to obtain condoms.	• -	• -	• -
16. How to correctly use a condom.	• -	• -	• -

<sup>1</sup> School Health Profiles, <https://www.cdc.gov/healthyyouth/data/profiles/results.htm>

<sup>2</sup> *Puberty: The Wonder Years*, [www.PubertyCurriculum.com](http://www.PubertyCurriculum.com)

<sup>3</sup> *Michigan Model for Health* Grade 4 HIV lesson addresses this topic. <http://www.mmhclearinghouse.org/>

<sup>4</sup> *Michigan Model for Health* Grade 5 HIV lesson addresses this topic. <http://www.mmhclearinghouse.org/>