



Lessons & Student Learning Objectives

LESSON 1: Growing Together

Objectives
Students will be able to:
<ul style="list-style-type: none">• Participate in classroom discussions and related activities in a way that is respectful of themselves, their peers, teachers as demonstrated by active participation in community guideline creation and use of guidelines in discussions.• Demonstrate preparation to have a conversation with a parent or other trusted adult about puberty by describing three communication skills that will support healthy relationships.

LESSON 2: How My Body Works

Objectives
Students will be able to:
<ul style="list-style-type: none">• Identify three physical changes that occur during puberty after viewing a video about puberty.• Name three ways puberty may vary among individuals through participation in discussion.

LESSON 3: Changing as We Grow

Objectives
Students will be able to:
<ul style="list-style-type: none">• Identify three social, emotional, and cognitive changes that occur during puberty by sorting cards with characteristics of brain changes and social-emotional competencies.• Display two communication skills by talking with a parent or other trusted adult about puberty using the first family activity sheet as evidenced by the adult's signature on the activity sheet.

LESSON 4: Healthy Relationships

Objectives
Students will be able to:
<ul style="list-style-type: none">• Analyze two similarities and two differences between friendships and romantic relationships by sorting characteristics into categories.• Describe three elements of consent and the impact using consent has on healthy relationships after viewing a video.

LESSON 5: Relationship Challenges

Objectives
Students will be able to:
<ul style="list-style-type: none">• Demonstrate two types of positive communication skills that will support healthy relationships after viewing a video.• Demonstrate two strategies to communicate personal boundaries and two ways to honor the boundaries of others by discussing and rewriting student scenarios about consent and honoring boundaries.

LESSON 6: Making Responsible Decisions

Objectives

Students will be able to:

- Define vaginal, oral, and anal sex after hearing a mini-lecture.
- Compare and contrast three behaviors, including sexual intercourse and abstinence, to assess potential risks of pregnancy and STIs during class discussion of behaviors.
- Demonstrate two ways to communicate decisions about whether to engage in sexual behaviors by applying a model for decision-making.

LESSON 7: Sexually Transmitted Infections

Objectives

Students will be able to:

- Describe sexually transmitted infections (STIs), including HIV, and how they are and are not transmitted after viewing a video.
- Describe the signs and symptoms, or lack thereof, of STIs while working in small groups to compile facts.
- Discuss current biomedical approaches to prevent and treat STIs and HIV and why HIV can now be considered a chronic condition after viewing a series of videos and having class discussion.

LESSON 8: Refuse or Report

Objectives

Students will be able to:

- Define four forms of interpersonal and sexual violence and describe their impacts on sexual health after analyzing a power and control wheel and viewing a series of video clips.
- Demonstrate two positive ways to communicate decisions about sexual behaviors using refusal skills and reporting by practicing in pairs.

LESSON 9: Media and Information Literacy

Objectives

Students will be able to:

- Explain the impact that technology and media, including sexually explicit media, can have on one's body image and relationships by analyzing media samples.
- Define accuracy and analyze accurate sources of information about puberty, adolescent development, and sexual health by using a formula to analyze websites.
- Identify sources of support, such as trusted adults and community resources, they can go to if they or someone they know needs help by asking a trusted adult to help them analyze a website for accuracy.

LESSON 10: Future Me

Objectives

Students will be able to:

- Define racism and intersectionality and describe their impacts on sexual health after viewing a series of video clips and engaging in class discussion.
- Develop a plan to promote dignity and respect for everyone by identifying how to be an advocate.
- Develop a plan to promote sexual health by creating a vision board.