

# ***Get Real: Comprehensive Sex Education That Works***

## **High School Table of Contents**

### **Lesson 9-1: Introduction to Sexuality**

Classroom expectations and group rights and responsibilities are established. Students brainstorm influences on ideas about sexuality, then identify caring adults who can help them access information and clarify personal values. After defining sexuality and sexual health, students complete an anonymous assessment to get information about the values and beliefs their class holds around sexuality.

### **Lesson 9-2: Gender, Sex and Shared Responsibility**

Students identify common gender stereotypes, differentiate between biological sex and gender, and brainstorm attitudes about gender and sex. They explore expectations around sexual responsibility and suggest ways responsibility can be shared in relationships. For homework, they complete a family activity in which they interview a caring adult about dating responsibility.

### **Lesson 9-3: Reasons and Methods for Preventing Pregnancy**

Students consider how an unplanned pregnancy could affect personal goals. Then they participate in a group carousel activity to review facts about common birth control methods. They review steps for proper condom use in preparation for the demonstration and practice in the next class.

### **Lesson 9-4: Preventing STIs and HIV**

This lesson begins with a quiz to help students review what they know about STIs. In small groups, they examine arguments for and against condom use, then practice correct condom use by working in pairs to put a condom on a demonstration tool. An optional activity helps model how alcohol and other drug use can negatively affect condom use skills.

### **Lesson 9-5: Sexual Risks and Low-Risk Intimacy**

Students examine the risks of various sexual behaviors by placing risky behavior cards along a continuum. They identify the different risky behaviors in a fictional scenario, to illustrate why it's important not to make assumptions about sexual behavior and risk. Then they work with a partner to analyze pros and cons of different choices in various scenarios and roleplay discussions the characters in the scenarios might have around making healthy decisions about sexual intimacy.

### **Lesson 9-6: Negotiating Postponement and Protection**

Students brainstorm ways people try to persuade others to engage in sexual activity and discuss reasons people might choose to have or not to have sex. They practice refusal skills in pairs or small groups, by giving advice around how to resist sexual pressures, then analyze various scenarios around accessing sexual health care.

### **Lesson 9-7: Healthy and Unhealthy Relationships**

Students respond to a series of prompts to clarify their personal values around relationships. They brainstorm qualities of healthy and unhealthy relationships, and then examine what they consider a "deal breaker" in terms of what is acceptable within relationships. They discuss why healthy relationships are important for sexual health, and then identify potential resources for help with unhealthy relationships. For homework, they interview a caring adult about what healthy relationships look like.

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### **Lesson 9-8: Assessing Risk and Accessing Sexual Health Care**

Students present the capstone projects they have been working on throughout the unit on positive sexual health messages. They complete a self-assessment of their level of personal risk and think about three steps they can take to reduce risks and improve their sexual health. The teacher concludes the unit by affirming students' power to make healthy decisions around sexuality both now and in the future.

### **Optional Lesson 9-A: Reproductive Anatomy**

This optional lesson reviews male and female reproductive anatomy, as well as the process of fertilization.

### **Optional Lesson 9-B: Sexual Identity**

In this optional lesson, students identify how they feel about various aspects of identity, including biological sex, gender identity, gender expression and sexual orientation. They are introduced to different terms along a spectrum of possible identities for each of these aspects, and discuss who it is important to respect others' sexual identities.

### **Optional Lesson 9-C: Social Media Literacy and Sexuality**

This optional lesson helps students consider how social media can affect their relationships. They discuss cyberbullying and examine the different roles teens can play in these situations by analyzing a case study. They consider whether they would consider different information and situations public or private, and then create guidelines teens can follow to help make social media sites safe from bullying and harassment. For additional homework, students write reviews of apps related to sexual health.