

Teacher Guide Contents

Welcome to *HealthSmart*[®] v

Lessons

Lesson 1: Healthy Romantic Relationships..... 1

Lesson 2: What About Sex?..... 13

Lesson 3: Sexual Identity & Sexual Stereotyping..... 27

Lesson 4: Who’s Really Having Sex?..... 37

Lesson 5: Reproduction & Teen Pregnancy 45

Lesson 6: STD Facts 59

Lesson 7: HIV Facts 69

Lesson 8: STD & Responsible Actions 83

Lesson 9: Making Sexual Health Decisions 93

Lesson 10: Getting Help with Sexual Health Decisions 103

Lesson 11: Resisting Sexual Pressure 115

Lesson 12: Roleplay Practice: Saying NO to Sexual Pressure..... 125

Lesson 13: Using Condoms for Safer Sex 133

Lesson 14: Negotiating Condom Use 143

Lesson 15: Roleplay Practice: Protecting My Sexual Health..... 153

Unit Assessment 159

Activity 1: What I Know About HIV, STD
& Pregnancy Prevention..... 159

Activity 2: Sexual Health in the Media..... 171

Scoring Rubrics..... 177

Health Terms Glossary..... 193