

High School FLASH—Alignment with CDC HECAT

	Lesson	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
CDC Sexual Health Module National Health Education Standards Grades 9-12 Alignment with HS FLASH	Score	Climate Setting	Reproductive System	Pregnancy	Sexual Or. & Gender Id.	Undoing Gender Stereotypes	Healthy Relationships	Coercion and Consent	Online Safety	Abstinence	Birth Control Methods	Preventing HIV and Other STDs	Condoms	Testing	Communication & Decision-Making	Improving School Health
Healthy Behavior Outcomes (HBO) <i>A pre-K–12 sexual health curriculum should enable students to</i> 1. Establish and maintain healthy relationships. 2. Be sexually abstinent. 3. Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection. 4. Engage in behaviors that prevent or reduce unintended pregnancy. 5. Avoid pressuring others to engage in sexual behaviors. 6. Support others to avoid or reduce sexual risk behaviors. 7. Treat others with courtesy and respect without regard to their sexuality. 8. Use appropriate health services to promote sexual health.																
4 = all of the knowledge expectations. (100%) 3 = most of the knowledge expectations. (67-99%) 2 = some of the knowledge expectations. (34-66%) 1 = a few of the knowledge expectations. (1-33%) 0 = none of the knowledge expectations. (0)																

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Standard 1 Students will comprehend concepts related to health promotion and disease prevention.																
SH1.12.1 Explain how to build and maintain healthy family and peer relationships. (HBO 1) <i>(FLASH family homework)</i>							X	X								
SH1.12.2 Analyze characteristics of healthy relationships. (HBO 1)							X									
SH1.12.3 Summarize the qualities of a healthy dating relationship. (HBO 1)							X									
SH1.12.4 Evaluate effective strategies for dealing with difficult relationships with family members, peers, and boyfriends or girlfriends. (HBO 1)							X									
SH1.12.5 Summarize the importance of talking with parents and other trusted adults about issues related to relationships, growth and development and sexual health. (HBO 1, 2, 3, 4, 7 & 8) <i>(FLASH family homework)</i>		X														
SH1.12.6 Evaluate the negative consequences of sending sexually explicit pictures or messages by e-mail or cell phone or posting sexually explicit pictures on social media sites (e.g., chat groups, e-mail, texting, websites, phone and tablet applications). (HBO 1, 5 & 7)									X							
SH1.12.7 Justify why abstinence from sex and drugs are the safest, most effective risk avoidance methods of protection from HIV, other STDs, and pregnancy. (HBO 2)										X						
SH1.12.8 Analyze the factors that contribute to engaging in sexual risk behaviors. (HBO 2, 3 & 4) <i>(subst. use, older ptn, alone w/ptn...)</i>							X			X						

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SH1.12.9 Analyze the factors that protect one against engaging in sexual risk behaviors. (HBO 2, 3 & 4)								X		X						
SH1.12.10 Summarize ways to prevent pregnancy and the sexual transmission of HIV and other common STDs. (HBO 2, 3 & 4)										X	X	X	X			
SH1.12.11 Summarize the importance of setting personal limits to avoid risky sexual behavior. (HBO 2, 3 & 4)										X						
SH1.12.12 Describe the importance of shared responsibilities for avoiding sexual activity and preventing sexual risk behaviors. (HBO 2, 3, 4, 5 & 6)							X	X								
SH1.12.13 Analyze the relationship between using alcohol and other drugs and sexual risk behaviors. (HBO 2, 3, 4, 5, 6 & 7)								X		X						
SH1.12.14 Analyze the effectiveness of perfect use vs. typical use of condoms in reducing the risk of pregnancy, HIV, and other infection by STDs, including HPV (Human Papillomavirus). (HBO 3) <i>(no typical/perfect use in FLASH)</i>																
SH1.12.15 Summarize how common STDs are transmitted. (HBO 3)												X				
SH1.12.16 Summarize how HIV is transmitted. (HBO 3)												X	X	X		
SH1.12.17 Summarize the signs and symptoms of common STDs. (HBO 3)												X		X		
SH1.12.18 Summarize the signs and symptoms of HIV. (HBO 3)													X			
SH1.12.19 Summarize the problems associated with asymptomatic STDs and HIV. (HBO 3)												X	X			
SH1.12.20 Summarize the short- and long-term consequences of common STDs. (HBO 3)												X				
SH1.12.21 Summarize the short- and long-term consequences of HIV. (HBO 3)												X	X			

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SH1.12.22 Summarize the importance of proper adherence to contraceptive methods to reduce the risk of pregnancy. (HBO 3)											X					
SH1.12.23 Summarize the importance of using condoms consistently and correctly to reduce risk of pregnancy and infection of HIV and common STDs. (HBO 3 & 4)											X		X	X		
SH1.12.24 Explain the value of using a condom at the same time as using another form of contraceptive to reduce the risk of infection of HIV and common STDs and reduce the risk of pregnancy. (HBO 3 & 4)											X		X			
SH1.12.25 Explain the basic side effects and costs of treatment for STDs. (HBO 3 & 8)																
SH1.12.26 Explain the basic side effects and costs of treatment for HIV. (HBO 3 & 8)																
SH1.12.27 Describe the increased risks associated with having multiple sexual partners including serial monogamy. (HBO 3 & 4)												X				
SH1.12.28 Analyze situations that could lead to being pressured to having sex. (HBO 3 & 4)										X						
SH1.12.29 Analyze techniques that are used to coerce or pressure someone to have sex. (HBO 3 & 4)							X	X								
SH1.12.30 Explain why it is an individual's responsibility to verify that all sexual contact is consensual. (HBO 3 & 4)								X								
SH1.12.31 Summarize why individuals have the right to refuse sexual contact. (HBO 3 & 4)							X	X								
SH1.12.32 Explain why it is wrong to trick, threaten, or coerce another person into having sex. (HBO 3, 4 & 5)							X	X								
SH1.12.33 Explain the importance of contraceptive counseling and services if sexually active. (HBO 3, 4 & 8)											X					

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SH1.12.43 Explain the importance of immunizations, checkups, examinations, and health screenings, such as breast self-examination, testicular self-examination, and Pap smears necessary to maintain sexual and reproductive health. (HBO 8)																
Standard 2 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.																
SH2.12.1 Explain the influence of public health policies and state laws on sexual health practices, behaviors, and relationships.													X			
SH2.12.2 Analyze how culture supports and challenges sexual health beliefs, practices, behaviors, and relationships.						X										
SH2.12.3 Analyze how peers and perceptions of norms influence healthy and unhealthy sexual health practices, behaviors, and relationships.						X		X					X			
SH2.12.4 Analyze how personal attitudes, values, and beliefs influence healthy and unhealthy sexual health practices, behaviors, and relationships.						X		X								
SH2.12.5 Analyze how some health risk behaviors influence the likelihood of engaging in risky sexual behaviors (e.g., alcohol and other drug use).								X					X			
SH2.12.6 Analyze how laws, rules and regulations influence behaviors related to sexual health.								X						X		
SH2.12.7 Analyze how school and community affect personal sexual health practices, behaviors, and relationships.						X		X								
SH2.12.8 Analyze the effect of media and technology on personal, family, and community sexual health practices, behaviors, and relationships.									X					X		

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SH2.12.9 Differentiate the relevant influences, including family, culture, peers, school, community, media, technology and public health policies, on sexual health practices and behaviors.																
SH2.12.10 Analyze the factors that influence opportunities to obtain safe, accessible, equitable and affordable products and services that support sexual health for oneself and others.													X			
Standard 3 Students will demonstrate the ability to access valid information, products, and services to enhance health.																
SH3.12.1 Evaluate the validity and reliability of sexual health information.				X												
SH3.12.2 Evaluate the validity and reliability of sexual healthcare products.										X						
SH3.12.3 Evaluate the validity and reliability of sexual healthcare services.				X									X			
SH3.12.4 Determine the accessibility of valid and reliable sexual healthcare products.												X				
SH3.12.5 Determine when professional sexual healthcare services may be required.				X									X			
SH3.12.6 Determine the accessibility of valid and reliable sexual healthcare services.				X									X			
SH3.12.7 Use resources that provide valid and reliable sexual health information.													X			
SH3.12.8 Use valid and reliable sexual healthcare products.																
SH3.12.9 Use valid and reliable sexual healthcare services.													X			

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Standard 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.																
SH4.12.1 Demonstrate effective communication skills to promote sexual health and healthy relationships.						X	X	X		X	X				X	
SH4.12.2 Demonstrate how to manage personal information in electronic communications and when using social media (e.g., chat groups, e-mail, texting, websites, phone and tablet applications) to protect the personal sexual health of oneself and others.									X							
SH4.12.3 Demonstrate effective peer resistance, negotiation, and collaboration skills to avoid engaging in sexual risk behaviors.						X	X	X		X					X	
SH4.12.4 Demonstrate effective communication strategies to prevent, manage, or resolve interpersonal conflicts.							X	X		X					X	
SH4.12.5 Demonstrate how to effectively ask for assistance to improve and/or maintain sexual health.							X							X		
SH4.12.6 Demonstrate how to effectively communicate support for peers whose aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity) are different from one's own.					X	X										
Standard 5 Students will demonstrate the ability to use decision-making skills to enhance health.																
SH5.12.1 Examine barriers to making a decision related to relationships or sexual health.													X	X		
SH5.12.2 Determine the value of applying thoughtful decision making regarding a potentially risky sexual health-related situation.																

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SH5.12.3 Justify when individual or collaborative decision making is appropriate regarding a potentially risky sexual situation.																
SH5.12.4 Analyze how family, culture, media, peers, and personal beliefs affect a sexual health-related decision.						X										
SH5.12.5 Generate alternatives when making a decision related to relationships or sexual health.												X		X		
SH5.12.6 Predict potential short- and long-term consequences of alternatives of sexual health-related decisions.																
SH5.12.7 Choose a healthy alternative when making a sexual health-related decision.							X						X	X		
SH5.12.8 Evaluate the effectiveness of sexual health-related decisions.														X		
Standard 6 Students will demonstrate the ability to use goal-setting skills to enhance health.																
SH6.12.1 Assess personal practices and behaviors related to sexual health.												X				
SH6.12.2 Set a realistic personal goal to avoid or reduce the risk of pregnancy and transmission of HIV and other STDs.												X				
SH6.12.3 Assess the barriers to achieving a personal goal to avoid or reduce the risk of pregnancy and transmission of HIV and other STDs.												X				
SH6.12.4 Develop a plan to attain a personal goal to avoid or reduce the risk of pregnancy and transmission of HIV and other STDs.												X				

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SH6.12.5 Implement strategies, including self-monitoring, to achieve a personal goal to avoid or reduce the risk of pregnancy and transmission of HIV and other STDs.												X				
SH6.12.6 Use strategies to overcome barriers to achieving a personal goal to avoid or reduce the risk of pregnancy and transmission of HIV and other STDs.												X				
SH6.12.7 Formulate an effective long-term personal plan to achieve a goal to avoid or reduce the risk of pregnancy and transmission of HIV and other STDs.												X				
Standard 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.																
SH7.12.1 Analyze the role of individual responsibility for sexual health.								X				X		X		
SH7.12.2 Evaluate personal practices and behaviors that reduce or prevent sexual risk behaviors.									X			X				
SH7.12.3 Demonstrate practices and behaviors to improve the sexual health of oneself and others.							X	X	X	X			X	X	X	
SH7.12.4 Make a commitment to practice healthy sexual behaviors.												X				
Standard 8 Students will demonstrate the ability to advocate for personal, family, and community health.																
SH8.12.1 Use peer and societal norms, based on accurate health information, to formulate a health enhancing message about avoiding or reducing risky sexual behaviors.								X						X		X
SH8.12.2 Persuade and support others to avoid or reduce risky sexual behaviors.		X						X			X			X	X	X

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SH8.12.3 Persuade and support others to make positive and healthy choices about relationships.		X												X	X
SH8.12.4 Collaborate with others to advocate for improving personal, family, and community sexual health.		X								X			X		X
SH8.12.5 Encourage school and community environments to promote the health of others, without regard to aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity).															X
SH8.12.6 Adapt sexual health messages and communication techniques to reach a specific target audience.										X				X	X
SH8.12.7 Persuade others about the importance of ensuring there are safe, accessible, equitable, and affordable sexual health opportunities, products, and services to improve the health of oneself and others.															