

## Comprehensive Sexual Health Lesson Plan

This sequence of 24 lessons from the HealthSmart middle school program provides a comprehensive sexual health education unit aligned with both the HECAT Knowledge and Skills Expectations and the National Sexuality Education Standards.

Unit Key: ABST = Abstinence, Puberty & Personal Health; HIV/STD = HIV, STD & Pregnancy Prevention; EMH = Emotional & Mental Health; VIP = Violence & Injury Prevention

### **ABST Lesson 4: Talking About Sexuality**

This lesson introduces the topic of sexuality and puberty. Students develop groundrules for discussion, then define and look at different aspects of sexuality. They discuss why it is important to be able to talk about sexuality and identify sources of accurate information.

### **HIV/STD Lesson 3: Sexual Identity & Sexual Stereotyping**

In this lesson, students learn about sexual identity and the problems with sexual stereotyping. After reading about different types of sexual attractions and gender roles, they examine common sexual stereotypes. They discuss ways to challenge stereotypes and then practice responding to a variety of situations in which stereotyping is occurring.

### **HIV/STD Lesson 1: Healthy Romantic Relationships**

In this lesson, students learn about healthy romantic relationships. They list words that describe a good relationship in their lives, then learn about and discuss qualities of healthy and unhealthy relationships. After practice in identifying healthy and unhealthy qualities in some relationship scenarios, they discuss ways to build healthy romantic relationships. They complete an activity sheet to identify qualities of healthy relationships, explain why these qualities are important and think about how they can develop healthy relationships.

### **VIP Lesson 8: Understanding Violence**

In this lesson, students explore the definition of violence, then identify different types of violence and analyze the similarities between them. They discuss the different roles people can play in situations involving violence, and examine the negative consequences of violence for victims, perpetrators and bystanders, including how the concept of loss relates to those consequences.

### **ABST Lesson 5: Puberty**

In this informational lesson, students learn about puberty. Small groups brainstorm physical, emotional and social changes they think occur during puberty. The class discusses and evaluates the groups' lists, and then students complete an activity sheet on the changes they learned about. As homework, students interview parents or other adults about puberty and sexuality.

**ABST Lesson 6: The Female Reproductive System**

This lesson teaches about the female reproductive system. After learning the names and functions of the female reproductive organs, students test their knowledge through a matching activity. They then complete an activity sheet about what they've learned.

**ABST Lesson 7: The Male Reproductive System**

This lesson teaches about the male reproductive system. After learning the names and functions of the male reproductive organs, students test their knowledge through a matching activity. They then complete an activity sheet about what they've learned.

**ABST Lesson 8: The Menstrual Cycle & Pregnancy**

This lesson teaches about ovulation, the menstrual cycle and fertilization. Students read about the menstrual cycle, then work in pairs to answer questions about the reading. They also read about and discuss fertilization and how pregnancy occurs. Then pairs complete an activity sheet that reviews the material covered.

**ABST Lesson 9: Taking Care of Sexual Health**

In this lesson, students learn about taking care of their sexual health. They examine the definition of sexuality, then, in small groups, read about ways boys and girls can protect their sexual health. They complete an activity sheet to show what they've learned.

**ABST Lesson 10: Feelings & Relationships**

In this lesson, students explore appropriate and inappropriate ways to show feelings of attraction toward others. They discuss how feelings change during puberty and the negative consequences of having sex. They learn about sexual abstinence and setting personal limits as a way to avoid those consequences. Then they complete an activity in which they list healthy and safe ways to express romantic feelings.

**ABST Lesson 12: Influences on Abstinence**

In this lesson, students examine influences on the choice to be abstinent. They identify and discuss various positive and negative influences on a person's choice to be abstinent, and then list positive influences in their own lives that will support their choice to be abstinent.

**ABST Lesson 13: Peer Power for Abstinence**

This norms-based lesson reinforces the fact that most teens are not having sex. In preparation for the lesson, students interview friends about remaining abstinent. They examine their beliefs about how many students their age are having sex. They discuss how perceived norms can differ from actual norms, and what effect this can have on sexual behavior. After sharing their peer interviews, students discuss reasons to be sexually abstinent and the consequences of not remaining abstinent. They identify ways to help themselves remain abstinent.

### **HIV/STD Lesson 5: Reproduction & Teen Pregnancy**

This lesson reviews facts about reproduction and pregnancy. After reading about how fertilization occurs, students take part in an activity that helps them understand the risk of pregnancy as a result of unprotected sex. They list consequences that would occur if they became teen parents, and work in pairs to create posters of the top 5 reasons not to become a teen parent. They take home a family sheet to help them discuss the challenges of being a parent with a parent or guardian.

### **HIV/STD Lesson 16: Preventing Pregnancy**

In this lesson, students learn about some commonly used birth control methods. After brainstorming a list of contraceptive methods they may have heard about, students learn about how different types of methods work and their effectiveness. A team game helps students distinguish which methods offer little or no protection, which protect from pregnancy only and which help protect from HIV and other STD as well as pregnancy.

### **HIV/STD Lesson 6: STD Facts**

In this lesson, students study facts about STD. They define STD and learn how STDs are transmitted. After reading more about STDs, they work in small groups to review the facts, including symptoms, which STDs can and cannot be cured, and the physical, social and emotional consequences of STD.

### **HIV/STD Lesson 7: HIV Facts**

In this lesson, students learn facts about HIV. After learning the definition of HIV, they take part in an activity designed to illustrate the risks of HIV transmission. They discuss how HIV is transmitted and then discuss the activity results to understand ways to help prevent it. The teacher clarifies that HIV can't be transmitted by everyday activities or day-to-day contact, and then explains the symptoms and long-term health consequences of HIV.

### **HIV/STD Lesson 8: STD & Responsible Actions**

This lesson reinforces taking care of sexual health by teaching responsible actions around STD prevention. After discussing the responsibilities of a person who has an STD, students learn more about the importance of testing and treatment. Then they work in pairs to read scenarios about relationships in which one person has an STD, and answer questions about the responsibilities of each partner.

### **HIV/STD Lesson 9: Making Sexual Health Decisions**

This lesson focuses on decision-making skills. Students learn decision-making steps and see them modeled for a decision around dating. They work in pairs to read a sample scenario and use the steps to recommend a healthy and safe decision. Then they consider situations that could affect their own sexual health and follow the decision-making steps to make a health decision that will help protect them.

### **HIV/STD Lesson 10: Getting Help with Sexual Health Decisions**

In this lesson, students identify reliable resources for information about sexual health. They learn how to tell if resources, including online resources, are reliable, and then practice identifying reliable resources. They explain where they would go for help with various situations involving decisions about sexual activity and sexual health. An optional activity has students evaluate a health website using the criteria they have learned.

### **HIV/STD Lesson 11: Resisting Sexual Pressure**

This lesson introduces refusal skills. Students work in small groups to suggest lines they might hear if someone is pressuring them to have sex. After learning about effective words and actions for resisting sexual pressure, groups write responses to the pressure lines another group created. Students then work in pairs to practice resisting pressure to have sex using the refusals their groups created. They take home a family sheet to help them talk with their parents or another adult family member about responsible sexual behaviors. (*Note: It's recommended that the HealthSmart HIV, STD & Pregnancy Prevention lessons on refusal skills [Lessons 11 and 12] both be taught to help students master the skill.*)

### **HIV/STD Lesson 12: Roleplay Practice: Saying NO to Sexual Pressure**

In this skills-based lesson, students practice refusal skills using roleplays. After watching a demonstration roleplay that uses effective refusal skills, students complete a half-scripted roleplay by writing responses to pressure lines. They practice their roleplays in pairs and receive feedback on their refusal skills. (*Note: It's recommended that the HealthSmart HIV, STD & Pregnancy Prevention lessons on refusal skills [Lessons 11 and 12] both be taught to help students master the skill.*)

### **HIV/STD Lesson 13: Using Condoms for Safer Sex**

This lesson teaches about practicing safer sex by using latex or plastic condoms. Students learn how a latex condom helps prevent pregnancy and STD. They discuss where in their community teens can get condoms and how to overcome potential embarrassment about obtaining and using them. They watch as the teacher demonstrates condom use, and then do an activity to review the correct sequence of steps for proper condom use.

### **HIV/STD Lesson 14: Negotiating Condom Use**

In this skills-based lesson, students learn strategies for planning ahead and negotiating condom use. After discussing steps in planning ahead, they work in pairs to help negotiate condom use with a partner. They review the steps for saying NO to sexual pressure and discuss how to apply these steps to refusing to have sex without a condom. Then they write responses that can be used to counter pressure to have unprotected sex.

### **HIV/STD Lesson 15: Roleplay Practice: Protecting My Sexual Health**

In this skills-based lesson, students apply what they have learned about refusal and negotiation skills to create and practice original roleplays that demonstrate resisting sexual pressure or negotiating condom use to protect their sexual health.

### **Unit Assessments**

The Unit Assessments included with the HIV, STD & Pregnancy Prevention unit can be used to assess this Comprehensive Sexual Health unit.