Teacher Guide Contents

Welcome to HealthSmart® ........................................ v

How to Use the Teacher Guide ................................. x

Supercharging a HealthSmart® Lesson ...................... xvi

Lessons

Lesson 1: What Do You Know About Sexuality? .............. 1
Lesson 2: Respecting Sexual Differences ..................... 21
Lesson 3: Understanding Sexual Risks & Responsibilities ... 37
Lesson 4: Understanding Affirmative Consent ................. 53
Lesson 5: Avoiding Pregnancy ................................. 73
Lesson 6: STIs: The Facts .................................. 89
Lesson 7: HIV: The Facts .................................. 103
Lesson 8: Influences on Sexual Choices ........................ 119
Lesson 9: Assessing & Avoiding STI Risks .................. 135
Lesson 10: Getting Tested for HIV, Other STIs & Pregnancy ...... 151
Lesson 11: Using Condoms .................................. 163
Lesson 12: Negotiating Condom Use .......................... 179
Lesson 13: Roleplay Practice: Saying NO to Unsafe Sex ...... 189
Lesson 14: My Commitment to Protect Myself ............... 205
Lesson 15: Advocating to Keep Friends Safe & Healthy .... 213

Unit Assessment

Activity 1: What I Know About HIV, STI & Pregnancy Prevention ........................................ 223
Activity 2: Educating Others: Writing a Pamphlet. ........... 233

Scoring Rubrics ..................................................... 239

Health Terms Glossary ........................................... 261

* These lessons focus on specific health skills.