

Sexual Health Curriculum

2018-2019

Overview

CUSD Board Approved Resources:

1. Glencoe Grade 7 *Focus on Life Science* - Chapter 13, pages 500-533
2. American Red Cross “Positive Prevention Plus” (2016)

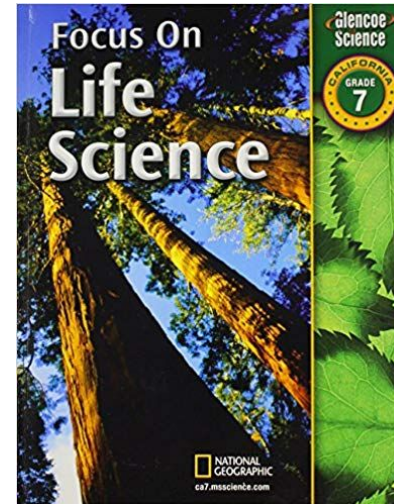
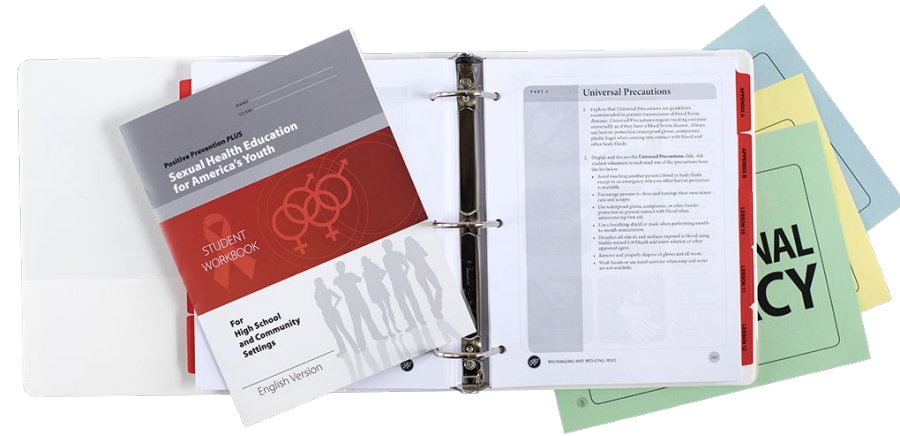
Compliance Laws:

1. **California Healthy Youth Act**
2. **Education Code 51933**
3. **Assembly Bill No. 329 - Parent right to opt-out**

Getting Started

Ground rules for classroom instruction

- Uncomfortable to discuss - giggling
- Accurate, age appropriate, clinical information
- Passive learning
- Trusted adult
- Question box
- Pre-test



Chapter 13 - Reproductive Systems (Glencoe text)

Male Reproductive System

- Male Reproductive Organs
- Organs of Sperm Production
- Organs of Sperm Transfer
- Sperm Production
- Sperm and Semen

Female Reproductive System

- Female Reproductive Organs
- Uterus, Ovaries and Fallopian Tubes
- Egg Production
- Menstrual Cycle, Flow, Ovulation, Hormones, Menopause

Fertilization

Overview:

This lesson teaches the anatomy and physiology of organs in the reproductive systems of males and females, and the path of sperm and egg resulting in fertilization.

The menstrual cycle is taught, and some of the glands and organs producing hormones are included in the text.

Days 1-4

Chapter 13 - Development Before Birth (Glencoe text)

Fetal Development

- Growth and Development of Body Systems
- Premature Babies
- Placenta and Umbilical Cord

Fetal Health

- Prenatal Care
- Nutrition
- Environment Factors
- Viruses
- Drugs and Alcohol

Overview:

This lesson teaches fetal development during the three trimesters of pregnancy. Also taught are nutrient, gas and waste exchange between fetus and mother.

Days 5-7

Positive Prevention Lesson 1: Sexual Development

Typical Male & Female Sexual Development

- Changes during puberty
- Common sexual health concerns

Understanding the Terms: Sex, Gender and Sexual Orientation

- Discussion questions
- See next slide to read objective, class discussion prompt, questions, and terms to be taught

Lesson Wrap Up

Day 8

Positive Prevention Lesson 1: Gender and Sexual Orientation Discussion

Objective: Since gender role, gender identity and sexual orientation vary with each individual, it is important to respect differences and appreciate diversity. It is not the purpose of this lesson to explore various theories on the reasons behind a person's sexual orientation or gender identity.

Class/group discussion "What would be different in your life if you were a different gender?"

- Would you dress differently?
- Would you have the same friends?
- What harmful stereotypes might you encounter as a male or a female?
- Would your parents, teachers, siblings, or friends treat you differently?
- Would your gender make a difference in the careers you might want to pursue when you get older?
- Would you think the same way?
- Would be be basically the same person?



Understanding the Terms: Sex, Gender, and Sexual Orientation

- **Sex:** A term used to denote whether an individual is male or female, as determined by a physician or other medical professional at the time of birth. This designation is often made solely based upon an examination of an infant's genitals.
- **Gender:** Attitudes, feelings, characteristics, and behaviors that a given culture associates with being male or female and that are often labeled as "masculine" or "feminine."
- **Gender Role:** Socially-constructed roles, behaviors, activities, and attributes that a given society considers appropriate for men and women.
- **Gender Non-Conformity:** Behavior or appearance that does not conform to expected gender role.
- **Gender Identity:** A person's internal, deeply-felt sense of being male or female, or something other or in-between.
- **Gender Expression:** Each of us expresses a particular gender every day – by the way we style our hair, select our clothing, or even the way we stand. Our appearance, speech, behavior, movement, and other factors signal that we feel – and wish to be understood – as masculine or feminine, or something other or in-between.
- **Sexual Orientation:** A person's enduring romantic or sexual attraction to people of the other and/or same gender. Common terms used to describe sexual orientation include, but are not limited to: heterosexual, lesbian, gay, and bisexual.

Gender role, gender identity, and sexual orientation vary with each individual. It is important to respect differences and appreciate diversity.



Positive Prevention Lesson 2: Exploring Friendships

Friendships

- Identify characteristics and skills which are important in any relationship
- Discuss high quality friendships

Liking vs. Loving

- Differences in liking vs. loving: objects, feelings and actions

Protect Yourself

- Evaluate behavioral warning signs to determine if a relationship is not honest, equal, respectful and responsible

Activity Planner

Day 9

Positive Prevention Lesson 3: Bullying and Relationship Abuse

Bullying

- Brainstorm samples of bullying & list of why bullying happens
- Review sexual harassment

Protect Yourself

- Consent
 - Non-verbal communication
 - Internet safety
 - Yes means yes

Lesson Wrap Up

Day 10

Positive Prevention Lesson 7: The HIV/AIDS Epidemic

The HIV/AIDS Epidemic

- National and state statistics
- HIV disease and AIDS
- Antiretroviral Therapy
 - PrEP (pre-exposure prophylaxis)
 - ART (long term treatment)
- Mis-match Activity
- HIV Frequently Asked Questions Handout

Day 11

Positive Prevention Lesson 8: Preventing Sexually Transmitted Infections

Overview of Sexually Transmitted Infections

- Presentation of STIs
 - Binder worksheet (page 235) outdated; used to create presentation with updated statistics from CDC

Day 12

Positive Prevention Lesson 9: Recognizing and Reducing Risks

Red light/Green light Activity

Universal Precautions

- Demonstration with latex glove.
 - *“Draw a comparison between the latex or polyurethane glove and a latex or polyurethane condom.”*

Day 13

Positive Prevention Lesson 10: Media and Peer Pressure

Media Analysis Skills

Assertiveness Skills Practice

Personal Escape Plan

Day 14

Positive Prevention Lesson 11: HIV/STI Testing and Community Resources

Virus “Z” Activity

Testing and Community Resources

Day 15

Positive Prevention Lesson 12: Goal Setting

The Path to Personal Goals

Setting Goals for the Future

Personal Contract to Stay Healthy

Post-test

Day 16

Positive Prevention SKIPPED Lessons 4-6:

(Prevention of Unplanned Pregnancy, Teen Pregnancy, and Myths/Stereotypes about HIV/AIDS)

Lesson 4 - Prevention of Unplanned Pregnancy

- Family Planning
 - Birth control choices for teens
 - Emergency contraception

Lesson 5 - Teen Pregnancy: Choices and Responsibilities

- Teenage Pregnancies
- Decision Making
 - Prenatal care and Parenting
 - Safe Surrender

(currently skipped: information seems too advanced for age at this time)

Lesson 6 - Myths and Stereotypes about HIV/AIDS

- Person's Affected by HIV/AIDS
- Loss Activity

(plan to skip: outdated)