

Grades 9, 10, 11, 12

Adopted 2013

Core Concepts: Physical, Mental, Emotional and Social Growth and Development

- 1. Compare, contrast and analyze appropriate ways to express needs, wants and feelings in relationships. H.1.1**

- 2. Analyze and evaluate the impact that self-esteem and self-respect have on decision-making regarding sexual behaviors. H.1.2**

- c. Describe how the reproductive, endocrine, nervous and sexual systems work together. H.1.2.C**

- 3. Evaluate how families can influence the health of individuals. H.1.3**

- a. Analyze factors that may contribute to a healthy and unhealthy relationship. H.1.4.A**

- 5. Analyze how physical, social, cultural and emotional environments may influence sexual health. H.1.5**

- a. Compare and contrast healthy and unhealthy dating practices (e.g. values, culture, dating violence). H.1.6.A**

- b. Analyze the impact of cultural change through the generations on sexual health issues. H.1.6.B**

- c. Define and describe healthy sexuality and sexual expression throughout the life span. H.1.6.C**

- d. Research and analyze data about sexual behavior among teenagers. H.1.6.D**

- e. Differentiate between biological sex, sexual orientation and gender identity. H.1.6.E**

- f. Differentiate between sexual orientation, behavior and identity. H.1.6.F**

- a. Describe situations in which someone might choose to abstain from sexual activity after already engaging in the behavior, and assess the barriers that might be encountered in implementing this decision. H.1.7.A**

- a. Research and analyze the impact of teenage pregnancy and parenthood on society. H.1.8.A**

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- b. Compare and contrast the legal rights and responsibilities of adolescents about pregnancy and parenting.** [H.1.8.B](#)
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- 9. Discuss important health assessments, screenings and examinations that are necessary to maintain reproductive health throughout the lifespan (e.g. testicular self-examinations, breast self-examinations and Pap smears).** [H.1.9](#)
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- a. Analyze the modes of transmission, prevention methods, signs and symptoms, testing and treatments for HIV/STD infections.** [H.1.10.A](#)
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- b. Research and analyze the demographic and impact of HIV/AIDS on different populations and in different regions of the world.** [H.1.10.B](#)
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- c. Examine the stereotypes and discrimination that exist and describe the impact this has on people living with HIV/AIDS and other communicable diseases.** [H.1.10.C](#)
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Accessing Health Information and Resources

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- 1. Analyze and evaluate service providers and resources for health care services related to sexual health (e.g. counseling, testing, school based health centers, pediatrician, reproductive health care).** [H.2.1](#)
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- 2. Analyze and evaluate medically accurate and reliable information about sexual health (e.g. internet and social media).** [H.2.2](#)
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- 3. Analyze existing laws and policies designed to protect young people from sexual harassment, sexual assault, child abuse, human trafficking, sexual exploitation, bullying and other types of violence.** [H.2.3](#)
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Self-Management of Healthy Behaviors

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- 1. Evaluate the effectiveness and outcomes of self-control strategies and ways to express feelings appropriately.** [H.3.1](#)
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- 2. Analyze and evaluate strategies that an individual could use to abstain or delay sexual intercourse.** [H.3.2](#)
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- 3. Describe appropriate reproductive health care throughout the life span.** [H.3.3](#)
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- 4. Evaluate the importance of personal responsibility as it pertains to sexual behavior, abstinence, sexual and reproductive health.** [H.3.4](#)
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- a. Describe strategies to use social media safely and respectfully.** [H.3.5.A](#)
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- b. Analyze strategies for avoiding and addressing sexual exploitation and behaviors that may be perceived as sexually coercive (e.g. internet, social media, dating).** [H.3.5.B](#)
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- 6. Analyze the value of postponing sexual activity, the methods and effectiveness of contraception and ways to protect oneself from communicable diseases (e.g. STD/HIV).** [H.3.6](#)
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- 7. Compare and contrast ways in which an individual could respond in a situation when they or someone else is being bullied or harassed.** H.3.7
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Analyzing Internal and External Influences

- a. Analyze how internal and external influences affect sexual feelings, behavior, attitudes and decisions.** H.4.1.A
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- b. Examine personal values and how they influence relationships and sexual decision-making.** H.4.1.B
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- 2. Evaluate the effects of external influences on sexual decision-making (e.g. parents, family values, media, internet, culture, peers, society).** H.4.2
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- 3. Evaluate the influence of alcohol and other drugs on sexual behavior and sexual health.** H.4.3
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- a. Analyze ways in which technology can impact physical and emotional safety (e.g. internet, social media, texting).** H.4.4.A
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- b. Analyze the various forms of sexual exploitation via the internet, social media and other means and identify prevention/intervention strategies.** H.4.4.B
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Communication Skills

- 1. Analyze the effectiveness of the various communication styles in developing and sustaining relationships.** H.5.1
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- 2. Analyze the effectiveness of verbal and non-verbal skills to refuse pressure to engage in sexual risk and other higher risk behaviors (e.g. smoking, drinking).** H.5.2
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- 3. Analyze and evaluate effective negotiation and refusal skills for avoiding higher risk sexual behaviors (e.g. maintaining abstinence, consistent use of contraceptives; discuss HIV/STD status).** H.5.3
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- a. Analyze the effectiveness of communicating clear expectations, boundaries, personal safety strategies and clear limits on sexual behaviors.** H.5.4.A
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- c. Compare and contrast healthy ways to express empathy for others.** H.5.4.C
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- 5. Analyze how the use of manipulation and sexual harassment impacts relationships and the existing laws and policies designed to protect young people from sexual harassment and other types of violence.** H.5.5
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- 6. Explain the impact of culture and gender on the interpretation of various communication styles and methods.** H.5.6
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Decision-Making Skills

- 1. Analyze the impact that external influences (e.g. partners, peers, family, community) have on decision-making about abstinence, sexual activity and sexual health.** H.6.1

2. Predict the immediate and long-term impact of sexual health decisions on the individual, family and community. H.6.2

3. Research and examine possible outcomes of alcohol and other drug use related to sexual activity. H.6.3

Goal-Setting Skills

1. Analyze how internal and external influences may affect goal-setting (e.g. personal choices, sexual health, behaviors, family, peers, community, culture). H.7.1

Advocacy

1. Engage in authentic experiences of caring, compassion and advocating for others (e.g. community service). H.8.1

2. Research laws and policies; plan and engage in activities that advocate against bias and discrimination. H.8.2

a. Demonstrate ways to advocate for responsible behaviors that promote sexual health (e.g. health screenings, healthy relationships, access to reproductive health care). H.8.3.A

b. Develop a campaign to advocate for developmentally appropriate, medically accurate sexual health education programs and services (e.g. school-based health centers). H.8.3.B

4. Advocate for school policies and programs that promote dignified and respectful treatment for all. H.8.4