

Sexual Health Education Curriculum Map

Day	Lesson Name	Description
1	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.
2	Understanding Sexual Health	Students begin this lesson by establishing agreements or guidelines for classroom discussion about sexuality and sexual health. After briefly reviewing the different aspects of sexuality, students focus on how the choices people make about sex can affect their sexual health. They define and explore the potential risks and negative consequences of sexual activity, and contrast these with the benefits of sexual abstinence. They compare their perceptions to actual norms around sexual activity among ninth graders to reinforce that most students their age are not currently sexually active. Then they work in pairs to write answers to questions in an advice column about sexual abstinence, sexual activity and sexual health.
3	What is Affirmative Consent, Saying No to Sexual Pressure	This lesson begins with an activity in which students practice listening and communicating in verbal and nonverbal ways. They review and discuss a definition of Affirmative Consent. Then they work in teams to apply the things they have learned by analyzing scenarios where consent may or may not be present. The full class reviews and discusses the scenarios. 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.
4	STI Facts	In this lesson, students study facts about sexually transmitted infections (STIs). They define STI and learn how STIs are transmitted. After reading more about STIs, they work in small groups to review the facts, including symptoms, which STIs can and cannot be cured, and the physical, social and emotional consequences of STIs.
5	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 untreated HIV.
6	Preventing Pregnancy	In this lesson, students learn about some commonly used birth control methods. Students brainstorm a list of contraceptive methods they may have heard about. They learn about how different types of methods work and their effectiveness, including which methods protect from pregnancy only and which help protect from HIV and other STIs as well as pregnancy.
7	Protecting My Future	This lesson helps students examine how being abstinent can contribute to reaching their goals for the future by helping them avoid unplanned pregnancy. Students think about personal goals they have for the immediate and short-term future. Then they review the negative consequences of being sexually active, with a focus on teen pregnancy. Small groups brainstorm how becoming a teen parent could affect various aspects of their lives. Then they complete an activity sheet on how avoiding pregnancy by being abstinent can help them achieve their goals.