

Health Education Today Preview:

-Sex Education Unit -

SEX EDUCATION



High School Health Unit



**National Board-Certified Teachers
with Masters of Education Degrees
and 60+ years of experience** teaching
K-12 PE & Health, with collegiate
athletic and coaching experience!



Created by
Master Teachers!



A family of
educators,
for educators.



Health Education Today

WHY CHOOSE HEALTH EDUCATION TODAY?

Skills

- To help your teens acquire skills and wisdom to be above unhealthy influences.

Content

- To have relevant, inspiring, standards-based and medically accurate lessons.

Ease of Use

- For an editable program where you can choose to print or work online; using step-by-step directions and PowerPoints for visual student lessons!

The Program Meets Health Standards:

Aligned to National, Common Core, and State Standards!

Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects ELA College and Career Anchor Standards https://learning.ccsso.org/common-core-state-standards-initiative		
	Writing Grades 9/10	ELA College and Career Anchor Standards for Writing
1	Write arguments focused on discipline-specific content.	Write arguments to support claims in an analysis of substantive topics or texts using valid reasoning and relevant and sufficient evidence.
2	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.	Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.
3	Incorporate narrative elements effectively into arguments and informative/ explanatory texts. <i>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. In science and technical subjects, students must be able to write precise enough descriptions of the step-by-step procedures they use in their investigations or technical work that others can replicate them and (possibly) reach the same results.</i>	Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details and well-structured event sequences.



Real Teachers' Reviews endorse This program:

- ❖ *"This was worth every penny. THANK YOU THANK YOU THANK YOU!!!"*
- ❖ *"Absolutely love this resource...everything is top-notch. All her lessons are engaging and thoughtful"*
- ❖ *"This purchase saved me hours of planning."*
- ❖ *"Love this unit! Very thorough and my students were very engaged! I am purchasing the whole curriculum next! Thanks!"*
- ❖ *"Fantastic, this unit is so through. Looks like I will adopt the whole unit instead of just parts of it."*
- ❖ *"I love the easy prep."*



File Organization:

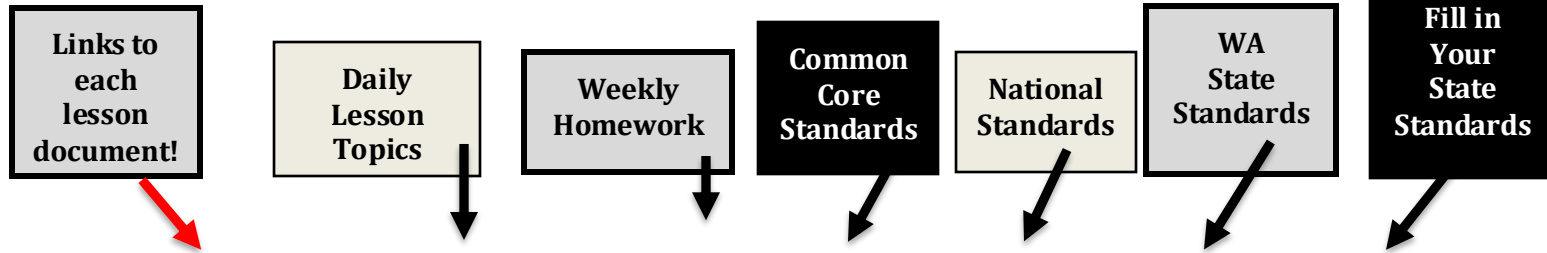
< > SEX ED UNIT HS	
Name	
	00 Welcome Letter
	01 Sex Education Unit Teacher Directions
	01 Sex Education Unit Teacher Directions PDF
	02 Sex Education Unit POWERPOINT VERSION
	03 Sex Education Unit ONLINE VERSION
	04 Sex Education Unit PDF VERSION
> 	05 Supplemental Materials

< > 05 Supplemental Materials	
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	01 Sex Education Unit Google Drive Master List
> 	02 Standards + Learning Targets
> 	03 Extra Large Docs
> 	04 Additonal PowerPoint
	05 Previews of Additional Curriculum



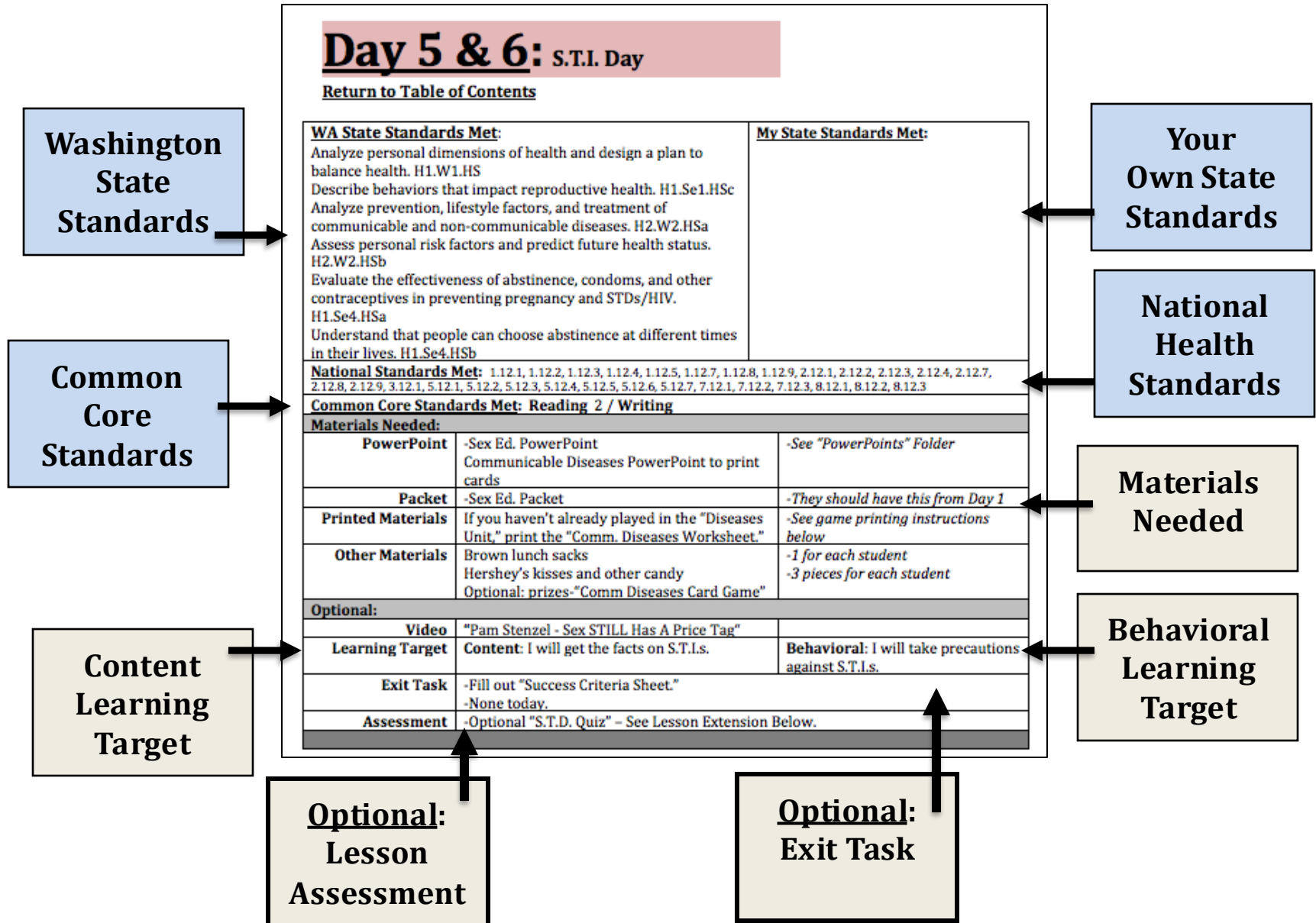
***Editable in Word and Google Slides!**

Easy to Navigate “Table of Contents”:



SEX ED. UNIT - 15 DAYS TOTAL with 3 OPTIONAL DAYS	Lesson Titles:	HOMEWORK Click on “Day” it’s listed in to see directions	Common Core Standards Met:	National Health Standards Met:	Washington Health Standards Met:	Add Your State Health Standards Here:
Sex Ed.-Day 1	-Sexuality Opt-Out” info -Introduction to Sex Ed. -Reproduction -The effectiveness of the reproductive systems -“In The Womb” Video	HOMEWORK Top 10 Reasons for Waiting to have Sex Activity	R 4	1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.9, 1.12.10, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.7, 2.12.8, 5.12.1, 5.12.3, 5.12.6, 5.12.7, 5.12.8, 5.12.9, 7.12.1, 7.12.2, 7.12.3, 8.12.1, 8.12.2, 8.12.3	H1.W1.HS H1.Se1.HSc H2.W2.HSb H1.Se4.HSa H1.Se4.HSb	
Sex Ed.-Day 2	-Female anatomy and issues -“Love Language Survey”		R 3	1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.9, 1.12.10, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.7, 2.12.8, 6.12.1, 7.12.1, 7.12.2, 7.12.3,	H1.W1.HS H1.Se1.HSa H5.Se1.HS H1.Se1.HSb H1.Se2.HSa H1.Se1.HSc H2.W2.HSb H1.Se4.HSa	

Standards: Beginning each lesson



Step-by-step Teacher Directions



Your Lesson Planning is Done!

PRINT & ONLINE.

GOOGLE + MICROSOFT + ADOBE +
YOUTUBE + MORE!



Teacher Directions: Lead You Through the Lessons PowerPoint.

Day 1: Sexuality Intro / Reproduction

[Return to Table of Contents](#)

Step-By-Step Teacher Directions follow PowerPoint slides to make teaching this unit easy!

WA State Standards Met: Analyze personal dimensions of health and design a plan to balance health. H1. W1. HS Describe behaviors that impact reproductive health. H1. Se1.HSc Assess personal risk factors and predict future health status. H2. W2. HSB Evaluate the effectiveness of abstaining from sex, condoms, and other contraceptives in preventing pregnancy and STDs/HIV. H1. Se4.HSA Understand that people can choose to wait to have sex at different times in their lives. H1. Se4.HSb		My State Standards Met:
National Standards Met: 1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.9, 1.12.10, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.7, 2.12.8, 5.12.1, 5.12.3, 5.12.6, 5.12.7, 5.12.8, 5.12.9, 7.12.1, 7.12.2, 7.12.3, 8.12.1, 8.12.2, 8.12.3		
Common Core Standards Met: Reading 4 / Writing		
Materials Needed:		
PowerPoint	-Sex Ed. PowerPoint	-See "PowerPoints" Folder
Packet	-Sex Ed. Packet NOTE: You can get packets, worksheets, and handouts on GOOGLE SLIDES-See links below.	-Print 1 for each student and hole punch. It's in the "Extra Large Docs" folder.
Printed Materials	-Make a "Sperm Notebook" (See directions below)	-You will print 1 of each page, and use a whole ream of paper!
	- "Top 10 Reasons for Choosing to Wait Worksheet"	-Print 1 for each student
	- "Top 10 Reasons for Choosing to Wait Worksheet"	-Print 1 class set
Optional:		
Video	"In the Womb" or similar video on reproduction and fetal development	
Learning Target	Content: I will learn about reproduction.	Behavioral: I will accept responsibility for the ability to create human life!
Exit Task	-Fill out "Success Criteria Sheet." -Give the "Top 10 Reasons for Choosing to Wait Worksheet" in the "Extra Large Docs" folder.	
Assessment	- "Top 10 Reasons for Choosing to Wait Worksheet" will be turned in and graded.	

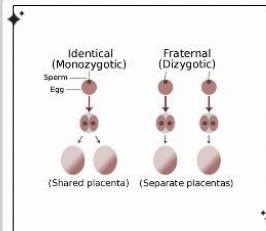
13 to 15. PREEMIES and NEXT 2 SLIDES: After the video (if time), show the baby models if you have them, or you could download pictures from the internet, discussing twins, breech birth, head-down and crowned for birth, in vitro fertilization, etc.

These topics are an interesting part of the Sex Ed. discussions, but not too awkward and most kids can relate (they are a twin, they were born pre-mature, a brother was "C" section, etc.). It's a perfect way to start of your Sex Ed. unit!

16. REASONS FOR WAITING HANDOUT: If time allows, have students complete the "10 Reasons for Choosing to Wait" worksheet.

Give each student a "Top 10 Reasons for Choosing to Wait Worksheet." Have students discuss with partner and prioritize the list from 10 being the least important reason for choosing to wait to have sex, all the way down to #1 being the most important reasons **they think** a teen should choose to wait. There are no right or wrong answers.

Up to 45 percent of infants weighing less than 3 1/4 pounds at birth have one or more abnormalities on testing at school age.



Twins:

Multiple Births: Can be in vitro fertilization.

In vitro fertilization (IVF) is a process of fertilization where an egg is combined with sperm outside the body, in vitro ("in glass"). The process involves monitoring and stimulating a woman's ovulatory process, removing an ovum or two (eggs) from the woman's ovaries and letting sperm fertilize them in a bowl in a laboratory. After the fertilized egg (zygote) undergoes embryo culture for 2-6 days, it is implanted in the same or another woman's uterus, with the intention of establishing a successful pregnancy.



Choosing to Wait Handout and Worksheet:

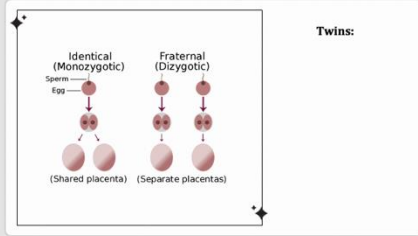


PowerPoints
walk you through
the lessons



Up to 45 percent of infants weighing less than 3 1/4 pounds at birth have one or more abnormalities on testing at school age.

13



14

In vitro fertilisation (IVF) is a process of fertilisation where an egg is combined with sperm outside the body, in vitro ("in glass"). The process involves monitoring and stimulating a woman's ovarian process, removing an ovum or one (egg) or (eggs) from the woman's ovaries and letting sperm fertilise them in a liquid in a laboratory. After the fertilised egg (zygote) undergoes embryo culture for 3-5 days, it is inserted in the same or another woman's uterus, with the intention of establishing a successful pregnancy.

15

16

17

18

19



Speaker Notes:

Guides you through each PowerPoint/Google Slide.

All these teens were worried about what others were feeling. In this area, be selfish about your body and what you are comfortable with-it's your right!

Be ready for these pressure lines:



68. ALL THESE TEENS WERE WORRIED: Discuss the idea that some teens think it's a safe situation when it isn't. Conclude that this is not a situation where you should worry what anyone thinks about you, except yourself! It's your body and **you** have to live with the consequences. We focus on empathy within our curriculum, but this is one of the times that being assertive is more important, considering the risks. Trust your gut instinct.

“Sexually Transmitted Infections” PowerPoint:

Sexually Transmitted Infections

1

STD = STI
Sexually Transmitted Infection is Sexually Transmitted Disease

2

Bacterial: Gonorrhea, Chlamydia, Syphilis, Chancroid, Lymphogranuloma venereum, Pelvic Inflammatory Disease (PID), Proctitis, Rectal Infection, Herpes, HIV/AIDS, Hepatitis B, Hepatitis C, Human Papillomavirus (HPV), Kaposi's Sarcoma, Cryptosporidiosis, Toxoplasmosis, Trichomonas, AIDS, AIDS-related complex, AIDS-related opportunistic infections, AIDS-related lymphoma, AIDS-related Kaposi's sarcoma, AIDS-related dementia, AIDS-related wasting syndrome, AIDS-related cachexia, AIDS-related anemia, AIDS-related neutropenia, AIDS-related thrombocytopenia, AIDS-related coagulopathy, AIDS-related immunodeficiency, AIDS-related opportunistic infections, AIDS-related lymphoma, AIDS-related Kaposi's sarcoma, AIDS-related dementia, AIDS-related wasting syndrome, AIDS-related cachexia, AIDS-related anemia, AIDS-related neutropenia, AIDS-related thrombocytopenia, AIDS-related coagulopathy, AIDS-related immunodeficiency.

3

Bacterial + Treatable: Chlamydia, Syphilis, Gonorrhea
Viral = No Cure!: Herpes, Genital Warts, AIDS

4

Chlamydia
Syphilis
Gonorrhea

5

Most girls have no symptoms of Chlamydia
...and they don't even know they are passing it on...

6

PID - Pelvic Inflammatory Disease
(The fallopian tube on the right is infected.)

7

Most girls don't know they have any symptoms because they are so internal.
They may be unintentionally passing it on.

8

★ The next slide is graphic!
You will see this warning so you can look away if you want, but keep listening!

9

SEXUAL EXPOSURE CHART
Of every person here only the same number of people are dead

Age Group	Number of People
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12

10

Syphilis

11

★ The next slide is graphic!

12

Engaging Lessons
walk you through
with activities



Presentations + Student Documents: Available on Google Drive/Google Slides

Partner Names: _____ + _____ Period: _____ Date: _____

Title: Sexuality Test Review

Box 1. Healthy -vs- Unhealthy Relationships

- | | | | |
|----|-----|-----|-----|
| 1. | 7. | 13. | 19. |
| 2. | 8. | 20. | |
| 3. | 9. | 21. | |
| 4. | 10. | 22. | |
| 5. | 11. | 23. | |
| 6. | 12. | 18. | |

✓ Correct your answers for **Box 1.**

Box 2. Becky has been dating Jim for 6 months. Her that Jim is being abusive to her, but she isn't sure if Becky could watch for to decide if Jim is being abus

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

Becky actually ends up seeing several of the warnir decides to stay with him. See if you can think of 5 n an abusive relationship.

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

✓ Correct your answers for **Box 2.**

Box 3. Choose True (T) or False (F) for the stateme the stapled packet. Then try to guess the blanks.

- | Part 1: | Part 2: |
|---------|-------------------------------------|
| 1. | 1. Don't get in the _____ |
| 2. | 2. Call the _____ |
| 3. | 3. Call a counselor on a domes |
| 4. | 4. Make a "safety plan" to prot |
| 5. | 5. Know this it is never your _____ |
| 6. | 6. Try not to _____ |
| 7. | 7. Get help dealing with your _____ |
| 8. | 8. Make healthy choices about _____ |



Day 9 Art Project:

For the art you can write (try using fun fonts, and you can cut and paste in the dialogue box if you want.

You can also cut and paste in photos. Try this website for great free photos:
<https://pixabay.com/>

You can also look at this website for ideas:

Engaging activities that go with the lessons:

Role Play Task Cards

AIDS Quiz

Art Project Rubric

Interactive Emotional Baggage

Friendship

Puberty Handout

Puberty Parent Communicator

Love Languages Survey

Sex Ed. Packet

Sexual Pressures Articles

Sexual Pressures Flip Chart

Sexuality Parent Communicator

What is Romance

AND SO MUCH MORE!!!!

**Medically and Scientifically
Accurate**

Communicable Diseases Card Game Directions:

Top 10 Reasons for Choosing to Wait

1. You want to uphold the values and decision you set for yourself.
2. Because you don't want to get pregnant.
3. You want to save sex for that one special person and/or marriage.
4. Because you don't want a sexually transmitted disease/infection.
5. You want to focus on your education or future career.
6. Not ready emotionally (emotional baggage).
7. Because you're not ready for sex yet.
8. So your parents won't be disappointed.
9. So you can know the person likes you for you.
10. To keep your reputation.

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7 ♥ Pink Eye	7 ♣ Pink Eye
Transmission: -You can get Pink Eye if you already are fighting an infection with a cold or sore throat -Spreads from direct contact with infected person's eye fluid through hand-to-eye touch -If you have it in one eye you can through touch spread it to your other eye.	Symptoms: -Pink or red in whites of the eye -Discharge from eye -Crusting eye lids -Itchy or scratchy eye
♥ 7	♣ 7

7 ♠ Pink Eye	7 ♦ Pink Eye
Treatment: -Bacterial infections can be treated with antibiotics in the form of eye drops, ointment, or pills -Viral Pink Eye must just run its course until it's gone.	Prevention: -Avoid contact with anyone infected -Avoid contact with infected person's eye dropper or eye/ face make-up! -Wash hands often or use hand sanitizer -Wash bed linens in hot soapy water
♠ 7	♦ 7

Escape Room
Topic: Sexual Assault

Escape the "Fog" often left by a sexual assault:
Prevention and recovery for teens

6th - 12th Grade

Examples of Daily Lessons:

Day 1: INTRODUCTION

-Sexuality Opt-Out" info
-Sex Ed. Packet for Student Notes
from the PowerPoint presentation

Unit: Sexuality
Name: _____ Per: _____

"The average 13 year old in America has witnessed sex on T.V. and in the movies over 1,500 times!"

The decision to have sex is presented as if it's "no big deal," but this couldn't be further from the truth. Today, more than ever, teens need to know about:

- ✓ Sexual decisions, healthy relationships, + the importance of abstinence
- ✓ How to protect themselves from getting STIs, including HIV/AIDS
- ✓ The complexity of relationships, including the pain of unhealthy relationships + domestic violence
- ✓ The risks of sexual assault and sexual abuse

1. Abstinence:  the best gift...

1. Abstinence means you are not having _____
(intercourse can be defined as vaginal, oral, or anal)

2. There are many reasons for a teenager to choose abstinence. Some are:

2. Reproduction-making a baby: The incredible reproductive system is made to work!

- _____ out of _____ girls who have sex without protection will get pregnant²
- In one ejaculation, there are over _____ sperm, and it only takes 1 to make a baby.²¹
- A girl is highly likely to get pregnant 7 days per month (more about this later in our unit). If she starts her period at age 12 and has it until age 52, in those 40 years, she will have _____ chances to get pregnant!

3. Puberty: Puberty is a normal part of being a teenager, but it can be stressful! Be aware that everyone is different, you may not notice the changes in yourself, and all the changes don't happen all at once. Don't stress out if your maturity doesn't match your peers. You can't rush it, so just relax, and enjoy growing up! During puberty the pituitary gland signals the body to release hormones, which stimulate these physical and emotional changes:

Secondary Virginity-
you can always choose abstinence

Puberty means you are capable of producing life- it's a big responsibility

Student Name: _____ Period: _____ Date: _____

Dear Parent:

Please check the following items, in order for your or daughter to opt out of the following parts of the health sexuality unit:

- ____ 1. Reproductive anatomy and physiology
- ____ 2. Sexually transmitted infections/AIDS
- ____ 3. Failure and effectiveness rates of birth control
- ____ 4. Sexual harassment and assault
- ____ 5. Other/All: _____

We appreciate your right as a parent to have your son or daughter learn the sexuality information from you, where you feel it's appropriate for your child.

Your student will be sent to _____ to work on alternate assignments during the parts of the sexuality unit where they are opted out.

Please look over the assignments on the backside and check all that you feel comfortable having your student work on. How many days your student will miss class and how fast they complete the assignments will determine the number of assignments given. Your child will need to check in with the teacher each day for attendance.

An HIV/AIDS quiz is also attached. This information is required by state law, so please have your student take and correct this quiz and then return it to the teacher.

Thank you,

Student Name: _____ Period: _____ Date: _____

(please print)

Parent Signature: _____ Date: _____

Language Levels for topics:

1. Childish "#1, #2"
2. Gutter
3. Social
4. Medical



Over 25 articles or references to sex in 1 fashion magazine!



Day 1: INTRODUCTION and REPRODUCTION

- Sexuality Opt-Out info
- Introduction to Sex Ed. – Setting the tone in your classroom for maturity and respect
- Consequences of teen sex and the value of a teen choosing not have to sex
- Effectiveness of reproductive systems
- Reproduction video

Pair | Share:

Discuss with your partner:

Why might a teen want to choose to wait to have sex?

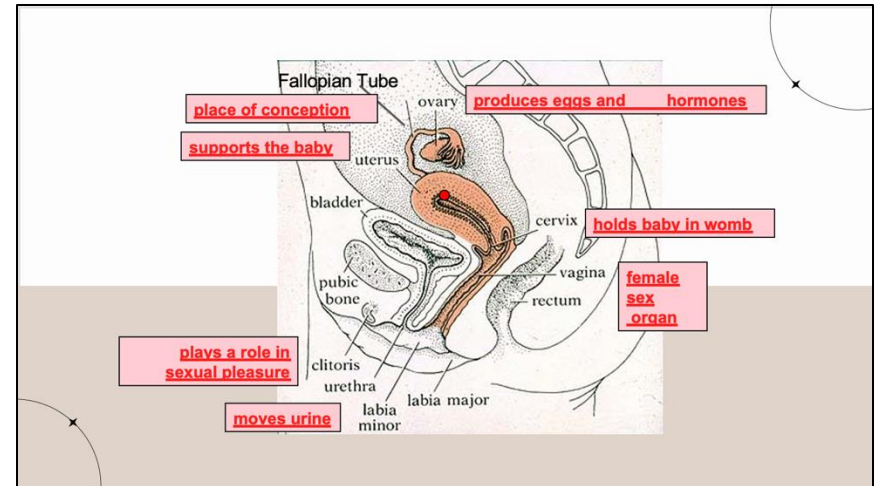


3. Puberty for a girl⁴

Females: Puberty usually starts between **11 – 13** and up to 16 years of age

1. growth and filling out of breasts; larger rounder hips and buttocks.
2. growth of hair.
3. oilier skin and hair + appearance of pimples or acne.
4. begins to have **her period**.
5. becomes more conscious of appearance.

Puberty will pass. Suddenly at about age 15, it all evens out and everybody's back at the same stage of life again.



Day 2: FEMALE ANATOMY

- Puberty for a girl
- Female anatomy and issues
- “Love Language Survey”

October/November (It's a 28 day cycle)

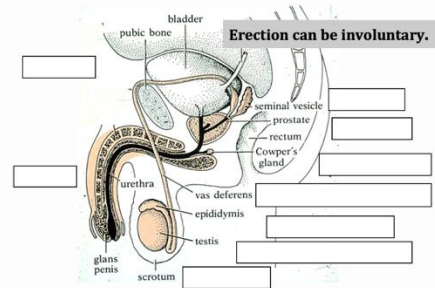
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2	3	4	5	6	7
8	9	10	11	12	13	14 x
15 x	16 x	17	18 x	19 x	20 x	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

5. Puberty for a boy and boy issues:⁷⁸

Males: Puberty usually starts between 13 - 15, up to 16 years old:

1. Grows taller and more muscular.
2. Growth of body hair.
3. Oilier skin and hair + appearance of pimples or acne.
4. Perspires a great deal.
5. Change in voice lower and deeper (cracking or breaking).
6. Becomes more conscious of appearance.

Male sperm (unlike female eggs) are constantly replenished every 30-60 days. There are over _____ sperm in one ejaculation and it only takes _____ to get a woman pregnant!



Day 3: MALE ANATOMY

- Puberty for a boy
- Male Anatomy and issues
- Tips for handling sexual pressures
- Top sexual pressure lines assertive come backs!
- True Stories
- “Sexual Pressures Flip Charts Project”

All these teens were worried about what others were feeling. In this area, be selfish about your body and what you are comfortable with-it's your right!

Be ready for these pressure lines:



The best time to check your testicles is in the shower.

MAN UP CHECK'EM

JUST FOLLOW THESE SIMPLE STEPS:

- 1 Check one testicle at a time. 
- 2 Hold the testicle between your thumbs and fingers of both hands and roll it gently between your fingers. 
- 3 If you notice any of these symptoms...
 - hard lumps
 - smooth or rounded bumps
 - changes in size, shape, or consistency
 ...see a urologist right away. 

Girl Issues!

What is P.M.S.?

Premenstrual Syndrome. A few days to a week before your period your stomach may feel bloated and you can break out with some pimples on your face. You may also be more crabby, sad, or emotional. It's due to the estrogen and progesterone hormones. The 3 things that can help are regular exercise, eating less salt, and eating less caffeine (including chocolate!)

Is it common for breasts to be sore right before my period?

Yes. It's those hormones again! They cause fluid to build up in your breasts and can make them feel heavy and/or sore. Try the advice of regularly exercising, eating less salt, less caffeine, and try getting a more supportive bra.

What else in a woman's body do female hormones effect?

Estrogen: skin, sweat glands, hair, nails, mood, depression, sense of well being, sleep, weight, body fat, bones, immune system. Progesterone: body temperature.

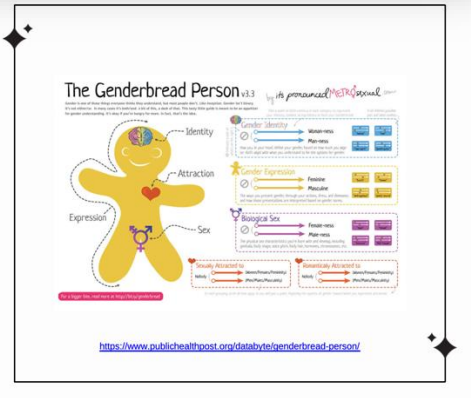
Can you get pregnant from oral sex? No

Can you get an S.T.I. from oral sex?
Yes. You can get an S.T.I. in your mouth or throat from giving someone oral sex.

Sexual purity
is sexy!

Understanding Gender:

"LGBTQIA+" are at an increased risk of being bullied.



SEX IS A BIG DEAL

Don't ever be pressured into it (by society, by a guy, by others, or by what you THINK everyone else is doing...

Go to YouTube and watch "Onslaught." It's at:
<<http://www.youtube.com/watch?v=Ei6JvKOW6OI>>

The dolls for little girls are oversexualized!:

In this video, a woman shows how she buys the Bratz dolls and cleans off all their make-up to give the dolls (who are role-models for young girls playing with them) back their natural beauty and innocence.



<<https://www.youtube.com/watch?v=iG-7e1vaB18>>

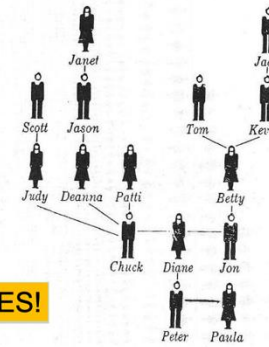
Day 4: OPTIONAL BOYS + GIRLS SEPARATE DAY

- Gender Identity
- "Girl Talk Handout"
- Breast cancer and issues with girls
- Boys go over testicular cancer

S.T.I.s in the U.S:



Could Paula get HIV if Janet was HIV positive?



Day 5 and 6: SEXUALLY TRANSMITTED INFECTIONS

- Understanding sexually transmitted infections
- S.T.I. Video
- “S.T.I True-False Quiz”
- “Sexually Transmitted Infections Slide Show” with “Step-by-step Teaching Script”
- “Communicable Diseases Card Game”

3 ♥ Influenza <u>Transmission:</u> -Breathing in small wet drops when a person coughs, sneezes, or talks -Touching small wet drops from an infected person's sneeze, cough, etc. and then touching your own mouth, nose, eyes	3 ♣ Influenza <u>Symptoms:</u> -Fever -Headache -Muscle aches -Weakness
3 ♠ Influenza <u>Treatment:</u> -Most people with the flu don't need to see a doctor. -Drink plenty of fluids and rest. -Aspirin for fever can help.	3 ♦ Influenza <u>Prevention:</u> -Flu vaccine shot -Wash hands with soap and water or hand sanitizer often -Avoid touching mouth, nose, eyes -Cover your mouth when you cough or sneeze for others! -Don't share things that go in the mouth like food, sodas, dishes -Clean surfaces used often -Get adequate sleep (9.25 hours for teens) and be stress-free!

AIDS QUIZ: KEY _____ out of 20

- +4 1. What does "A.I.D.S." stand for?
A Acquired
I Immune
D Deficiency
S Syndrome
- +3 2. What does "HIV" stand for?
H Human
I Immune-Deficiency
V Virus
- +1 3. What is the difference between HIV and AIDS?
HIV is the virus you get infected with, and AIDS is the disease you get (could be years later)
- +1 4. When was the first case of AIDS in the U.S.
1981 (must say from 1976 - 1986 to get the points)
- +3 5. Name 3 body fluids where HIV can be passed
1. Blood
2. Semen
3. Vaginal Secretions or breast milk
- +4 6. Name 4 ways HIV/AIDS is transferred from one person to another:
1. Through anal, oral, or vaginal sex
2. Through Blood : in a cut, needles, tattoo
3. From semen, From vaginal Secretions
4. mom to baby



Ways you cannot get HIV:

- hugging
- closed-mouth kissing
- touching, holding hands
- sharing food, utensils, water
- being bitten by insects
- sharing towels, combs
- swimming in a pool
- donating blood
- using gym and sport equip.



Day 7: HIV/AIDS

- “H.I.V. / A.I.D.S. PowerPoint Quiz”
- HIV/AIDS information
- Current HIV/AIDS research and statistics
- AIDS video

Pair | Share:

What emotional responses that can come from having sex as a teen?

Tell your table partner your guess.



Set your limits:

What are you and your partner individually comfortable with?

Day 8: SETTING SEXUAL LIMITS

- More on H.I.V.
- AIDS -Setting sexual limits and choosing not to have sex
- The “Emotional Consequences of Sex”
- Interactive "Emotions with Teen Sex" suitcase

Pregnancy within the right boundaries is an exciting, joyous, life-changing event.



Use the words and ideas from the worksheet for your art:

- love?
- intimacy
- compassion
- appreciation
- throw caution to the wind
- fun
- newness
- curiosity
- giddy
- distracted
- excited
- a mystery
- beautiful
- fulfilling
- connection
- fresh
- sweet
- fascination
- unrealistic

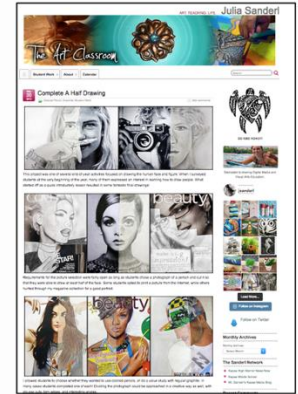


- fear it won't last
- doubts
- jealousy
- hurt
- lies
- hate
- crying
- can I heal?
- awkward
- mad at self
- can't believe what I thought was true
- unbelievable!
- betrayed
- humiliated
- destruction
- heartache
- depression
- broken dreams
- broken heart

What is Romance? Art Project:
Show both halves of Romance.
Add words and emotions to each separate side.

Go to this website where students can get great ideas!

<http://julasanderl.com/2013/05/20/complete-a-half/>



Day 9: WHAT IS LOVE AND ROMANCE?

- How self-esteem affects relationships
- “What is Love?”
- “What is Romance?”
- Video
- “What is Romance?” Art Project”

Pair | Share:

Think of all the ways low self-esteem can negatively impact a dating relationship.

Tell your table partner your guess.



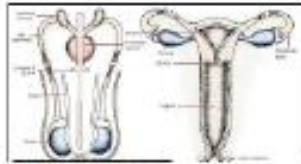
Depo-Provera Shot 99%



Stops ovulation

alters hormones, must visit clinic every 3 months, may cause weight gain, return to normal fertility can take several months, does not allow a fertilized egg to implant, NO STI PROTECTION!

Vasectomy / 99%
Tubal Ligation



Blocks sperm

considered permanent, expensive, often not reversible, discomfort during and after surgery, NO STI PRO.

IUD (intrauterine device) 99%



Doesn't let egg implant

not recommended for younger women because of dangers, uterus can get infected, possibly heavier more painful periods, does not allow a fertilized egg to implant, NO STI PRO.

NuvaRing 99%*



Stops ovulation

possible vaginal irritation, nausea, vomiting, headaches, doesn't let egg impl

Birth Control Patch 99%*



Stops ovulation

may cause breast irritation, headache, hormones do NO STI PRO.

Remember, lessons are editable if you want to add or delete activities!

THE PATCH



91% effective

- applied to the abdomen, buttocks, upper arm, or upper torso
- is changed each week (3 weeks on, 1 week off)
- stops ovulation, prevents ovaries from releasing eggs, and thus preventing fertilization.
- thickens cervical mucus, makes it harder for sperm to enter the uterus and for egg to implant

No protection against STIs!

Day 10: BIRTH CONTROL OPTIONS

- Birth control methods and statistics
- Birth control video and/or PowerPoint
- “Birth Control Worksheet”



Here is an example of s since the assignment is so new, so I substituted a different assignments just so you could visualize the quilt!

	SEE IT		SAY IT		SHARE IT
SHARE IT			SEE IT	SHARE IT	
SAY IT		SAY IT			SEE IT
	SHARE IT			SEE IT	
SEE IT					
			SHARE IT		SAY IT
	SAY IT				
SAY IT		SHARE IT			SEE IT

Day 11: SEXUAL ASSAULT Pt. 1

- Sexual Assault information (it's never the victim's fault)
- Sexual harassment
- “Dear Abby” true story about a teen who was sexually harassed at work
- The “SEE IT, SAY IT, SHARE IT” Model
- “No More” Public Service Announcement videos



Myth: Provocative clothing is a risk factor for sexual assault:

- In reality...whether you're wearing a short skirt or snow pants, it doesn't make a difference, because sexual assault is about exerting power and control over someone else.⁷⁰

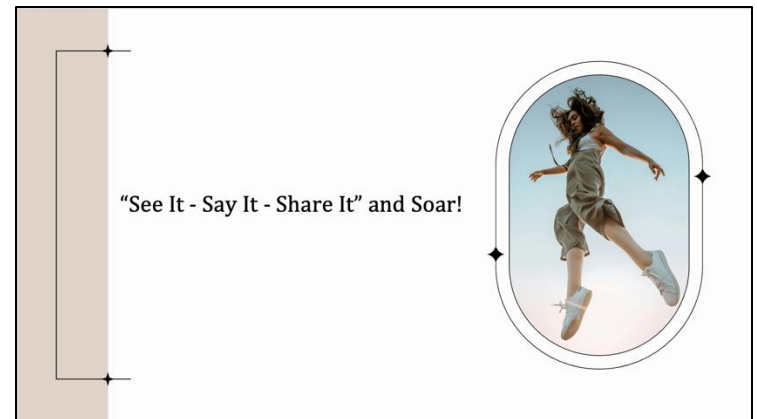
Now some perhaps some healing can happen.

Allegations of sexual misconduct against Harvey (W.) **have opened the tap** in Hollywood for women to come forward and share their stories...Actresses Reese Witherspoon and America Ferrara both revealed on Monday they were the victims of sexual assaults when they were younger...

Witherspoon said she has "had multiple experiences" of sexual assault and was compelled by other women's stories to go public with her experiences, adding, "I actually **felt less alone this week than I have ever felt in my entire career.**"⁶⁵

Day 12 + 13: MORE ON SEXUAL ASSAULT

- Recent sexual allegations news story and women who are coming forward
- Applying the "SEE IT, SAY IT, SHARE IT" Model to this news story
- Reese Witherspoon, America Ferrera, and Jennifer Lawrence speak out!
- #METOO and how the movement started
- Tips for preventing sexual assault
- What to do after a sexual assault
- How to have a healthy relationship
- “See It-Say It-Share It” Quilt Project
- Suggestions for topics are included
- Sexual assault/rape (Date rape video)
- “Work on "See It-Say It-Share It” Quilt Project



“Sexual Assault Extra Activities:



Sexual Assault Escape Room with a Powerful Coded Message!

+

Sexual Assault Advocacy Project

Section 1 of 46

"What Do You Know About Sexual Assault?" Escape Room

Sexual violence is sexual activity when consent is not obtained or freely given. It is a serious public health problem in the United States that profoundly impacts lifelong health, opportunity, and well-being.

Sexual violence impacts every community and affects people of all genders, sexual orientations, and ages. Anyone can experience or perpetrate sexual violence.

Researchers know the numbers underestimate this problem because many cases are unreported. Survivors may be ashamed, embarrassed, or afraid to tell the police, friends, or family about the violence. Victims may also keep quiet because they have been threatened with further harm if they tell anyone or do not think anyone will help them.

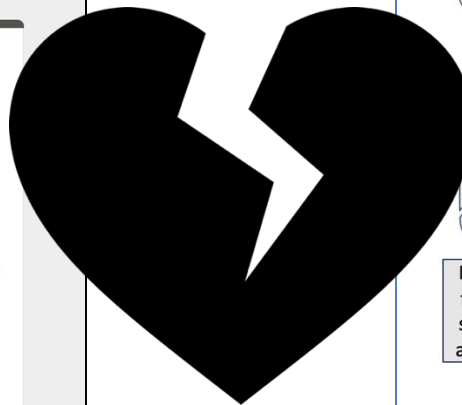
The activity today will help you further understand "sexual assault" and help you learn what to do if you or someone you know is sexually assaulted.

U.S. Department of Justice Definition of "Sexual Assault": Any nonconsensual sexual act proscribed by Federal, tribal, or State law, including when the victim lacks capacity to consent. It usually includes sexual harassment, sexual assault, and rape.)

U.S. Department of Justice Definition of "Rape": "The penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim."

HOW THE QUIZ WORKS: As you answer questions correctly, you will receive one or more symbol-number combinations.

Use the "Answer Keyboard" (photo below) to retrieve letters and write out a coded message!



Say it

Share it

Self-Advocacy

If ever facing sexual assault

Name: _____

Domestic Violence Stats:

For More Stats, go to:

<https://www.justice.gov/ovw/domestic-violence>



Day 14

- Traits of unhealthy relationships: Sexual Abuse, Assault, Harassment, Rape, Predators, and Domestic Violence
- Dating and Domestic Violence
- Domestic Violence Fact Sheet and 5 Celebrity Public Service T.V. Ads

10 TIPS Successful Relationships

1. Be honest
2. Choose your partner carefully
3. Ensure your values match your partner's values
4. Know what makes a relationship work and go with the flow
5. Know what you want: communicate & compromise
6. Love yourself
7. Respect each other
8. Practice appreciation with one another
9. Have no expectations
10. Have fun and be positive

Did you write anything like these answers?:

1. "If you loved me, you'd respect me!"
2. "I'm not everybody."
3. "See 'ya!"
4. "I won't get pregnant if I don't have sex."
5. "Not yet."
6. "Ten let's wait until then."
7. "I have a right to change my mind."

-
- ## **Day 15, 16, 17: HEALTH VERSUS**
- Wrap up “Healthy Versus Unhealthy Activities”
 - Social media safety
 - Internet, party, and dating safety
 - “Sexuality 'Sorry' Game for Test Review”
 - “Sex Ed. Unit Test”
 - “Parent-Teen Communicator Homework”
 - “Role-Play Task Cards” writing assignment

Parent-Teen Communicator

Dear Parents or Guardians:

This month's Parent-Teen Communicator deals with the area of human sexuality. My hope is to allow you an opportunity to reinforce your values and communicate on this very important topic. You will have a chance to share with one another some of your beliefs and expectations about dating, relationships, marriage, sexual limits, and birth control. I hope these questions will give you the opportunity to discuss this sensitive topic in any way you feel comfortable.

The question is too personal, you are welcome to try the exercise anyway.

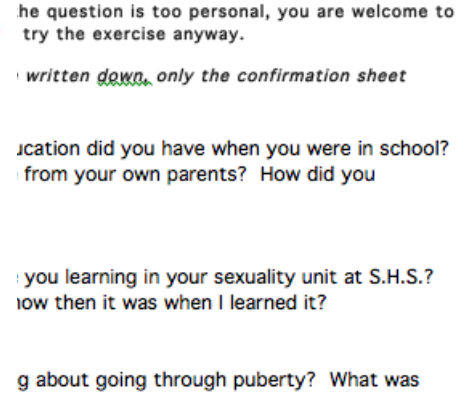
written down, only the confirmation sheet

Education did you have when you were in school?
from your own parents? How did you

Are you learning in your sexuality unit at S.H.S.?
How then it was when I learned it?

What about going through puberty? What was

This month's Parent-Teen Communicator deals with the area of human sexuality. My hope is to allow you an opportunity to reinforce your values and communicate on this very important topic. You will have a chance to share with one another some of your beliefs and expectations about dating, relationships, marriage, sexual limits, and birth control. I hope these questions will give you the opportunity to discuss this sensitive topic in any way you feel comfortable.



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Day 15, 16, 17: HEALTH VERSUS UNHEALTHY RELATIONSHIPS

- Wrap up “Healthy Versus Unhealthy Activity”
- Social media safety
- Internet, party, and dating safety
- “Sexuality 'Sorry' Game for Test Review”
- “Sex Ed. Unit Test”
- “Parent-Teen Communicator Homework” on Sexuality Topics
- “Role-Play Task Cards” writing assignment

-

Guess the average cost of raising a child until the age of 18 for a middle-income family in the U.S?



<https://nomedicaexamquotes.com/cost-of-raising-a-child-0-to-18/>

Day 18 + 19: THE CONSEQUENCES OF TEEN PREGNANCY

- “The Consequences of Teen Pregnancy” Statistics
- Video
- Household Simulation Activity



Day 20: GUEST SPEAKER

-Guest Speaker:

Doctor, Nurse, Reproductive Clinic Guest Speaker, Domestic Violence Counselor, Agency programs, staff member willing to share personal experiences or someone who has been a victim of assault or abuse.

This Program is all about the Students:

- ◆ Classroom “**teen-tested**,” teacher-approved, and full of real student examples and responses.
- ◆ Promotes **high student engagement and interaction**.
- ◆ **Challenges and impacts the mental, emotional, social life of teens.**

Buy it Today, Teach it Tomorrow!



What makes this program unique?

- ◆ This program features highly organized step-by-step teacher directions that follow daily PowerPoints, providing talking points for each slide.
- ◆ **Documents and PowerPoints are editable** to cater to you and your students needs. Documents are included in both **Word and PDF** formats.
- ◆ PowerPoints are full of trending topics, photos, and video links that teens will appreciate.

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**Thanks for
previewing!**

