

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

Sample Lesson Plan Overview:

Day 1: INTRODUCTION AND REPRODUCTION

- The overarching theme for this unit is “SEX IS A BIG DEAL!”
- Provide “Sexuality Opt-Out” information.
- Begin the introduction to Sex Ed by setting the tone for maturity and respect in the classroom.
- Cover the consequences of teen sex and highlight the value of choosing whether to have sex or to wait.
- Teach about the effectiveness of the reproductive systems.
- Show an engaging video on reproduction.

Day 2: FEMALE ANATOMY

- Discuss puberty and its effects on girls.
- Teach about female anatomy and related issues.
- Incorporate the “Love Language Survey” activity to foster self-awareness.

Day 3: MALE ANATOMY

- Address puberty and its effects on boys.
- Explore male anatomy and related issues.
- Provide tips for handling sexual pressures.
- Practice assertive comebacks to common sexual pressure lines.
- Share impactful true stories.
- Lead the “Sexual Pressures Flip Charts Project” activity.

Day 4: OPTIONAL BOYS AND GIRLS SEPARATE DAY

- Teach about understanding LGBTQIA+ identities and perspectives.
- For girls: Distribute and discuss the “Girl Talk Handout” and address breast cancer awareness.
- For boys: Discuss testicular cancer and its prevention.

Day 5-6: SEXUALLY TRANSMITTED INFECTIONS (STIs)

- Introduce and explain sexually transmitted infections (STIs).

- Show an educational S.T.I. video.
- Administer the "S.T.I. True-False Quiz."
- Use the "Sexually Transmitted Infections Slide Show" alongside the "Step-by-Step Teaching Script."
- Engage students in the "Communicable Diseases Card Game."
- Supplement learning with curated videos.

Day 7: HIV/AIDS

- Administer and correct the "H.I.V. / A.I.D.S. PowerPoint Quiz."
- Teach updated (2020) information about HIV/AIDS, including current research and statistics.
- Conclude with an impactful AIDS awareness video.

Day 8: ABSTINENCE AND SETTING SEXUAL LIMITS

- Continue the discussion on HIV and AIDS.
- Show an abstinence-themed video.
- Focus on setting sexual limits and choosing abstinence.
- Explore the "Emotional Consequences of Sex" through an interactive suitcase activity highlighting related emotions.

Day 9: WHAT IS LOVE AND ROMANCE?

- Discuss how self-esteem impacts relationships.
- Explore the concepts of "What is Love?" and "What is Romance?"
- Facilitate the "'What is Romance?' Art Project."
- Supplement with videos to deepen understanding.

Day 10: BIRTH CONTROL OPTIONS

- Cover various birth control methods along with 2020 statistics.
- Show video clips and/or PowerPoint slides on birth control.
- Provide the "Birth Control Worksheet" for further exploration.

Day 11: SEXUAL ASSAULT PART 1

- Teach key information about sexual assault, emphasizing that it's never the victim's fault.
- Discuss sexual harassment using the "Dear Abby" true story of a teen facing harassment at work.
- Introduce the "SEE IT, SAY IT, SHARE IT" sexual abuse prevention model.
- Show "No More Public Service Announcement" videos.

Day 12-13: SEXUAL ASSAULT PART 2

- Discuss recent news stories about sexual allegations and women coming forward.
- Apply the "SEE IT, SAY IT, SHARE IT" sexual abuse prevention model to real-world examples.

- Highlight testimonies from Reese Witherspoon, America Ferrera, and Jennifer Lawrence.
- Explain the origins of the #METOO movement and its significance.
- Share tips for preventing sexual assault and what steps to take after an assault.
- Provide insights into building healthy relationships.
- Begin the “See It-Say It-Share It” quilt project using provided templates.
- Discuss suggested project topics.
- Show a date rape video to reinforce learning.
- Work on the quilt project collaboratively.

Day 14: HEALTHY VS. UNHEALTHY RELATIONSHIPS

- Identify the traits of unhealthy relationships, including abuse, harassment, and domestic violence.
- Provide education on dating and domestic violence.
- Share the Domestic Violence Fact Sheet and 5 Celebrity Public Service TV Ads.
- Lead the “Healthy vs. Unhealthy Relationships” activity.
- Encourage self-reflection with the iPad screensaver self-esteem activity.
- Begin a unit test review.

Day 15-17 (Optional): MORE ON RELATIONSHIP SAFETY AND UNIT ASSESSMENT

- Conclude the “Healthy vs. Unhealthy Activity.”
- Teach social media safety tips.
- Provide guidance on internet, party, and dating safety.
- Host a fun “Sexuality Board Game” as a test review activity.
- Administer the “Sex Ed. Unit Test.”
- Assign the “Parent-Teen Communicator Homework” on sexuality topics.
- Facilitate the “Role-Play Task Cards” writing assignment.

Day 18-19: THE CONSEQUENCES OF TEEN PREGNANCY

- Present statistics on “The Consequences of Teen Pregnancy.”
- Supplement with educational videos.
- Facilitate the “Household Simulation Activity” to illustrate the challenges of teen pregnancy.

Day 20: GUEST SPEAKER

- Invite a guest speaker such as a doctor, nurse, reproductive clinic representative, domestic violence counselor, or someone willing to share personal experiences related to assault or abuse.