



**Comprehensive Sexual Health Education**  
High School Curriculum Overview and Video Links  
*Rights, Respect and Responsibility*



Basic Information				
High School <a href="#">Opt Out Form</a> (other languages available on <a href="#">district website</a> )	Advocates for Youth 3R's <a href="#">Teacher Guide</a>	<a href="#">Guide</a> to Trauma-Informed Sex Education	AMAZE for Educators <a href="#">Website</a>	Planned Parenthood <a href="#">Sed Ed Kits</a>

Comprehensive Sexual Health Education [PRE-Survey](#) for high school students. Please have your students complete this anonymous survey **before** teaching all 12 lessons.

Comprehensive Sexual Health Education [POST-Survey](#) for high school students. Please have your students complete this anonymous survey **after** teaching all 12 lessons.

This document provides a brief summary of each lesson that addresses the California Healthy Youth Act (AB 329) as required by state law. For the full lesson, please follow the attached hyperlink “High School Lesson...” Lessons will be primarily taught in High School Biology. For information on the curriculum used in addition to the lesson plans, please visit: <http://advocatesforyouth.org/>

**High School (Biology)**

**[HS Lesson 1 - Understanding Gender](#)\***

This lesson focuses on the difference between gender, gender identity, biological sex and sexual orientation. In addition, students identify “gender scripts” prevalent in their culture and experiences.

Videos and additional resources used in lesson:

[My Friend is Transgender](#)

*\* Includes suggested accommodations for learners of all abilities*

To provide feedback for High School Lesson 1, click [here](#)

**[HS Lesson 2 - Sexual Decision Making](#)\***

This lesson engages students in developing skills to communicate sexual boundaries with a partner. Prior to this, students identify reasons to engage or not engage in sexual behaviors and their “readiness” to do so.

Videos and additional resources used in lesson:

N/A

*\* Includes suggested accommodations for learners of all abilities*

To provide feedback for High School Lesson 2, click [here](#)

**[HS Lesson 3 - Rights, Respect and Responsibility](#)\***

This lesson begins with an introductory discussion to the word “consent”. Students eventually engage in discussion and practice around scenarios where consent is clear and when it is not.

Videos and additional resources used in lesson:

<https://www.youtube.com/watch?v=laMtr-rUEmY>

- This video highlights what is consent and what is not consent using a trivial example (borrowing someone's phone).

<https://www.youtube.com/watch?v=pZwvrXVavnQ>

- This video is another opportunity for students to get clarity on what is or isn't consent.

<https://www.youtube.com/watch?v=KBwOYQd21TY>

- This is the trailer for "Pitch Perfect 2" Students only watch the last 30 seconds and have a discussion regarding the consent offered in the situation

*\* Includes suggested accommodations for learners of all abilities*

To provide feedback for High School Lesson 3, click [here](#)

#### **HS Lesson 4 - Planning and Protection: Avoiding or Managing STIs (Sexually Transmitted Infections)\***

This lesson explores the ways of avoiding or managing STIs (including abstinence as the only 100% effective way of preventing pregnancy and STIs). Students are exposed to local resources to get testing and treatment if needed.

Videos and Resources

<https://youtu.be/zP3y6yTbcio>

- This video explores myths associated with STIs (STDs). This is a part of a homework assignment but may be used during classroom instruction

*\* Includes suggested accommodations for learners of all abilities*

To provide feedback for High School Lesson 4, click [here](#)

#### **HS Lesson 5 - Getting Savvy about STI Testing\***

In this lesson, students are engaged in the importance of STI testing and treatment and their rights regarding testing and treatment - including the nature of HIV, transmission, prevention and treatment. HIV stigma is also addressed to encourage students to get tested if they are sexually active.

Videos and additional resources used in lesson:

<https://www.youtube.com/watch?v=89Cqx18fFb8>- A comical commercial urging viewers to get tested for STIs if they are sexually active. \* SCUSD is currently unable to unblock this video and make it available.

Please use [Amaze.org](https://www.amaze.org) instead to show [videos on STI's](#) such as the one on STI and Testing.

<https://vimeo.com/43631114>

- This video outlines the importance of talking about sexual health. The video additionally discusses strategies of "how" to talk about sexual health with medical professionals and trusted adults/ peers. \*\* Because this video is on Vimeo it may be blocked on student chromebooks. You may need to play this video on your teacher laptop/district wifi/projector.

<https://gettested.cdc.gov/>

- This is a CDC (Center for Disease Control) managed resource for students to find nearby STI/STD testing and treatment centers

*\* Includes suggested accommodations for learners of all abilities*

To provide feedback for High School Lesson 5, click [here](#)

#### **HS Lesson 6 - HIV Now, Testing and Treatment**

In this lesson, students define and differentiate between HIV and AIDS and begin to breakdown the stereotypes associated with them. They are then engaged in modes of transmission for HIV, medical advances made thus far including treatment (including pre-exposure prophylaxis, post-exposure prophylaxis and antiretroviral therapy).

Videos and additional resources used in lesson:

<https://www.youtube.com/watch?v=9CmnJvGJFGY>

- This video sponsored by UNICEF begins to break down HIV stigma and myths around who is impacted. It encourages students to “show their love” regardless of HIV status and encourages students to know their status and get tested.

To provide feedback for High School Lesson 6, click [here](#)

### **[HS Lesson 7 - Know Your Options](#)**

In this lesson, students will build their knowledge of effective birth control methods as well as factors that have an impact on birth control success. In addition, students engaged in reasons to use birth control outside of pregnancy prevention (i.e. - menstrual cycle management).

Videos and additional resources used in lesson:

<https://www.your-life.com/en>

- This resource outlines the various FDA approved contraception methods - including pros/cons

<https://www.your-life.com/en/contraception-methods/which-contraception-is-right-for-me/>

- During instruction, students integrate their life circumstances and beliefs to determine which method of contraception is right for them using this website as a tool.

To provide feedback for High School Lesson 7, click [here](#)

### **[HS Lesson 8 - Using Condoms Effectively](#)**

In this lesson, students are engaged in the correct steps to use an internal and external condom. Teachers may demonstrate how to correctly use an external (male condom). *Please note that it is not permitted for teachers to provide condoms to students outside of demonstration purposes. All demonstration materials must be collected and accounted for at the end of instruction.*

Videos and additional resources used in lesson:

<http://www.teensource.org/condoms/free>

- This website is shared with students - their information can be entered and they can have free condoms delivered to their address.

To provide feedback for High School Lesson 8, click [here](#)

### **[HS Lesson 9 - What are My Reproductive Rights?](#)**

In this lesson, students engage in online computer research to respond to 4 scenarios regarding reproductive decision making. Student’s rights are clarified in regards to the California Minor Consent Law - cards are provided to students and are attached in the lesson plan.

Videos and additional resources used in lesson:

N/A

To provide feedback for High School Lesson 9, click [here](#)

### [HS Lesson 10 - Is it Abuse If..?](#)

In this lesson, students engage in the 5 different types of relationship abuse and students examine their own beliefs when it comes to abuse and dating violence. Students are provided resources to access if they or someone they know is in an abusive relationship.

Videos and additional resources used in lesson:

<https://www.youtube.com/watch?v=Wss6CvUve68>

- This student-made video highlights realities and awareness of teen dating violence

*To provide feedback for High School Lesson 10, click [here](#)*

### [HS Lesson 11 - My Life, My Decisions](#)

In this lesson, students reflect on the messages (and factors) they have received in their life regarding sexuality and the extent those messages have impacted their decision making.

Videos and additional resources used in lesson:

N/A

*To provide feedback for High School Lesson 11, click [here](#)*

### [HS Lesson 12 - Understanding Human Trafficking](#)

In this lesson, students are provided with information on sex and labor trafficking, risk factors and recruiting tactics, legal aspects of trafficking under state and federal law, and how culture and mass media influence and desensitize people toward exploitation. They will learn about vulnerabilities and will be equipped with practical tools to keep themselves and their community safe.

Curriculum Guide can be found [here](#).

SCUSD Teacher, Shana Just, created a Nearpod for this lesson you may use with your students- click [here](#).



### [Teacher Feedback Survey](#)

**Please complete the teacher feedback survey to help improve our comprehensive sexual health program.**

Questions or Concerns? Please reach out to:

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