

Live Well: Reproductive and Sexual Health

Content Selection Guide

Choose from a menu of 16 lessons to customize your instructional materials! With Live Well: High School Health, educators may choose the Reproductive and Sexual Health content that best meets the needs of their district, school, and students.

Through our Human Kinetics (HK) Interactive Web Text, districts, schools, and teachers assign content at the lesson level. For example, if you want students to study the lesson that exclusively focuses on Abstinence, assign that lesson. The students will not have access to the more detailed Abstinence and Contraception lesson unless you specifically assign it to them. This level of customization is available for each lesson in ***Live Well: Reproductive and Sexual Health***.

The following chart breaks down lessons that cover foundational topics versus lessons that are comprehensive and use more inclusive language.

Lesson Options at a Glance

Foundational Lesson Topics	Comprehensive Lesson Topics with Inclusive Language
Abstinence	Abstinence and Contraception
Adolescence and Puberty	Teens and Identity Exploration
Conception and Pregnancy (omits the topic of abortion)	Conception and Pregnancy (includes the topic of abortion)
Female Reproductive System	Reproductive System in People With Ovaries
Male Reproductive System	Reproductive System in People With Testicles
Relationships and Communication Skills	
Dating Relationships	Dating Relationships w/ Inclusive Language
Sexually Transmitted Diseases	Sexually Transmitted Diseases, Including HIV and AIDS
	Sexual Activity and Affirmative Consent

Each lesson of ***Live Well: Reproductive and Sexual Health*** comes with supporting ancillaries for students and teachers. These materials are designed to progress student learning in a way that builds critical health skills grounded in functional health knowledge. Each lesson has a corresponding lesson planning chart with links to all associated instructor and student resources. Many of the ancillary materials are modifiable to allow teachers to make adjustments that best suit the characteristics and

readiness of their students, the unique and nuanced standards and expectations of their school districts and states, and the specific strengths of the teachers themselves.