

Personal and Sexual Health Course Outline

Lesson 1: Intro to sexual health

- Lesson activity: Coming up with guidelines that the class can follow as we talk about sensitive subjects.
- Lesson activity: Sexual health myths

Lesson 2: Understanding the male and female reproductive systems

- Lesson activity: 2D anatomy identifying various parts and functions, understanding menstrual cycle, and how pregnancy occurs.

Lesson 3: Sexual health services, medical professionals, parents, and resources regarding sexual health

- Lesson activity: What types of services exist and what are their purposes
- Lesson activity: Recognizing that sexual health and abstinence is an individual responsibility.

Lesson 4: Benefits of abstinence, Alcohol and other drugs as it relates to sexual behavior (Risks associated)

- Lesson activity: Decision making skills
- Lesson activity: Influence and peer pressure refusal skills

Lesson 5: Media and technology as it relates to sexual health

- Lesson activity: Analyze how media and technology influences or creates negative norms and risky sexual behavior. Also, looking at ways that media supports abstinence and positive sexual health.

Lesson 6: Consent and personal limits, overall sexual decision-making skills

- Lesson activity: Decision making skills
- Lesson activity: Influence and peer pressure refusal skills
- Role play scenarios

Lesson 7: STDs, STIs, pregnancy prevention, and other health related risks to sexual health

- Lesson activity: Personal responsibility to keep self and partner free of diseases
- Lesson activity: Avoiding pregnancy: Abstinence, birth control, condoms
- Lesson activity: Proper condom use

Lesson 8: STDs, STIs. How they are transmitted, what they are

- Lesson activity: Identifying curable vs non curable stds
- Lesson activity: Identifying services that check for stds/stis
- Lesson activity: STI & STD myths

Lesson 9: Risk factors surrounding STI & STDs

- Lesson activity: Analyzing risk factors

Lesson 10: Resources specific to STI & STDs and Advocate

- Lesson activity: Where someone can get tested, what and how they test for specific infections.
- Lesson activity: Advocate for reducing the risk of early pregnancy and STD/STIs

For specific course questions, please contact Dr. Ed Jodlowski, OHS Principal

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