8th grade Comprehensive Sexual Health Lessons

California Health Content Standards

Standard 1: Essential Concepts

1.2.G Summarize the human reproduction cycle.

1.3.G Explain the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy.

1.4.G Explain how conception occurs, the stages of pregnancy, and the responsibilities associated with parenting.

1.5.G Explain the effectiveness of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and unintended pregnancy.

1.6.G Identify the short- and long-term effects of HIV, AIDS, and other STDs.

1.7.G Identify ways to prevent or reduce the risk of contracting HIV, AIDS, and other STDs.

1.8.G Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation.

1.9.G Explain why individuals have the right to refuse sexual contact.

1.11.G Explain why rape and sexual assault should be reported to authorities and trusted adults.

1.11.S Describe the differences between physical, verbal and sexual violence

1.12.G Describe responsible prenatal and child care, including California's Safely Surrendered Baby Law.

Standard 2: Analyzing Influences

2.2.G Evaluate how culture, media, and other people influence our perceptions of body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation.

Standard 3: Accessing Valid Information

3.1.G Identify trusted adults in one's family, school, and community for advice and counseling regarding reproductive and sexual health.

3.2.G Locate medically and scientifically accurate sources of information on reproductive health.

3.3.G Identify health care providers for reproductive and sexual health services.

Standard 4: Interpersonal Communication

4.2.G Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and unintended pregnancy.

4.3.G Use healthy and respectful ways to express friendship, attraction, and affection.

4.5.G Demonstrate how to ask for help from parents, other trusted adults, or friends when pressured to participate in sexual behavior.

Standard 7: Practicing Health-Enhancing Behaviors

7.1.G Describe strategies for refusing unwanted sexual activity.

SEL Competencies (Delivered in Academy Homerooms)

Self-awareness: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

- Identifying one's emotions
- Linking feelings, values, thoughts
- Experiencing self-efficacy

Self-management: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

- **Exhibiting self-discipline and self-motivation**
- **Setting personal and collective goals**

Social awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

- **Taking others' perspectives**
- **Recognizing strengths in others**
- **Demonstrating empathy and compassion**
- **Showing concern for the feelings of others**
- **Recognizing situational demands and opportunities**

Relationship skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

- Communicating effectively
- Developing positive relationships
- Seeking or offering support and help when needed
- Standing up for the rights of others

Responsible decision-making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. Responsible Decision Making

- Anticipating and evaluating the consequences of one's actions.

Sexual Health Unit (Delivered in Science Classes)

Students will be able to:

- Describe the nature and transmission of HIV and other sexually transmitted infections (STIs)
- –Explain HIV and STI prevention and treatment
- Understand social views of HIV and AIDS, including stereotypes and myths HIV and AIDS Social Issues
- Describe the effectiveness and safety of all FDA-approved contraceptive methods
- Explain the importance of prenatal care
- List all legally available pregnancy outcomes, including parenting, adoption, and abortion
- Describe California's Newborn Safe Surrender Law and minor health care rights
- Identify health care providers for reproductive and sexual health services

Lesson Resources -

- Microbiology of Infectious Disease - Virus, Bacteria and Parasite
    - Lesson Plan Resources: MicroMatters, Microbes and Disease
    - Transmission of Disease Direct Transmission Simulation or Science-Health Partnership
    - *Simulations - Buzz, Buzz Bite*

- Sexually Transmitted Infections, HIV and AIDS
    - Lesson Plan Resources: HIV, AIDS and STD Basics or STI Smarts
        - PowerPoints: Some STD
        - *History of HIV at 30*
        - *Stereotypes and Myths*
        - *HIV Transmission Puzzle*
    - Activity: Posters STD Transmission and Prevention
        - Resources: CDC STI Fact Sheets and CDC HIV/AIDS

- Review Reproductive System and Conception, Birth Control Basics

- Lesson Plan Resources: Everybody's Got Body Parts, or Menstruation and Pregnancy
  - Support Materials: Menstruation and Fertility PPT
- Activity: Quiz, Quiz Trade
- Abstinence, Pregnancy options and LocalResources: Contra Costa County Youth Health Services Planned Parenthood Walnut Creek, Minor Consent, Newborn Safe Surrender American Academy of Pediatrics Help Pregnant Teens Know their OptionsFDA approved contraceptive methods
  - Lesson Plan Resources: Birth Control Basics or Birth Control Basics
    - PowerPoints: Menstruation and Pregnancy; Birth Control Basics
- Activity: Worksheet and Bedsider Website

Healthy Relationships (Delivered to History Classes)

Students will be able to:

- Practice identifying healthy and unhealthy characteristics in a relationship.
- Understand the difference between flirting and hurting/sexual harassment
- Define sexual assault, human trafficking, adolescent relationship abuse and intimate partner violence.
- Understand the difference between biological gender, gender identity and sexual orientation.
- Practice assertive communication and authentic consent

HEALTHY RELATIONSHIPS SLIDE DECK

GENDER DIVERSITY SLIDE DECK

Lesson Resources:

Gender & Sexual Orientation

- Understanding Gender (Gender Spectrum)
- Sexual Orientation, Behavior and Identity; Blue is for Boys, Pink is for Girls . . Or are they?

Sexual Harrassment, Sexual Abuse and Human Trafficking

- Warning Signs: Understanding Sexual Abuse and Assault (Advocates for Youth)
- Understanding Sexual Assault & Human Trafficking: Setting Clear Boundaries (SFUSD);
    - Steps to Stop Sexual Harassment
    - Love is Respect

Healthy Relationships

- Healthy and Unhealthy Relationships (CA H Framework)

Communication and Authentic Consent

- Let's Talk About Sex (Advocates for Youth);
- Authentic Consent (SFUSD)
    - Videos: 2 Minutes will Change the Way You Think About Consent; Tea Consent; Consent for Kids