

CURRICULUM OUTLINE

Our full student series is made up of five 30-35 minute lessons. These lessons can be presented in 3 different formats: 1) in-person, 2) video, or 3) zoom/google classroom. We have outlined an overview of each lesson below.

Lesson 1: Let's Talk About Sex

1. Self-Worth & Respect
2. Media's Influence & Messaging About Sex
3. Defining Sexual Chemistry: Mind, Body, & Heart

Lesson 2: Real Risks of Sexual Activity

1. Defining Sexual Activity
2. Real Risks of Sexual Activity: Emotional & Physical
3. Defining Sexually Transmitted Diseases & Infections

Lesson 3: Real Risks of Sexual Activity: Pregnancy & Prevention

1. Stages of Pregnancy
2. Unplanned Pregnancy Options
3. Contraception & Effectiveness

Lesson 4: Dating & Healthy Relationships

1. Defining a Healthy Relationship
2. Relationship Spectrum: Healthy, Unhealthy, Abusive
3. Legal Boundaries in Relationships: Sexual Harassment, Sexting, and Consent

Lesson 5: Making Healthy Choices for the Future

1. Importance of Setting Goals
2. Identifying a Good Support System
3. Avoiding Pitfalls