

TEEN HEALTH

“Sex Education for Young People”

7TH AND 8TH GRADE

FREEDOM ROAD:

- *Introduce self and classroom rules**
- *Encourage students to talk with parents about sex**
- *Give suggestions on how to talk with parents about sex**
- *Define abstinence and the importance of waiting for marriage**
- *Hand out Freedom Road cards and discuss future decisions**
- *Discuss affective decision making skills to avoid risky activity**

ANATOMY AND PUBERTY:

- *Define anatomy**
- *Present male and female anatomy models**
- *Discuss male puberty changes related to testosterone**
- *Discuss female puberty changes related to estrogen**
- *Introduce gender definitions; identity and expression**
- *Encourage healthy body image and attitudes towards sex**

SEXUAL HARASSMENT:

- *Define sexual harassment in school**
- *Discuss the sexual harassment law**
- *Present examples of sexual harassment including social media**
- *Discuss the harm of negative gender stereotypes**
- *Discuss how to handle incidents of sexual harassment**
- *Stress importance of appropriately presenting yourself**

HIV/AIDS:

- *Define HIV/AIDS and present a brief history**
- *Discuss how the T-cell is infected with HIV**
- *Show 7 minute video on the T-cell**
- *Present body fluids that can transfer HIV**
- *Show where and how HIV can enter the body**
- *Discuss HIV blood transmission; use of drug needles/sharing**
- *Instruct students on locations for HIV blood tests:**
 - Personal physician, Health Department**
- *Highlight antiretroviral therapy for:**
 - Prolonged life in an HIV patient**
 - Reduction in transmitting HIV**
- *Discuss HIV/AIDS prevention and risk reduction:**
 - Abstinence**
 - Avoid IV drug use**
- *Discuss people living with HIV/AIDS:**
 - Social views**
 - Unfounded myths**
 - Stereotypes**

HOW TO WAIT:

- *Discuss future and encourage abstinence until marriage**
- *Hand out commitment cards**
- *Show “Abstinence is the Right Choice” video**
- *Video portrays teens:**
 - Avoiding high risk activities**
 - Using refusal skills**
 - Responding to manipulative lines**
 - Overcoming peer pressure**
 - Suggesting alternate activities to sex**
 - Delaying sexual activity**
- *Hand out “I’m worth waiting for” sticker**

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RELATIONSHIPS:

- *Define relationship
- *Discuss foundations for healthy relationships
- *Define gender: identity and expression, and sexual orientation
- *Present weaknesses and strengths of relationships
- *Define sexual manipulation and give examples
- *Discuss incidents of intimate partner violence;
 - Relationship abuse and sexual assault
- *Discuss value of committed relationships like marriage

SEXUALLY TRANSMITTED DISEASES:

- *Define sexually transmitted disease
- *Discuss risks of sexual activity and consequences
- *Discuss condoms reducing the risk of STD's
- *Discuss STD's affect on the female/male reproductive system
- *Present STD's: HPV, Herpes, Chlamydia, and Gonorrhea
- *Discuss treatment, vaccinations and cures for STD's
- *Show: "Sex is Not a Game"
- *10 minute video discusses
 - Sexual Manipulation
 - Taking responsibility for sexual health
 - Molestation and sexual abuse

PREGNANCY:

- *Encourage students to involve parents when pregnant**
- *Explore reasons why teenagers aren't ready for pregnancy**
- *Discuss reasons for teen pregnancy**
- *Present practical lesson on financial hardship/responsibility**
- *Highlight pregnancy options including:**
 - Parenting**
 - Abortion**
 - Adoption**
 - Save Haven/Baby Surrender Law**

BIRTH CONTROL:

- *Encourage self control as the best birth control**
- *Give definition and examples of self control**
- *Discuss the number of pregnant teenagers in the US**
- *Present birth control**
 - Diaphragm**
 - Spermicidal Foam**
 - Sponge**
 - Condoms (male/female)**
 - Birth Control Pill**
 - Depo-Provera**
 - Birth Control Patch**
 - Nuva Ring**
 - Hormonal Implants**
 - IUD**
- *Discuss how birth control works**
- *Discuss side affects of hormone based birth control**
- *Discuss Emergency contraception/Plan B**
- *Reinforce abstinence as the only 100% affective birth control**

LIFE'S GREATEST MIRACLE:

- *Discuss Safe Haven/Baby Surrender law**
- *Discuss drugs, alcohol, and cigarettes when pregnant**
- *Show an edited version of "Life's Greatest Miracle"**
 - Video shows:**
 - Reproductive anatomy of male and female**
 - Egg and sperm production**
 - Fetal development beginning with the sperm and egg**
 - No live birth is shown**
- *Pass around fetal models**

DANGERS OF SOCIAL MEDIA:

- *Define social media**
- *Discuss reasons pornography is harmful**
- *Discuss sexual trafficking and its' relation to social media**
 - The lure of social media and teenagers**
 - Sexual predators connection to social media**
 - Sexting and its consequences regarding laws**
 - Posting detailed information and its longevity**
- *Pass out commitment cards**
- *Pass out wristbands to complete class**

QUESTIONS: EMAIL teenhealth.inc@gmail.com

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