

Sexual Health Education

Scope and Sequence for Pre-K to Grade 12

Pre-Kindergarten to Grade 2 Rationale

Children in Pre-K through 2nd grade are curious, impressionable and reliant on others. Regarding sexuality, children have a natural curiosity about their bodies, as well as the basics of family structures and reproduction. In addition, children require an understanding of how their bodies are private to others and the skill set of seeking support when needed or wanted. Therefore, the Pre-K-2nd grade units/lessons were created to provide students with basic human sexuality understandings, as recommended by the National Sexuality Education Standards and Erin's Law, as well as practice in the health enhancing behaviors of basic effective communication and self-management skills (National Health Education Standards 4 & 7).

Pre-K & Kindergarten

Theme: Our Happy and Healthy Classroom

Lesson 1: Our Happy and Healthy Classroom Community – Students establish classroom expectations with the help of their teacher that should be followed to maintain a comfortable and safe classroom community.

Lesson 2: Different Types of Families in Our Homes – Students learn about different family structures and how to treat all families with respect.

Lesson 3: Expressing Our Feelings – Students learn about feeling words and how to express their feelings using “I feel” statements.

Lesson 4: Our Safety Network – Students identify trusted adults in their Safety Network and at school.

Lesson 5: Understanding Our Bodies – Students identify public and private body parts using medically-accurate terms. ***This lesson supports Erin’s Law requirements.***

Lesson 6: Safe and Unsafe Touches – Students learn that no one is allowed to touch their private parts without permission. ***This lesson supports Erin’s Law requirements.***

Lesson 7: Surprises vs Tell Secrets – Students learn the difference between surprises and secrets that should be told to a trusted adult. ***This lesson supports Erin’s Law requirements.***

Lesson 8: Assessing What Was Learned – Students apply what they have learned in previous lessons.

1st Grade

Theme: Our Happy and Healthy Classroom

Lesson 1: Our Happy and Healthy Classroom Community – Students establish classroom expectations with the help of their teacher.

Lesson 2: Sharing Our Feelings – Students learn ways to express their feelings with “I feel” statements.

Lesson 3: Families in Our Homes – Students learn about different family structures and how to treat all families with respect.

Lesson 4: Families Change – Students explore ways that a family can change and how to handle feelings that come with a changing family.

Lesson 5: Our Friendships – Students identify characteristics of a friend and learn how to express their feelings with each other in a healthy way.

Lesson 6: Safe and Unsafe Touches – Students learn to distinguish between friendly, safe, and unsafe touches and how to respond to unsafe touches. ***This lesson supports Erin’s Law requirements.***

Lesson 7: Surprises vs Tell Secrets – Students learn strategies to tell a trusted adult secrets that make them scared or uncomfortable. ***This lesson supports Erin’s Law requirements.***

Lesson 8: Sharing What We Have Learned – Students apply what they have learned in previous lessons.

2nd Grade

Theme: Our Healthy and Happy Classroom Community

Lesson 1: Our Happy and Healthy Classroom Community – Students establish classroom expectations with the help of their teacher.

Lesson 2: What to Do When Words or Actions Hurt – Students identify forms of bullying and what to do if they see someone being bullied.

Lesson 3: Our Bodies and Our Spaces – Students learn about the body, including medical accurate terms for genitalia. ***This lesson supports Erin’s Law requirements.***

Lesson 4: Stopping Gender Bullying – Students learn how to identify and address gender bullying.

Lesson 5: Lessening the Spread of Germs – Students learn how germs are spread and they practice ways to decrease the transmission of germs.

Lesson 6: My Body is Mine – Students review the concepts of surprises and tell secrets that should be told to a trusted adult. ***This lesson supports Erin’s Law requirements.***

Lesson 7: Our Families – Students review the diversity of family structures and how to be respectful of all families.

Lesson 8: Living and Non-Living Things (+ Reproduction) – Students compare and contrast living and non-living things, including that living things reproduce.

Lesson 9: Teaching Others – Students create commercials to teach others what they have learned in previous lessons.

Grade 3 to Grade 5 Rationale

Children in 3rd through 5th grade are curious, impressionable and beginning to become more self-reliant as well as more aware of their peers. Regarding sexuality, children have a natural curiosity of their bodies, as well as the basics of family structures, reproduction, and personal relationships. In addition, they require the understanding of how their behaviors influence others, particularly in bullying situations, that their bodies are private to others, and the skill set to seek out support when needed or wanted. These units/lessons were created to provide students in 3rd-5th grade with basic human sexuality understandings, as noted by the National Sexuality Education Standards, as well as basic effective communication, self-management, and decision making skills (National Health Education Standards 4, 5, & 7).

3rd Grade

Theme: Becoming UPSTANDERS!

Lesson 1: Becoming Upstanders! – Students establish classroom expectations and learn how to treat others with respect by becoming upstanders in their communities.

Lesson 2: Health vs Unhealthy Relationships – Students learn what constitutes a healthy and unhealthy relationship.

Lesson 3: Being an Upstander to Myself – Students explore the concepts of self-esteem and self-efficacy.

Lesson 4: Being an Empathetic Buddy – Students learn about empathy and sympathy and practice being empathetic in small groups.

Lesson 5: Being an Upstander Buddy – Students explore actions that can take it they see someone being bullied.

Lesson 6: The Power of Words – Students learn how words can be hurtful in person and online and how to respond to hurtful words used online.

Lesson 7: My Body is Mine – Students review surprises and tell secrets that should be told to a trusted adult. ***This lesson supports Erin’s Law requirements.***

Lesson 8: Reviewing How to be an Upstander for Safety – Students learn basic safety concepts and revise a story to incorporate safety habits. ***This lesson supports Erin’s Law requirements.***

Lesson 9: Teaching Others to be an Upstander – Students create a story to teach others what they have learned in previous lessons.

4th Grade

Theme: My Healthy Habits/Sexual Health Unit

Lesson 1: Introduction to My Healthy Habits Unit (Family Life/Sexual Health Unit) – Students establish classroom expectations, evaluate their own healthy habits, and practice breathing exercises.

Lesson 2: Taking Care of Our Bodies with Basic Hygienic Habits – Students learn about and present on basic hygienic habits.

Lesson 3: Puberty – What is Puberty Part 1 – Students learn about the basic physical, mental, emotional and social changes that occur during puberty for most people.

Lesson 4: Puberty – What is Puberty Part 2 – Students continue to learn about the changes that occur during puberty and how experiences during puberty are different for everyone.

Lesson 5: Puberty – Changes that Occur to Most Boys and Girls – Students continue to learn about changes that occur during puberty with a focus on physical changes that occur for most males and most females and healthy hygienic practices during puberty.

Lesson 6: Standing Up for Our Social Health – Students identify situations in which someone is being bullied and effective ways to intervene.

Lesson 7: Talking Safely Online – Students identify the differences and similarities between in-person and online friends and private information that should not be shared online.

Lesson 8: The “NO!”, Go, Tell Healthy Habit – Students review safe and unsafe touches and practice ways to protect themselves in unsafe situations. ***This lesson supports Erin’s Law requirements.***

Lesson 9: My Healthy Habits Now – Students evaluate habits that affect their health and wellness and practice breathing exercises.

5th Grade

Theme: Being a Healthy Pre-Teen (for one’s Sexual Health)

Lesson 1: Decision Making 101 for Our Pre-Teen Health Unit – Students establish classroom expectations and review decision making skills.

Lesson 2: The Basics of Going Through Puberty – Students explore common changes that most people experience during puberty, regardless of gender.

Lesson 3: Applying the DECIDE Model to the Basics of Going Through Puberty – Students review the steps in a decision-making model and apply these steps to a situation pertaining to puberty.

Lesson 4: Puberty Changes for Most Males and Most Females (+ body parts) – Students identify the parts and function of the reproductive systems for most males and most females.

Lesson 5: Applying the DECIDE Decision-Making Steps to Common Puberty Changes – Students apply the DECIDE decision-making steps to a situation involving puberty through a role-play scenario.

Lesson 6: The Facts About Germs and HIV – Students review the transmission of germs, learn about communicable and non-communicable diseases, and are introduced to HIV as a bloodborne virus.

Lesson 7: Social Changes: Being Clear with Your Friends – Students learn different types of communication and practice refusal skills in situations where they are experiencing peer pressure.

Lesson 8: What is LOVE? – Students explore the difference between “liking” and “loving” someone and discuss sexual orientation.

Lesson 9: Decisions a 5th Grader Can and Cannot Decide Upon – Students learn about Illinois laws regarding consent and review safe and unsafe touches. ***This lesson supports Erin’s Law requirements.***

Lesson 10: Why Do We Go Through Puberty? – Students are introduced to concepts in human reproduction and explore how puberty prepares the body for reproduction.

Lesson 11: Decisions About Protecting Yourself – Abstinence is stressed as a developmentally appropriate sexual practice. Hormonal and barrier methods of contraceptives are introduced as ways to prevent pregnancy and STIs.

Lesson 12: Decision-Making Application for Being a Healthy Pre-Teen – Students apply the decision-making steps to a personal decision they will likely make over the next year.

Grade 6 Rationale

As youth age, they continue to make an increasing number of decisions within their lives, including those pertaining to their sexual health. The 6th grade Sexual Health Unit revisits the DECIDE Decision Making Steps introduced in 5th grade to further strengthen students' application of healthy decision making (National Health Education Standard 5). These steps are applied to the variety of age-appropriate and developmentally appropriate sexual health topics for pre-teens, as recommended in the National Sexuality Education Standards. Students are challenged to explore who they are and the decisions they may make as a pre-teen.

6th Grade

Theme: Decision Making – Who am I?

Lesson 1: Decision Making 102: Who Am I? – Students establish classroom expectations and review steps in the decision-making process.

Lesson 2: Change is a Natural Occurrence for All of Us (puberty review) – Students review common changes that occur during puberty and identify websites that contain medically-accurate information about puberty for 6th graders.

Lesson 3: The Realities of Puberty and Decision-Making – Students explore common situations that occur for most males and most females during puberty and apply the decision-making steps to a situation pertaining to puberty.

Lesson 4: Everyone Deserves Acceptance and Respect – Students distinguish between gender identity, gender expression, and sex assigned at birth. They analyze the Chicago Public Schools Guidelines pertaining to identity.

Lesson 5: The Realities of Puberty and the Decision Making Required – Students learn about reproduction, pregnancy, fetal development, and prenatal practices that contribute to a healthy pregnancy.

Lesson 6: Deciding What to Believe Online... Being a Sexual Sleuth – Students demonstrate an understanding of how to determine if a website is medically-accurate, age-appropriate, and youth-positive.

Lesson 7: Chatting Safely Online – Students reflect on what information is safe to share online and learn to recognize red flag feelings when chatting online and how to respond.

Lesson 8: Understanding Romantic Relationships – Students discuss the similarities and differences between friendships and romantic relationships.

Lesson 9: Liking and Loving – Now and When You are Older – Students review non-sexual activities to show affection, recall types of sexual contact, and recall the terms abstinence, consent and boundaries.

Lesson 10: Demonstrating Assertive Decision Making – Students learn about different forms of communication and decision making surrounding sexual health and practices. Students will also discuss consent and identify a trusted adult to whom they can report sexual assault or rape. ***This lesson supports Erin’s Law requirements.***

Lesson 11: Decisions About Protecting Yourself – Students identify abstinence as the developmentally appropriate sexual behavior for 6th graders. Students learn the benefits, risks, and effectiveness of various types of contraceptive methods, including abstinence, withdrawal, barrier methods, and hormonal methods. Students review signs and symptoms of pregnancy.

Lesson 12: Decision Making Application for Our Unit Titled “Who I Am?” – Students apply a decision-making model to a realistic sexual health decision.

Grade 7 Rationale

*Exposure to influences, including the media and peers, increase as youth age. The 7th grade Sexual Health unit allows students to analyze how a variety of these influences may impact their sexual health and decision making with age appropriate and developmentally appropriate sexual health information, as recommended in the National Sexuality Education Standards. After students analyze the influences of family, peers, culture, media, technology, and other factors (National Health Education Standard 2), they will then be provided the opportunity to share what they have learned, as well as advocate to one another on how to **not be** negatively impacted by unhealthy influences and to be empowered by positive influences.*

7th Grade

Theme: What Influences my Sexual Health? Analyzing Influences

Lesson 1: What Influences My Sexual Health? Introduction (Unit Expectations + Analyzing Influences) – Students establish classroom expectations and are introduced to the concept of analyzing influences.

Lesson 2: The Social-Ecological Model and Sexual Health (Messages Within and Around Us) – Students note messages pertaining to sexual health from a variety of sources and decipher what they believe influences them.

Lesson 3: Review of Anatomy and Physiology – An Intrapersonal Influence – Students review basic reproductive anatomy and physiology concepts and analyze how their bodies can impact their sexual health.

Lesson 4: Gender Identity, Gender Expression, and Sexual Orientation – Students differentiate between gender identity, gender expression, and sexual orientation and identity ways to treat LGBTQ+ individuals with respect.

Lesson 5: Respecting Myself and Others – Students discuss how bullying LGBTQ+ individuals can be harmful and identify how an ally can advocate for the respectful treatment of all people, including LGBTQ+ individuals.

Lesson 6: The Impact People Around Us Have on Our Sexual Health – Students identify personal influences on their sexual health and discuss statues surrounding consent and age.

Lesson 7: Being a Positive Influence to Others – Bystander Steps and Realities of Consent – Students discuss how to act if witnessing inappropriate sexual behaviors and demonstrate

an understanding that no one has the right to violate someone else's boundaries. ***This lesson supports Erin's Law requirements.***

Lesson 8: Our Community – Available Sexual Health Resources – Students investigate local sexual health resources and create a pamphlet for one resource.

Lesson 9: Truth in the Media? – Students define body image and body shape and explore how the media can influence perceptions of body image and shape.

Lesson 10: Influencing Peers to Use Condoms and Get STI Tested – Students describe how internal and external condoms are used and practice discussing condom use with a peer.

Lesson 11: Youth and Sexual Health Public Policy – Students explore how public policies can impact people's sexual health.

Lesson 12: Analyzing Influences – Message to Others + Personal Reflection – Students analyze an influence that may impact a young person's sexual health.

Optional Lesson: Great Expectations – Signs and Symptoms of Pregnancy – Students identify signs and symptoms of pregnancy and identify prenatal practices that contribute to a healthy pregnancy.

Grade 8 Rationale

Communication occurs every day in our relationships. There are communication practices that can negatively and positively impact our relationships. The 8th grade Sexual Health unit presents age appropriate and developmentally appropriate sexual health information to youth, as recommended in the National Sexuality Education Standards, while also providing students the opportunity to practice interpersonal communication skills to enhance their health and avoid or reduce health risks (National Health Education Standard 4). Students will have the opportunity to share what they have learned, as well as advocate to one another on how to communicate for one's sexual health.

8th Grade

Theme: Communicating for Oneself and With Others

Lesson 1: Students' Sexual Health Bill of Rights and Unit Expectations – Students establish classroom expectations, review the Chicago Public Schools Student Bill of Rights, and identify aspects of effective communication.

Lesson 2: Common Barriers and Bridges in Communication – Students brainstorm barriers and bridges used in communication and evaluate their own communication.

Lesson 3: Choosing Your Words Carefully – Students review how miscommunication can occur and apply their understanding of healthy communication in a scenario.

Lesson 4: Talking Without Speaking: The Role of Texting in Relationships – Students explore how miscommunication can occur when texting and how this can impact their relationships. Students provide an example of texting clearly and respectfully to avoid miscommunication.

Lesson 5: Communicating About Body Parts: A Review of Systems – Students review basic reproductive anatomy and physiology and analyze how their bodies impact their sexual health.

Lesson 6: Supporting Your Health: Identifying Who You Are – Students described sexual orientation, behavior, and identify and how these are unique but connected concepts.

Lesson 7: “Green, Yellow, or Red?” – What is Appropriate Behavior? – Students discuss the differences between appropriate, confusing and inappropriate behaviors by analyzing different scenarios. ***This lesson supports Erin’s Law requirements.***

Lesson 8: Warning Signs: Understanding Sexual Abuse and Assault – Students name types of sexual assault and describe the possible impacts of and how to report sexual assault or an abusive relationship. Students demonstrate an understanding of the warning signs of sexual harassment. ***This lesson supports Erin’s Law requirements.***

Lesson 9: Sexually Transmitted Infections – Students learn medically-accurate information about sexually transmitted infections and HIV.

Lesson 10: How to Talk with a Medical Professional About Your Sexual Health – Students describe the aspects of a medical examination and a pelvic examination. Students practice how to talk with a medical professional about their sexual health.

Lesson 11: Communicating About Choices – Students learn the benefits and risks of contraceptive methods, including abstinence, withdrawal, barrier methods, and hormonal methods. Students review what emergency contraception is. Students identify locations to access reproductive health care.

Lesson 12: Effective Communication to Support Your Values – Students review the realities of sexual behaviors of Chicago youth. Students analyze a situation in which a person is pressuring another to engage in sexual behaviors and explore effective communication strategies when feeling pressured.

Lesson 13: Practicing Your Communication Skills for Positive Sexual Health – Students practice effective communication skills pertaining to a sexual health topic.

Grade 9 Rationale

As youth age, they continue to make an increasing number of decisions within their lives, including those pertaining to their sexual health. The 9th grade Sexual Health Unit revisits the DECIDE Decision Making Steps introduced in the 5th and 6th grade units to further strengthen students’ application of healthy decision making (National Health Education Standard 5). These steps are applied to the variety of age appropriate and developmentally appropriate sexual health topics for teenagers, as recommended in the National Sexuality Education Standards.

9th Grade

Theme: Deciding to be in Healthy Relationships

Lesson 1: Introduction to the Deciding to Be Healthy in Relationships Unit – Students establish classroom expectations, review the Chicago Public Schools Student Bill of Rights, and explore the concept of decision making as it applies to sexual health.

Lesson 2: Whose Relationship is Healthiest? – Students identify characteristics of healthy and unhealthy relationships.

Lesson 3: The DECIDE Decision Making Model – Students explore and apply the DECIDE decision making model.

Lesson 4: Sexual Health Questions for Teenagers to Consider and Practice Asking – Students identify reasons why teenagers choose to engage or not engage in sexual behaviors. Students practice asking questions about sexual health decisions that can help them determine if they are ready to engage in sexual health behaviors. ***This lesson supports Erin’s Law requirements.***

Lesson 5: Sexual Orientation, Behavior, and Identity: How I Feel, What I Do, and Who I Am – Students examine the concepts of sexual orientation, behavior, and identity.

Lesson 6: Understanding Gender – Students learn about gender identity and sex assigned at birth. Students explore gender scripts, how people were told to behave based on body parts.

Lesson 7: Helping Others Make Positive Sexual Health Decisions – Students practice providing sexual health advice to a fictional teenager. Students review reliable sources pertaining to sexual health. ***This lesson supports Erin’s Law requirements.***

Lesson 8: Options for Protection – Students explore forms of protection and apply a decision-making model to a scenario pertaining to pregnancy and sexually transmitted infection prevention.

Lesson 9: Creating Condom Confidence – Students will describe and/or demonstrate how to correctly use an external and internal condom.

Lesson 10: What If...? – Students review the symptoms of pregnancy and explore options a person has when they learn they are pregnant. Students discuss prenatal practices for a healthy pregnancy.

Lesson 11: They Love Me... They Love Me Not – Students learn the characteristics of unhealthy relationships and what can be done to leave this type of relationship. ***This lesson supports Erin’s Law requirements.***

Lesson 12: It Wasn’t My Fault – Students explore the impacts of and their feelings about rape and sexual assault. Students explain why the person who is raped or sexually assaulted is never at fault.

Lesson 13-14: Helping Others Make Healthy Sexual Health Decisions – Students apply a decision-making model to a realistic sexual health decision and present their final decision.

Grade 10 Rationale

As youth age, they need to be taught the skills for health-enhancing behaviors and to avoid or reduce health risks. The 10th grade Sexual Health unit presents age appropriate and developmentally appropriate sexual health information to youth, as recommended in the National Sexuality Education Standards, while also promoting students’ acceptance of personal responsibility for one’s sexual health, as well as the resources to go to when a person’s health may be harmed (National Health Education Standard 5). Students will have the opportunity to share what they have learned, as well as advocate to one another on how to be healthy and literate with sexual health resources.

10th Grade

Theme: Being Literate When Reading Sexual Health Resources

Lesson 1: Students' Bill of Rights and Unit Expectations – Students establish classroom expectations and identify their awareness of sexual health behaviors. Students compare the Chicago Public School's Student Bill of Rights and to the Advocates for Youth Students' Bill of Rights regarding Sexual Health.

Lesson 2: Taking Care of Your Body – Students review medically accurate terminology and explore reasons why a student would go to a medical professional for sexual health needs.

Lesson 3: Our Community Sexual Health Resources – Students investigate and evaluate local sexual health resources.

Lesson 4: Trust It or Trash It – Students evaluate the accuracy and reliability of online sexual health resources to determine if they are trustworthy sources.

Lesson 5: What Does It Mean to Have a Healthy Relationship? – Students study the traits of healthy, unhealthy, and abusive relationships and identify trusted adults they can go to and resources they can use if in unhealthy or abusive relationships. ***This lesson supports Erin's Law requirements.***

Lesson 6: Using Technology Respectfully and Responsibly – Students define sexting and explore the laws and consequences related to sexting when under the age of 18.

Lesson 7: The Realities of Sexual Assault – Students demonstrate an understanding that no one has the right to violate someone else's boundaries. They learn how to act if they witness or are informed of inappropriate sexual behaviors. ***This lesson supports Erin's Law requirements.***

Lesson 8: Sexual Health Questions for Teenagers to Consider and Practice Asking – Students identify reasons why youth are choosing to engage or not engage in sexual behaviors and will practice communicating about sexual health.

Lesson 9: Healthy Relationships and Consent – Students define consent and demonstrate an understanding of giving and getting clear consent in situations. Students differentiate between consent, coercion and incapacitated.

Lesson 10: Let Me Tell You – Students acknowledge their own communication style and demonstrate how to communicate with a partner about the risk of sexually transmitted infections (STIs) and how to protect their sexual health. Students learn about how and where to be tested for STIs.

Lesson 11: Know Your Options – Students review contraceptive methods and analyze the reasons why students would want to use contraceptives.

Lesson 12: Sexual Pleasure – Students explore the history and scientific phases of the sexual response cycle.

Lesson 13: Advocating for Our Space, Safe Space – Students identify LGBTQ+ inclusiveness in their school and learn about advocacy and lobbying for change to improve overall inclusiveness.

Lesson 14: It's Your Turn: Teaching Others About Being a Healthy Sexual Literate Person – Students practice teaching others about a sexual health topic discussed this term.

Grade 11 Rationale

The 11th grade Sexual Health unit provides a review of sexual health topics taught within previous grades, as well as additional age appropriate and developmentally appropriate information noted in the National Sexuality Education Standards. In addition, students will be taught the skills needed to ensure students access valid sexual health information, products, and services (National Health Education Standard 3). Students will be provided the opportunity to research one side of a relevant and meaningful sexual health issue and then debate their side to their peers.

11th Grade

Theme: Accessing Valid and Reliable Resources to Argue for Sexual Health Rights

Lesson 1: Students' Sexual Health Bill of Rights and Unit Expectations – Students establish classroom expectations. Students review the Chicago Public School's Student Bill of Rights and to the Advocates for Youth Students' Bill of Rights regarding Sexual Health.

Lesson 2: Review of What Sexual Health Is About – Students review sexual health sexual information and begin to contemplate the sexual health topic they will focus on for their group debate.

Lesson 3: Analyzing Sexual Health Websites for the ACCESS Skill Cues – Students analyze online health resources using the ACCESS skill cues. ACCESS (accuracy, credibility, current, ease of use and access, situations, support) is an acronym for skills used to access valid and reliable information.

Lesson 4: My Life, My Decisions – Students identify messages they receive from people in their lives and other factors regarding sexual health and how these messages can affect their sexual decision-making.

Lesson 5: How Do You See People? – Students describe preconceived notions of categories of people and explore ways in which self-images can impact sexual health decision-making.

Lesson 6: How Can We Be Supportive and Credible Bystanders? – Students study different types of behaviors and how behaviors can impact relationships. Students demonstrate how to act when witnessing inappropriate sexual behaviors. ***This lesson supports Erin's Law requirements.***

Lesson 7: The ACCESS Skill Cues and Current Research – Students analyze journal articles pertaining to sexual health using the ACCESS skill cues.

Lesson 8: My Boundaries – Students define boundaries and demonstrate an understanding of the need to communicate about boundaries in a relationship.

Lesson 9, 10, and 11: Research and Preparation for Sexual Health Debates – Students applying the ACCESS skill cues while researching sexual health issues. Students develop arguments for a variety of sexual health issues.

Lesson 12, 13 and 14: Students' Sexual Health Debates – Students debate sides to a sexual health issue to improve understanding of their own thoughts and values regarding sexual health.

Grade 12 Rationale

The 12 Grade Sexual Health unit focuses on an overview of the seven (7) sexual health topics noted in the National Sexuality Education Standards. Students will also learn basic skills needed to be an advocate (National Health Education Standard 8) and be provided the opportunity to research a specific relevant and meaningful sexual health issue. Students will then create presentations for their peers, supporting aspects of the “I CARE” Advocacy acronym within their final presentation.

12th Grade

Theme: Advocating for Positive Sexual Health for Yourself and Others

Lesson 1: Students’ Sexual Health Bill of Rights and Unit Expectations – Students establish classroom expectations, explore the Chicago Public Schools Student Bill of Rights, and define advocacy.

Lesson 2: What is Sexual Health? – Students review sexual health information relating to the seven sexual health topics of the National Sexuality Education Standards and apply the “I CARE” advocacy acronym to presented sexual health topic.

Lesson 3: Healthy Relationships and Consent – Students explore the importance of identifying clear consent and how this is important in a respectful relationship. ***This lesson supports Erin’s Law requirements.***

Lesson 4: Is It Abuse If...? – Students describe the characteristics of types of relationship abuse and identify resources they can use if they experience or witness abuse. ***This lesson supports Erin’s Law requirements.***

Lesson 5: Fantasy or Reality? How Sexually Explicit Material Affects How We See Relationships – Students discuss sexually explicit content in media and ways in which media representations of sex and sexuality can impact sexual and romantic relationships.

Lesson 6: Advocating for STI Testing – Students discuss STI testing, including their rights regarding testing, reasons why choose to or not to get tested, and resources for testing.

Lesson 7: What Are My Reproductive Rights – Students describe rights teenagers have related to their sexual and reproductive health and decision-making.

Lesson 8-10: Research and Preparation for Students’ Sexual Health Advocacy Presentations – Students research and prepare presentations on specific relevant and meaningful sexual health issues.

Lessons 11-12: Students’ Sexual Health Advocacy Presentations – Students will present on their selected sexual health issues and evaluate their peers’ presentations.

Optional Lesson: HIV Now – Testing and Treatment – Students learn how to lower their risk of acquiring HIV and explore testing and treatment options.