

# OKEMOS PUBLIC SCHOOLS

## PERSONAL HEALTH AND SEXUALITY EDUCATION (PHASE)

### 8<sup>TH</sup> GRADE CURRICULUM

#### DAY 1 CLASSROOM INSTRUCTION

LESSON TITLE: The 4-1-1 on HIV and AIDS

LESSON SYNOPSIS: Students hear statements about HIV and AIDS and identify the statements as fact or myth. They then watch a video about HIV and AIDS, and revisit these facts and myths, summarize and emphasize ways to prevent HIV.

LESSON OBJECTIVES:

- Explain how HIV is and is not transmitted
- Distinguish between facts and myths regarding HIV infection

VIDEO:

- "Understanding HIV and AIDS"

WORKSHEETS:

- HIV Facts

HOMEWORK ACTIVITY:

- HIV Facts: Read and note two things that interest you. Discuss with a parent or trusted adult. Available on Google Classroom and parent email
- Daily Student Assessment on Google Docs – Google Classroom

#### DAY 2 CLASSROOM INSTRUCTION

LESSON TITLE: HIV and Other STIs – Evaluating the Risks

LESSON SYNOPSIS: Review HIV facts and learn about 5 additional Sexually Transmitted Infections (STI). Identify facts about one and teach the class. Analyze risk behaviors for acquiring STIs. Evaluate how alcohol and other drug use can increase the risk of getting STIs. Summarize the behaviors that prevent infection with HIV and STIs and the benefits of choosing these behaviors, including pregnancy prevention. Interview adult family members about their expectations related to sexual behaviors as homework.

LESSON OBJECTIVES:

- Analyze behaviors and situations that may result in increased risk for HIV and other sexually transmitted infections (STIs).
- Summarize the benefits of staying within behavioral limits and remaining abstinent
- Examine viewpoints of parents and other trusted adults regarding teen relationships, abstinence, and sexual decisions
- Evaluate the impact of alcohol and other drug use on decisions regarding sexual behavior.

#### STUDENT WORKSHEETS

- STI fact sheets on Chlamydia, Herpes, Human Papilloma Virus, Gonorrhea, and Syphilis available on Google classroom

#### HOMEWORK ACTIVITY:

- FAMILY WORKSHEET: "What Do You Think?" on Google Classroom
- Daily Student Assessment on Google Docs – Google Classroom

### DAY 3 CLASSROOM INSTRUCTION

LESSON TITLE: Finding Help and Information

LESSON SYNOPSIS: Review the six STI that are most likely to impact young people; identify protective behaviors. Describe reasons to avoid infection with HIV and STIs. Locate national, state, and local sources of information and assistance available to young people. Describe how to discern accurate information. Summarize the importance of getting reliable information and assistance, and talking with family about HIV and STIs.

#### LESSON OBJECTIVES:

- Explain when it is important to get adult, medical, and/or counseling help.
- Locate sources of accurate information and assistance.
- Describe sources of accurate information and assistance in one's community.

#### WORKSHEETS:

- "Getting Help If You Need It" on Google Classroom

#### HOMEWORK ACTIVITY:

- Daily Student Assessment on Google Docs – Google Classroom

### DAY 4 CLASSROOM INSTRUCTION

LESSON TITLE: Create a Plan to Stay Within the Boundaries

LESSON SYNOPSIS: Review reliable sources of information and assistance related to HIV and STIs. Discuss the benefits of having boundaries or limits and the advantages of staying within healthy behavioral boundaries as a short-term goal. Generate a list of ways to express affection without risking infection with HIV or other STIs and a list of behaviors that will help a person maintain healthy

boundaries. Summarize behaviors that help a person stay within healthy boundaries and offer protection from infection with HIV and STIs.

LESSON OBJECTIVES:

- Set personal boundaries and limits related to physical intimacy and sexual behavior
- Create a plan to stay within behavioral limits which protect from HIV and STIs

HOMEWORK ACTIVITY:

- Daily Student Assessment on Google Docs – Google Classroom
- Setting My Goals. Complete goal-setting steps and discuss with parent or guardian. Use with handout: "A Method for Goal-Setting." On Google Classroom.

## DAY 5 CLASSROOM INSTRUCTION

LESSON TITLE: Communicating Our Boundaries

LESSON SYNOPSIS: A follow-up lesson on communicating plans for staying within safe behavioral boundaries. Review and practice verbal and non-verbal communication skills for telling others personal boundaries for safe behavior. Summarize how and what to communicate when sharing boundaries with others.

LESSON OBJECTIVES:

- Analyze behaviors and situations that may result in increased risk for HIV and other STIs
- Demonstrate the ability to communicate one's behavioral limits or boundaries and to show respect for the limits or boundaries of others related to physical intimacy and sexual behavior.

HOMEWORK ACTIVITY:

- Daily Student Assessment on Google Docs – Google Classroom
- Communicating Boundaries: Ask 2 trusted adults for communication ideas. Available on Google Classroom.

## DAY 6 CLASSROOM INSTRUCTION

LESSON TITLE: Identifying Trouble and Refusing Trouble Situations

LESSON SYNOPSIS: Connecting with the previous lesson on identifying trouble, this lesson reiterates the importance of communicating personal boundaries. Three steps for identifying trouble and 5 refusal strategies are practiced, as well as identifying hypothetical risk situations that can lead to trouble. Students utilize a variety of strategies.

LESSON OBJECTIVES:

- Analyze behaviors and situations that may result in increased risk for HIV and other STIs
- Analyze situations where assertive communication and refusal skills can be used to avoid and escape risky situations
- Demonstrate the ability to use verbal and non-verbal ways to refuse participation in sexual behavior

HOMEWORK ACTIVITY:

- Daily Student Assessment on Google Docs – Google Classroom

## DAY 7 CLASSROOM INSTRUCTION

LESSON TITLE: Avoiding and Escaping Risk Situations

LESSON SYNOPSIS: Review skills learned in previous lessons including communicating personal boundaries, identifying trouble, and refusal skills. Identify reasons to avoid or escape risky sexual situations, including legal consequences.

LESSON OBJECTIVES:

- Analyze situations where assertive communication and refusal skills can be used to avoid and escape risky situations
- Demonstrate skills to avoid or escape risky situations
- Demonstrate the ability to use verbal and non-verbal ways to refuse participation in sexual behavior.

HOMEWORK ACTIVITY:

- Daily Student Assessment on Google Docs – Google Classroom

## DAY 8 CLASSROOM INSTRUCTION

LESSON TITLE: Someday, But Not Now.

LESSON SYNOPSIS: Review skills needed to avoid or escape risky situation. Reduce risks associated with having sexual intercourse. Identify and discuss potential consequences of sexual intercourse and alternatives to reduce negative consequences by not having sex. Review steps for goal-setting. Describe steps for correct condom use and why each step is important. Identify tasks that young people can accomplish to reach their goal of avoiding HIV and STIs in the future. Summarize the importance of being prepared for the future.

LESSON OBJECTIVES:

- Deduce that parenthood should be reserved for adults who are able to make a life-long commitment to raising a child.

HOMEWORK ACTIVITY:

- Daily Student Assessment on Google Docs
- Worksheet: Setting My Goal, Reducing My Risks. Individual goal-setting and discussion with parent or other adult

## CURRICULUM RESOURCES

Michigan Department of Health and Human Services and Michigan Department of Education (2016). *Growing Up and Staying Healthy: Understanding HIV and Other STIs*. [A Module for Grades 7 – 8]. Michigan Model for Health Clearinghouse, Holt, MI 48842. Website: [www.mmhclearinghouse.org](http://www.mmhclearinghouse.org)