

OKEMOS HIGH SCHOOL

PERSONAL HEALTH AND SEXUAL EDUCATION

HIGH SCHOOL CURRICULUM

DAY 1 CLASSROOM INSTRUCTION

LESSON TITLE: Intro to Reproductive Health; Gender Identity and Sexual Orientation

LESSON SYNOPSIS: Students will learn about the laws regarding sexual health education in the state of Michigan. An overview of the differences between sexual orientation, gender identity and gender expression is provided.

LESSON OBJECTIVES:

- Understand the laws in the state of Michigan regarding sexuality education
- Explain the difference between gender and sexual orientation and discuss gender
- Distinguish between facts and myths regarding sexual orientation

STUDENT WORKSHEET: Curriculum Pre-test in Google Classroom

DAY 2 CLASSROOM INSTRUCTION

LESSON TITLE: Human Reproduction and the Male Reproductive System

LESSON SYNOPSIS: Review facts and terms regarding the male reproductive systems. Understand some of the important examinations and health issue of the male. View a video on Human Reproduction and Childbirth.

LESSON OBJECTIVES:

- Review a larger scope of male reproductive parts
- Discuss circumcision vs. intact males
- Examine the health issues of the male, including testicular cancer and self-exams
- Evaluate the process of human reproduction and childbirth

STUDENT WORKSHEET: Video Review: Human Reproduction and Childbirth (Google Classroom)

DAY 3 CLASSROOM INSTRUCTION

LESSON TITLE: The Female Reproductive System

LESSON SYNOPSIS: A brief overview of the parts and functions of the external and internal female reproductive system. Discuss the health issues associated with the female reproductive system, including endometriosis, polycystic ovarian syndrome, and cervical cancer. Short presentation on possible surgical procedures of the female reproductive system, including tubal ligation.

LESSON OBJECTIVES:

- Review past knowledge of the female reproductive system
- Discuss some of the health issues associated with having a female reproductive system, including toxic shock syndrome.
- Examine symptoms of some of the issues with the female system, including dysmenorrhea, PMS, and menopause.

STUDENT WORKSHEET: Exit ticket in Google Classroom

HOMEWORK ACTIVITY:

- Family Worksheet: "I'd like to talk to you about..." Emailed to parents and given to students in Google Classroom

DAY 4 CLASSROOM INSTRUCTION

LESSON TITLE: Is it Love or Infatuation?

LESSON SYNOPSIS: What is the difference between love and infatuation? Discuss the benefits of having boundaries or limits and the advantages of staying within healthy behavioral boundaries. Summarize behaviors that help a person stay within healthy boundaries and offer protection from infection with HIV and STIs.

LESSON OBJECTIVES:

- Describe how to set personal boundaries and limits related to physical intimacy and sexual behavior
- Discuss sexual consent
- Practice communicating boundaries

WORKSHEETS

- Student Assessment on Google Docs – Google Classroom
- Student handout: Characteristics of a healthy relationship

HOMEWORK

- Review previously assigned homework: "Family Worksheet"

VIDEO: "Consent: As Simple as a Cup of Tea" <https://www.youtube.com/watch?v=fGoWLWS4-kU>

DAY 5 CLASSROOM INSTRUCTION

LESSON TITLE: Unhealthy Relationships

LESSON SYNOPSIS: Students review the previously assigned Family Worksheet, then discuss unhealthy relationships. Information is provided about different types of abusive behavior, and what to do to stay safe, or to help someone in an abusive relationship.

LESSON OBJECTIVES:

- Compare and contrast the difference between health and unhealthy relationships and behaviors.
- Analyze the cycle of abuse and evaluate the abusers' need for power and control
- Describe different types of abuse, including physical, emotional, sexual, and electronic.
- Articulate how to stay safe, or to help a friend in an abusive relationship
- Deduce that the abuse is never the victim's fault

STUDENT WORKSHEET: Exit ticket in Google Classroom

DAY 6 CLASSROOM INSTRUCTION

LESSON TITLE: Relationship Abuse

LESSON SYNOPSIS: Connecting with the previous lesson on unhealthy relationships, this lesson reiterates different types of abuse. Students watch a video, "Coping with Dating Violence."

LESSON OBJECTIVES:

- Analyze behaviors and situations that may result in relationship abuse
- Discover that relationship abuse can happen to anyone, regardless of age, race, sex, gender, wealth, religion
- Demonstrate the ability to use verbal and non-verbal ways to refuse participation in sexual behavior
- STUDENT WORKSHEET: Exit ticket in Google Classroom

DAY 7 CLASSROOM INSTRUCTION

LESSON TITLE: Alcohol and Sex

LESSON SYNOPSIS: Today's lesson is an overview of the dangers of alcohol when it comes to teens and risky behaviors, including sex. Information and resources are provided about date rape and criminal sexual conduct.

LESSON OBJECTIVES:

- Assess the risks of drinking alcohol and engaging in risky behaviors
- Discuss special populations regarding relationship abuse, including men, LGBT people, and women with disabilities
- Consider the do's and don'ts of coping with a rape
- Discover the penalties for child sexual abuse

HOMEWORK ACTIVITY:

- Family Worksheet: Making a Plan to Avoid Risky Situations

VIDEO: Alcohol and Sex: A Prescription for Poor Decision-making

DAY 8 CLASSROOM INSTRUCTION

LESSON TITLE: Fetal Alcohol Syndrome

LESSON SYNOPSIS: Students watch a video on the dangers of ingesting alcohol during any stages of pregnancy and assess the problems that offspring born with Fetal Alcohol Syndrome suffer.

LESSON OBJECTIVES:

- Discover the symptoms of Fetal Alcohol Syndrome

- Deduce that choices made by a pregnant woman regarding diet, exercise, substance ingestion and tobacco may have serious consequences

STUDENT WORKSHEET: Daily Student Assessment on Google Docs

DAY 9 CLASSROOM INSTRUCTION

LESSON TITLE: Date Rape and Criminal Sexual Conduct

LESSON SYNOPSIS: Students will discuss how to keep themselves safe in dating situations, and what to do and what not to do if raped. Myths and Facts of Criminal Sexual Conduct are discussed as well as Sex and the Law. Sexual harassment is defined.

LESSON OBJECTIVES:

- Consider best practices to keep yourself and friends safe from date rape
- Discover how to set and keep sexual boundaries
- Recall the difficulty of decision-making when using alcohol or other substances
- Practice communication and decision-making skills

STUDENT WORKSHEET: How can I support my peers and be a positive influence?

FACT SHEET: Criminal Sexual Conduct Laws in Michigan

DAY 10 CLASSROOM INSTRUCTION

LESSON TITLE: Teen Pregnancy, Michigan Laws for Parents

LESSON SYNOPSIS: Students view a video and discuss the implications of being a teen parent – the social, financial, emotional, and educational consequences. Laws in the state of Michigan regarding parental rights and responsibilities, adoption, and safe delivery of newborns are discussed.

LESSON OBJECTIVES:

- Compare and contrast the risks for having an unplanned pregnancy
- Differentiate between the facts and myths about teen pregnancy
- Analyze the risks for having an unplanned pregnancy if no contraception is used during sexual intercourse

ACTIVITY:

- Roll the Dice! <https://www.calculator.net/dice-roller.html>
- Life in the Fast Lane <http://www.teenageparent.org/english/costofbaby2B.html>

VIDEO: Avoiding the Teen Pregnancy Trap

DAYS 11 THROUGH 14: CLASSROOM INSTRUCTION

LESSON TITLE: SMART/ASPIRE

LESSON SYNOPSIS: Peer educators visit the classrooms. "SMART delivers a message of hope to youth in a culture where teen sex is normalized and the serious consequences, if included at all, are presented as manageable or insignificant. We encourage them to consider the benefits of Sexual Risk Avoidance (SRA) when looking at their sexual options. All information given is medically accurate, peer reviewed and age-appropriate."

LESSON OBJECTIVES:

- Develop relationship skills and confidence
- Enhance knowledge and build self-esteem
- Use practical tools to make abstinence a reality
- Discuss prevention of relationship abuse
- Define consent
- Describe the consequences of acquiring an STI

SMART Web URL: <https://www.aspirerelationshiped.org/programs-1>

DAY 15 CLASSROOM INSTRUCTION

LESSON TITLE: Sexually Transmitted Infections

LESSON SYNOPSIS: Students discuss the mixed messages between parents and the media and discuss what they have heard. Then then view a video and discuss the myths and facts regarding STIs. Rates of infection in Michigan and the United States are compared with rates in Europe. Prevention resources are presented.

LESSON OBJECTIVES:

- Compare and contrast the myths and facts about sexually transmitted infections
- Distinguish between bacterial and viral STIs – the symptoms and treatment
- Evaluate the different rates of infection of youth and adults in Michigan, and contrast the rates infection between the United States and Europe
- Discover local resources for prevention and treatment of STIs

STUDENT WORKSHEET: Think about it: Your Health is at Stake

DAY 16 CLASSROOM INSTRUCTION

LESSON TITLE: HIV: The Basics

LESSON SYNOPSIS: An overview of HIV, AIDS and the immune system. Discussion of who is at risk, and what behaviors are okay or risky. Prevention and treatment of HIV are discussed.

LESSON OBJECTIVES:

- Acknowledge that HIV and AIDS are serious and sometimes fatal diseases
- Define stigma and evaluate how this may impact people with HIV

- Identify the transmission routes for HIV infection
- Determine which behaviors put one at risk, and which are safe
- Discuss the prevention and treatment options for HIV
- Discover the symptoms of Fetal Alcohol Syndrome

VIDEOS: HIV: The Basics
 What is pRep (CDC)

STUDENT WORKSHEET: Exit ticket in Google Classroom

DAY 17 CLASSROOM INSTRUCTION

LESSON TITLE: HIV, Part 2: Know the Risks

LESSON SYNOPSIS: Students watch a video on the experiences of people with HIV. Risks and consequences are evaluated. Students participate in a group activity to set behavioral risks on a continuum.

LESSON OBJECTIVES:

- Evaluate behavioral risks on a continuum from no, low, some, and high
- Describe how to set appropriate boundaries
- Discuss the emotional, financial, familial, social, and possible moral or religious consequences of an HIV infection
- Choose risk avoidance
- Conclude that it is worth waiting to have sex

STUDENT WORKSHEET: Exit ticket in Google Classroom

DAY 18 CLASSROOM INSTRUCTION

LESSON TITLE: Contraception

LESSON SYNOPSIS: Students discuss myths and facts about pregnancy prevention. Contraception such as abstinence, barrier, hormonal, and non-hormonal methods and are discussed, as well as withdrawal and natural family planning methods. These are framed in terms of cost, efficacy against pregnancy and STI prevention, and how often it must be used. Information is provided about emergency contraception. A demonstration of correct condom use is given, but abstinence is stressed as the only 100% effective way to prevent pregnancy and sexually transmitted infections.

LESSON OBJECTIVES:

- Acknowledge that sexually transmitted infections are a possibility for any sexually active person
- Conclude that sexually transmitted infections can be spread via oral, anal, vaginal sex, as well as outercourse
- Describe the steps involved in using a condom
- Examine different contraceptive methods, including natural methods

STUDENT WORKSHEET: Exit ticket in Google Classroom

CURRICULUM RESOURCES

Michigan Department of Health and Human Services and Michigan Department of Education (2016). *Healthy and Responsible Relationships: HIV, Other STIs, and Pregnancy Prevention. A module for Grades 9-12.*

Michigan Model for Health Clearinghouse, Holt, MI 48842. Website: www.mmhclearinghouse.org