

My Sexual Health: My Future

MY SEXUAL HEALTH: MY FUTURE – HIGH SCHOOL SEQUENCE

Sequence Number	Wisconsin Standards for Health Education	Lesson Name	National Sexuality Education Standards	Methods	Lesson Description
1	Comprehend Concepts Related to Health	Introduction to Human Sexuality	ID.12.CC.1 ID.12.CC.2	Graffiti wall	The purpose of this lesson is to introduce the unit and reinforce classroom ground rules to ensure students feel safe while discussing human growth and development. Students discuss a wide variety of aspects that comprise human sexuality. Students will be able to differentiate between biological sex, sexual orientation, and gender identity and expression. Students will be able to define terms related to understanding the scope of human sexuality.
2	Interpersonal Communication	Love Language Identification & Healthy Communication	HR.12.CC.2	Personal assessment	This lesson will allow students to explore their own Love Language and share their findings. Students will reflect on their personal Love Language and how they can apply that to a future relationship. The purpose of this lesson is to describe a range of ways to express affection within healthy relationships by identifying the characteristics of the various Love Languages.
3	Interpersonal Communication	Communicating Consent	HR.12.SM.1 HR.12.IC.2 HR.12.INF.2 HR.12.CC.3	Video, interactive activity	The purpose of this lesson is for students to practice clear communication around consent for sexual activity.

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4	Accessing Valid Health Information	Identification and Analysis of Reproductive Anatomy	AP.12.CC.1	Flipped game	The purpose of this lesson is to have students identify internal and external male and female reproductive anatomy. Students will also analyze how the brain and hormones are involved in the human sexual response cycle in relationship to reproduction.
5	Accessing Valid Health Information; Advocacy	Sexually Transmitted Infection Information and Prevention	SH.12.CC.1 SH.12.ADV.1 SH.12.SM.1 SH.12.AI.1 SH.12.AI.2 SH.12.IC.1	Grouping, graffiti sheets, role play	The purpose of this lesson is to define and examine common STIs and allow students to explore resources for treatment. Students will also analyze their individual responsibility regarding getting tested for STIs, understand why it is important to get tested for STIs, as well as inform partners about STIs and HIV status. Students will also be able to advocate for sexually active peers to get tested and treated for STIs/HIV.
6	Self-Management; Advocacy	HIV, STIs Stigma and Using Condoms	SH.12.CC.2 SH.12.ADV.1 SH.12.SM.1 SH.12.SM.2	Video, demo	The purpose of this lesson is to explore the role of stigma associated with getting tested for HIV and STDs. A condom demonstration is included with this lesson to highlight an important means of preventing HIV transmission.
7	Accessing Valid Health Information; Decision-Making	Accessing Health Information on Pregnancy Products & Services	PR.12.CC.3 PR.12.CC.4 PR.12.AI.2 PR.12.AI.3 PR.12.AI.4 PD.12.DM.1	Small group work	The purpose of this lesson is to access medically accurate information and make healthy decisions about prenatal care services, support services, emergency contraception and pregnancy options.

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8	Goal Setting; Analyzing Influences	Preparing to Parent: Analyzing Influences and Setting Goals	PR.12.INF.3 PR.12.DM.2	Video, lecture	The purpose of this lesson is to understand the commitment necessary to raise a child. Information is also provided about Shaken Baby Syndrome.
9	Analyzing Influences	Analyzing Contraception Options	PR.12.CC.1 PR.12.INF.1 SH.12.INF.1	Sorting game, analyzing scenarios	The purpose of this lesson is to identify and categorize the various forms of contraception and discuss influences on, and reasons why, students may or may not choose to utilize contraceptive methods.
10	Decision-Making	How Can Healthy Decision Making Prevent STDs or HIV?	PD.12.DM.1 SH.12.DM.1 SH.12.CC.2 SH.12.SM.2	Scenarios, demos, peer feedback	The purpose of this lesson is to engage students in exploring the health consequences of different choices.
11	Advocacy; Accessing valid health information; Interpersonal Communication; Decision-making; Goal setting; Self-management	Lifelong Sexual Health	Review of all skills	Role play game	The purpose of this lesson is to provide a review of the entire Human Growth and Development unit of instruction focusing on the skills, and emphasizing the importance of using these skills as students move into adulthood.