

My Sexual Health: My Future

MY SEXUAL HEALTH: MY FUTURE - MIDDLE SCHOOL SEQUENCE

Sequence Number	WI Standards for Health Education	Lesson Name	National Sexuality Education Standards	Methods	Lesson Description
1	Interpersonal Communication; Advocacy; Self-Management	Human Growth and Development Introduction: Communicating Effectively by Being Respectful & Inclusive	ID.8.IC.1 PS.8.ADV.1 PS.8.SM.1	Brainstorm, group discussion	The purpose of this lesson is to introduce the unit and discuss why human sexuality can be a challenging subject to learn about and discuss. Students will set and commit to ground rules for being respectful and inclusive, treating others with dignity. The lesson lays a basis for effective interpersonal communication and advocacy.
2	Analyzing Influences	Analyzing Influences on Human Sexuality	ID.8.CC.1 ID.8.CC.2 ID.8.INF.1	Small group work, analyzing literature	The purpose of this lesson is to learn how external influences impact and contribute to attitudes and behaviors around sexuality and identity formation.
3	Analyzing Influences	Analyzing Influences on Self-concept and Body Image during Puberty	PD.8.CC.1 PD.8.INF.1	Values clarification, graphic organizers	The purpose of this lesson is to learn about the changes that occur in adolescence (physical, social, cognitive and emotional changes that are known as Growth Markers) while analyzing how friends, family, media, technology, school, community, society and culture can influence self-concept and body image related to these body changes.

My Sexual Health: My Future

MY SEXUAL HEALTH: MY FUTURE - MIDDLE SCHOOL SEQUENCE

4	Self-Management	Describing the Male and Female Reproductive Systems and their Functions	AP.8.CC.1	Sorting and labeling, creating commercials	The purpose of this lesson is to describe male and female sexual and reproductive systems including body parts and their functions.
5	Accessing Valid Health Information	Accessing Valid Health Information related to Menstruation, Pregnancy & Prenatal Development	PR.8.CC.5 PR.8.CC.6 PR.8.AI.3	Flipped classroom - video, utilizing technology	The purpose of this lesson is for students to describe menstruation and how it relates to pregnancy, signs and symptoms of pregnancy, the process of prenatal development and healthy prenatal practices, and to identify medically accurate sources of information and support.
6	Goal-setting; Accessing Valid Health Information	Practicing Health Enhancing Behaviors: Abstinence, Contraception and Birth Control	PR.8.CC PR.8.AI.1 PR.8.AI.2	Brainstorm, dyad work, utilizing technology, presentations	The purpose of this lesson is for students to learn and practice the skill of goal-setting, to access reliable health information on birth control, and demonstrate self-management by describing how abstinence, and barrier and hormonal contraceptive methods prevent pregnancy.

My Sexual Health: My Future

MY SEXUAL HEALTH: MY FUTURE - MIDDLE SCHOOL SEQUENCE

7	Self-Management; Accessing Valid Health Information	Accessing Pregnancy and Parenting Resources	PD.8.DM.1 PR.12.AI.4	Worksheets, technology, dyad work, group discussion, optional parent panel	The purpose of this lesson is for students to identify pregnancy options and parenting resources and learn about health enhancing behaviors regarding pregnancy and parenting. The lesson also prompts students to identify and plan how to communicate with a trusted adult about sexuality and pregnancy.
8	Advocacy	Identifying Sexually Transmitted Diseases & Advocating for Community Health	SH.8.CC.1 SH.8.CC.2 SH.8.CC.3	Matching STDs/STIs with definitions in dyads, developing PSAs in small groups	The purpose of this lesson is for students to identify common STDs/STIs, their signs and symptoms and methods of transmission. Abstinence and is highlighted as the primary method of prevention. Students will also learn and practice the skill of advocacy and will present advocacy projects at the beginning of the next lesson.
9	Advocacy; Decision-Making	Decision-Making to Prevent HIV and AIDS	SH.8.SM.1 PR.8.DM.1	Video, condom demo, co-constructing an HIV timeline	The purpose of this lesson is to explore HIV/AIDS. Students will learn the skill of decision-making as they learn what puts a person at risk of getting infected with HIV and how important it is to get tested and treated. A condom demonstration is included in this lesson.

My Sexual Health: My Future

MY SEXUAL HEALTH: MY FUTURE - MIDDLE SCHOOL SEQUENCE

10	Interpersonal Communication	Consent and Communication Skills	PS.8.CC.1 PS.8.CC.3 PS.8.SM.2	Consent prompts, group discussion, worksheet with scenarios	The purpose of this lesson is to practice asking for and giving consent and avoiding bullying behaviors. Students will also practice upstander behavior in situations that could lead to sexual assault as well as learn reasons why someone would be placed on the sex offender registry.
11	Decision-Making	Decision-Making for Sexual Health	PR.8.DM.1	Writing and performing skits	The purpose of this lesson is for students to utilize a decision-making model to analyze scenarios related to sexual health.
12	Accessing Valid Health Information; Advocacy; Analyzing Influences; Decision-making; Interpersonal Communication; Goal-setting; Self-Management	Wrapping Up: Review and Assessment	Review of all above standards	Presentations, game of review	The purpose of this lesson is to review the human growth and development unit. It includes a game of review and assessment for the entire unit as well as an opportunity for closure.