

## High School Sexual Health Lesson Package Outline

### Day 1: Intro and Welcome to Sexual Health and Wellness

- Identify personal responsibility in making choices about sexual health
- Understand what body regulation is and how it affects decision making
- Increase student “investment” into their personal health
- Establish group agreements
- Build group cohesion, comfort, and feelings of safety and trust
- Increase students’ knowledge of their own personal values
- Overview of what’s to come in following lessons

### Day 2 - Understanding and Expressing Sexual Feelings

- Increase knowledge and understanding of male/female reproductive anatomy
- Increase knowledge of adolescent brain development/emotional body regulation
- Identify ways to express oneself sexually without putting oneself at risk
- Increase awareness of sociocultural pressures to become sexually active
- Review reasons to prevent STI transmission and unplanned pregnancy
- Increase reasoning and understanding to choose behaviors that promote self health

### Day 3 - The Circle of Sexuality

- The purpose of this lesson is to develop and understand a broad definition of sexuality and human differences so we can all work towards accepting each other as we are.

### Day 4 - Talking About the Consequences of Sex

- To provide students with step by step approaches to enhance their problem solving skills when faced with sexual situations.
- Help students understand how adolescent brain development affects decision making
- Provide homework assignment to encourage parental/guardian involvement

### Day 5 - The Consequences of Unprotected Sex: STD's and HIV

- Increase students’ knowledge of STIs and HIV
- Identify prevention strategies for preventing STIs like HIV
- Increase students’ perceived vulnerability to STIs

### Day 6 - Pregnancy and Reproduction

- Increase students’ understanding of the process of reproduction
- Increase students’ understanding of pregnancy as a consequence of sex
- Increase students’ perception that they are vulnerable to getting pregnant or getting someone pregnant
- Introduce various types of contraception
- Increase students’ skills to use condoms correctly and consistently

### Day 7- Contraception

- Increase students’ understanding of what contraception methods are available to them
- Increase students’ awareness of local resources that provide reproductive services
- Familiarize students with reproductive health services available to them (introduction to clinic assistant)

- Review of Reproductive Life Planning
- Clarify students' attitudes and beliefs about pregnancy and condom use
- Clarify students' attitudes and beliefs about abstinence as a likely option for them

### **Day 8 - Making Contraception Work For You**

- Increase students understanding of how contraception works by dispelling myths about contraception
- Increase students comprehension of the process of selecting a contraceptive method
- Increase students awareness of the process of visiting a local reproductive health resource to receive services
- Increase students awareness of abstinence as a likely choice for teenagers
- Review of Reproductive Life Planning for each student to evaluate their own plans and values
- Second homework assignment

### **Day 9- Healthy Relationships and Communication**

- Increase students' understanding of different communication styles
- Increase students' understanding of unhealthy and healthy relationship qualities
- Increase students' self efficacy ability to resolve risky sexual situations
- Increase students' understanding and awareness on how pornography and legal consent statutes affect may affect their decisions
- Increase students' sense of pride and responsibility in negotiating abstinence and condom use
- Final assignment given

### **Day 10- Communication Role Plays**

- Increase students' communication, negotiation, and refusal skills regarding abstinence and safer sex
- Demonstrate the ability to negotiate abstinence with a partner
- Demonstrate the ability to negotiate condom use with a partner
- Increase students' communication, negotiation, and refusal skills regarding abstinence and safer sex
- Enhance students' confidence to resist situations that place them at risk for STI/HIV infection and pregnancy.
- Increase students' sense of pride and responsibility in negotiating abstinence and condom use

### **Day 11- Personal Safety and Sexual Rights**

- Increase students' awareness of necessity of consensual sexual activity every step of the way (Yes Means Yes consent)
- Increase students' awareness of Teen Dating Violence and prevalence
- Increase students' awareness of different forms of digital abuse
- Increase students' confidence in using healthy communication skills
- Increase students' knowledge on what sexual exploitation is and prevalence
- Increase students' awareness of Alaska state laws around consent and online dating

### **Day 12- Review and Resource Referral**

- Review healthy and unhealthy relationships

- Review resiliency and adolescent brain development
- Review online and local resources