

HCPSS Grade 9 Sexual Health Unit

Instructional Objectives & Materials

GRADE 9 SEXUAL HEALTH UNIT
INSTRUCTIONAL OBJECTIVES
<p>SKILLS</p> <p><u>Analyzing Influences</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Analyze the influence of family, peers, culture, media, perceptions of norms, and personal values/beliefs on sexual behaviors 2.0 <input type="checkbox"/> Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 2.9 <p><u>Accessing Information</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Use resources from home, school, and community that provide valid health information. 3.2 <input type="checkbox"/> Determine the accessibility of products and services that enhance health. 3.3 <input type="checkbox"/> Determine when professional health services may be required. 3.4 <p><u>Decision Making</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Examine barriers that can hinder healthy decision making 5.1 <input type="checkbox"/> Determine the value of applying a thoughtful decision making process in sexual situations 5.2 <input type="checkbox"/> Predict the potential short term and long term impact of each alternative on self and others 5.4 <input type="checkbox"/> Utilize a decision-making process for situations involving sexual behavior 5.4 5.5 5.6 5.7 <p><u>Interpersonal Communication</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Apply effective verbal and nonverbal communication skills to enhance health 4.0 <input type="checkbox"/> Demonstrate refusal skills that avoid or reduce health risks 4.2 <p><u>Self Management</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Analyze the role of individual responsibility for enhancing health SM7.1 <input type="checkbox"/> Demonstrate behaviors that avoid or reduce health risks to self and others 7.3 <p><u>Advocacy</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Use accurate peer and social norms to formulate a health-enhancing message 8.1 <input type="checkbox"/> Demonstrate how to influence and support others to make positive health choices 8.2 <p>CONTENT</p> <p><u>Healthy Relationships & Consent</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Summarize the importance of talking with parents and other trusted adults about issues related to relationships, growth and development, sexual decision making, and sexual health. HRC1 <input type="checkbox"/> Justify the benefits of respecting individual differences in aspects of sexuality, growth and development, and physical appearance. HRC2 <input type="checkbox"/> Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent. HRC3 <input type="checkbox"/> Identify factors that can influence the ability to give and receive sexual consent HRC4 <p><u>Gender Identity & Expression</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Differentiate between sex assigned at birth, gender identity, and gender expression GI1 <p><u>Sexual Orientation & Identity</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Define sexual identity and explain a range of identities related to sexual orientation. SO1 <input type="checkbox"/> Identify how school and community programs and policies can promote dignity and respect for people of all sexual orientations and gender identities and expressions. SO2 <p><u>Anatomy & Physiology</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Summarize human reproductive systems including medically accurate names for internal and external genitalia and their functions. AP1 <input type="checkbox"/> Summarize the relationship between the menstrual cycle and conception. AP2 <p><u>Sexual Health</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify factors that impact the risk of unintended pregnancy and potential transmission of STIs, including HIV, from a variety of sexual behaviors <input type="checkbox"/> Explain the steps to using barrier methods correctly (e.g. external and internal condoms) SH2 <input type="checkbox"/> Compare and contrast types of contraceptive and disease prevention methods. SH3 <input type="checkbox"/> Evaluate community services and resources related to sexual and reproductive health. SH4 <input type="checkbox"/> Identify the laws related to reproductive and sexual health care services (e.g. contraception, pregnancy options, safe surrender policies, prenatal care). SH5 <input type="checkbox"/> Explain the importance of getting appropriate health care for sexual health issues SH6 <input type="checkbox"/> Describe consequences of becoming sexually active SH7 <input type="checkbox"/> Describe the responsibilities that come with being sexually active SH8 <input type="checkbox"/> Determine the benefits of being sexually abstinent SH9 <input type="checkbox"/> Analyze the effectiveness of communicating and respecting clear expectations, boundaries, personal safety strategies, clear limits, and affirmative consent on sexual behaviors. SH10 <p><u>Sexually Explicit Media</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Explain the impact sexually explicit media can have on one's perceptions of, and expectations for, a healthy relationship. SEM1 <input type="checkbox"/> Explain federal and states laws that prohibit the creation, sharing, and viewing of sexually explicit media that includes minors. SEM2

GRADE 9 SEXUAL HEALTH UNIT	
INSTRUCTIONAL MATERIALS	
Topic	Instructional Materials
Sexuality	<ul style="list-style-type: none"> • Sexual Attraction and Orientation • Definition of Sexuality & Sexual Health • Sexual Health Influences Google Slides • Analyzing Influences: Sexual Choices
Reproduction & Anatomy	<ul style="list-style-type: none"> • Female Reproductive System • Male Reproductive System
Abstinence	<ul style="list-style-type: none"> • Definition of Sexual Abstinence • Abstinence - World Cafe Questions • Student Abstinence World Cafe Notes Sheet • Tips for Choosing Abstinence • What Abstinence Means to Me • Abstinence
Accessing Information	<ul style="list-style-type: none"> • Actively Learn's How to Evaluate Resources for Reliability • Maryland Laws Related to Sexual Health • Resources for Sexual Health
Affirmative Consent	<ul style="list-style-type: none"> • Affirmative Consent - Definition. • Sexual Health Consent Google Slides; • What Do You Want? Understanding Affirmative Consent Activity
Contraception	<ul style="list-style-type: none"> • Birth Control Methods--How Well Do They Work? • Condoms • Contraceptive Myth or Fact sheet • Abstinence and Contraception • Birth Control SRS • Contraceptives Chart • HCPSS Condom Availability Program
Communication	<ul style="list-style-type: none"> • How to Break up Respectfully • Getting Over a Breakup • Should It End? • "I" Statement Resource • Assertiveness • Communication: Sexual Health Scenarios • Interpersonal Communication Sexual Health Dialogue
Communication & Decision Making	<ul style="list-style-type: none"> • Refusal Skills - Sexual Health • Turning Off the Pressure • "The Dating Survival Guide" • The Dating Survival Guide Student Response Sheet • SH Decision Making Google Slides • Sexual Decision Making Scenarios • Decision Making SH Flow Chart Google - Slides • Sexual Decision Making Scenarios • Sexual Decision Making Group Activity Directions
Sexual Limits & Advocacy	<ul style="list-style-type: none"> • Setting Limits & Abstinence. • Sexual Health: Advocacy • Setting Sexual Limits