



LESSON: Recognizing Respect

CONTENT AREA: [Family Health and Sexuality](#)

GRADE LEVEL: [Middle School](#)

Synopsis

Students identify ways in which respect for self and others can be communicated. The importance of boundaries is discussed and ground rules are set.

Key Concepts

- Respecting self and others
- Diversity in relationships
- Changes in families
- Boundaries – everyone has them

Objectives

- Students will describe respectful behavior.
- Students will demonstrate communication skills that convey respect.
- Students will determine boundaries they have.

Skill Emphasis

- Interpersonal Communication

Concepts

- Importance of listening to others and talking about problems.
- The value of using I-messages.
- How to show respect for others and self.

Skill Development

- Different actions will be effective in different situations.
- Regular practice will help students learn to use these skills during interactions: I-messages, making eye contact, using a respectful tone, provide clear ideas/feelings.



LESSON: Changing Bodies

CONTENT AREA: [Family Health and Sexuality](#)

GRADE LEVEL: [Middle School](#)

Synopsis

Students use valid information sources to research the reproductive anatomy and physiology for males and females, then use their information to complete worksheets.

Key Concepts

- Growth and development

Objectives

- Students will understand the structure and function of male and female reproductive systems.
- Students will identify valid sources of information about adolescence.

Skill Emphasis

- Accessing Information

Concepts

- Puberty is when physical, hormonal, and sexual changes occur and the individual becomes capable of reproduction.
- Puberty is associated with rapid growth and the appearance of secondary sexual characteristics.
- Adolescence is the period of transition between puberty and adulthood.
- Adolescence begins at different ages; girls usually enter adolescence about two years before boys.

Skill Development

- Sources of accurate information about adolescence include health care personnel and community care agencies.
- Many volunteer health agencies are trusted sources for information about adolescence. These organizations usually have URLs that end in ".org."
- Government agencies are also trusted sources. URLs for government agencies end in ".gov."



LESSON: **Abstinence**

CONTENT AREA: [Family Health and Sexuality](#)

GRADE LEVEL: [Middle School](#)

Synopsis

Students identify physical, emotional, and social reasons why abstinence is a good choice for adolescents.

Key Concepts

- Benefits of abstinence
- Social norms
- Benefits of setting sexual limits
- Respecting sexual limits of others

Objectives

- Students will explain reasons to choose abstinence.

Skill Emphasis

- Advocacy

Concepts

- Abstinence means choosing not to have sexual intercourse.
- Most students in this age group have not had sexual intercourse.
- Determining personal reasons for practicing abstinence: avoiding pregnancy, avoiding STIs, until you're older, wait until marriage...family values!

Skill Development

- A clear, health-enhancing stand
- Direct advice to others
- Persuasion for making a healthy choice
- Passion and conviction



LESSON: Preventing STD/HIV

CONTENT AREA: [Family Health and Sexuality](#)

GRADE LEVEL: [Middle School](#)

Synopsis

Discuss the transmission and prevention of HIV/STI, the symptoms, consequences, and treatments for HIV/STI and identify community resources for help.

Key Concepts

- Risks of HIV and other STIs
- Abstinence is the most effective prevention strategy
- Consequences of untreated HIV and other STIs

Objectives

- Students will understand symptoms, consequences, treatment, and transmission of HIV/STI.
- Students will identify resources for HIV/STI prevention and treatment.

Concepts

- HIV/STI is spread through sexual intercourse (oral, vaginal, anal) and injecting drugs.
- It is unlikely but possible for adolescents who are abstinent and do not inject drugs to get HIV/STI.
- Condoms reduce their risk of getting HIV/STI through sexual intercourse.
- Unprotected intercourse and/or injection drugs cause a high risk of getting HIV/STI.

Concepts

- The risk of HIV/STI is unlikely if a person abstains from sexual intercourse and does not participate in injection drug use.
- Using latex condoms reduces the risk of HIV/STI.
- Avoiding alcohol and other drugs also reduces the risk of contracting HIV/STI.
- Persons who have HIV/STI should go to a doctor or medical clinic for treatment.

Skill Development

- Valid and up-to-date information using reliable information sources.
- Discuss community resources for information and treatment of HIV/STI.
- Who could you ask for assistance if you needed help?
- Why are these people or this agency good sources for information?
- Where could you go to get the help you needed?