HEALTHY CPS
— OFFICE OF STUDENT HEALTH & WELLNESS —

Personal Health and Safety Education & Sexual Health Education
Scope and Sequence
Pre-K to Grade 12

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Personal Health & Safety Education

Grades Pre-K to 2

Rationale

Children in grades Pre-K to 2 are curious and impressionable with a desire to explore the world around them. Children become aware of similarities and differences between their own and other people's bodies; this is part of their natural curiosity. They also have a natural curiosity about family structures, gender and gender role stereotypes, and reproduction. Children at this age need guidance to navigate communicating with others, treating others with dignity and respect, understanding bodily autonomy, and seeking support when needed. The Pre-K to 2nd grade lessons were created to provide students with basic human sexuality understandings, as recommended by the National Sex Education Standards and Erin's Law, which is an Illinois Law requiring that schools offer sexual abuse prevention education for all school-aged children.

Pre-Kindergarten (Click Here to View Pre-K Unit Plan)

Lesson 1: ***Our Healthy and Happy Classroom Community***

Students are introduced to the phrase "Classroom Community" and will create classroom rules/expectations together to foster a healthy learning environment.

Lesson 2: ***Different Kinds of Families***

Students read and discuss *The Family Book* by Todd Parr and discuss similarities and differences between families, and learn that all family structures are valid.

Lesson 3: ***Understanding Our Bodies – The Basics***

Students learn the medically accurate names for private body parts. Students discuss why it is important for them to know and use the correct names for these parts, including so that they can communicate with helping adults. ***This lesson supports Erin's Law requirements.***

Lesson 4: ***My Space, Your Space***

Students learn about 'personal space,' and that they have the right to determine whether and how they are touched. Students will learn what to do if they are touched in a way that makes them uncomfortable, and identify trusted adults. ***This lesson supports Erin's Law requirements.***

Lesson 5: ***Surprises vs Tell Secrets***

Students review identifying trusted adults and personal space. This lesson teaches students about inappropriate touches including bullying, physical harm, and child sexual abuse. Students will read the book *Secrets Should Never be Kept* by Craig Smith, and identify the types of secrets that must always be told to a trusted adult. ***This lesson supports Erin's Law requirements.***

Kindergarten (Click Here to View Kindergarten Unit Plan)

Lesson 1: ***Our Healthy and Happy Classroom Community***

Students are introduced to the phrase "Classroom Community" and will create classroom rules/expectations together to foster a healthy learning environment.

Lesson 2: ***Different Kinds of Families***

Students read and discuss *The Family Book* by Todd Parr and discuss similarities and differences between families, and learn that all family structures are valid.

Lesson 3: ***Understanding Our Bodies – The Basics***

Students learn the medically accurate names for private body parts. Students discuss why it is important for them to know and use the correct names for these parts, including so that they can communicate with helping adults. ***This lesson supports Erin's Law requirements.***

Lesson 4: ***My Space, Your Space***

Students learn about 'personal space,' and that they have the right to determine whether and how they are touched. Students will learn what to do if they are touched in a way that makes them uncomfortable, and identify trusted adults. ***This lesson supports Erin's Law requirements.***

Lesson 5: ***Surprises vs. Tell Secrets***

Students review identifying trusted adults and personal space. This lesson teaches students about inappropriate touches including bullying, physical harm, and child sexual abuse. Students will read the book *Secrets Should Never be Kept* by Craig Smith, and identify the types of secrets that must always be told to a trusted adult. ***This lesson supports Erin's Law requirements.***

Grade 1 (Click Here to View Grade 1 Unit Plan)

Lesson 1: ***Our Healthy and Happy Classroom Community***

Students are introduced to the phrase "Classroom Community" and will create classroom rules/expectations together to foster a healthy learning environment.

Lesson 2: ***Friendships***

Students discuss the importance of friendships and what it takes to be a good friend, as well as why friends count on us and how we can show our friends that we care about them.

Lesson 3: ***Families Change***

Students discuss the ways in which families may change and how to talk about these changes with a trusted adult.

Lesson 4: ***The Circle of Life***

Students are introduced to the concept of reproduction, as the ability to make something again, or to make a copy of it. Students will understand that all living things can reproduce.

Lesson 5: ***My Body is MY Body***

Students learn about sexual abuse and behaviors that a child should bring to the attention of a trusted adult in order to get help. ***This lesson supports Erin's Law requirements.***

Lesson 6: ***Pink, Blue, and Purple***

Students discuss the concept of gender and gender role stereotypes. By the end of the lesson, students will recognize that gender should not be a limiting factor in being themselves.

Grade 2 (Click Here to View Grade 2 Unit Plan)

Lesson 1: ***Our Healthy & Happy Classroom Community***

Students are introduced to the phrase "Classroom Community" and will create classroom rules/expectations together to foster a healthy learning environment.

Lesson 2: ***Understanding Our Bodies***

Students learn about the private body parts through a PowerPoint presentation introducing basic anatomy via age-appropriate images and medically accurate descriptions. ***This lesson supports Erin's Law requirements.***

Lesson 3: ***Feeling SAFE!***

Students discuss the importance of setting and respecting personal boundaries, as well as how to respond if their boundaries are crossed using the SAFE model (**S**top, Get **A**way, **F**ind an adult, **E**xplain). ***This lesson supports Erin's Law requirements.***

Lesson 4: ***Seeking Help***

Students discuss the concept that teasing, touching, bullying, or being forced to touch someone else is never ok. By the end of this lesson, students will be able to identify trusted adults they can go to for help. ***This lesson supports Erin's Law requirements.***

Lesson 5: ***What to Do When Words or Actions Hurt***

Students are guided through scenarios to help them identify similarities and differences between bullying and teasing, as well using the "No! Go, Tell" rule to get help from an adult.

Lesson 6: ***That's a (Gender) Stereotype!***

Students explore the concept of gender stereotypes, identify different stereotypes, and discuss why gender stereotypes can be harmful.

Lesson 7: ***R-E-S-P-E-C-T***

Students learn about various components of a person's identity, such as race, ethnicity, gender, age, religion, etc and practice treating others with dignity and respect.

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Grades 3 to 5

Rationale

Children in 3rd through 5th grade are curious, impressionable and becoming more self-reliant and social. Children have a natural curiosity about their bodies, as well as the basics of family structures, gender identity and expression, reproduction, and personal relationships. Puberty typically begins between the ages of 8 to 14. Therefore, puberty is briefly introduced in 3rd grade, and is built upon in 4th and 5th grade. This helps children and their families prepare for the physical, social, and emotional changes that will occur. These units also include introductory information about consent, relationships, and communication to provide students with foundational knowledge. These skills will prepare them for more in-depth discussions about these topics in 6th-12th grade. The 3rd-5th grade lessons were created to provide students with basic human sexuality understandings, as recommended by the National Sex Education Standards and Erin's Law, which is an Illinois Law requiring that schools offer sexual abuse prevention education for all school-aged children.

Grade 3 (Click Here to View Grade 3 Unit Plan)

Lesson 1: ***Our Classroom Community***

Students will discuss the concept of respect and will work together to create classroom rules/expectations to foster a healthy learning environment.

Lesson 2: ***Respect for All***

Students will discuss examples of prejudice and discrimination to understand the importance of showing dignity and respect, especially to those who may be different from them.

Lesson 3: ***The Power of Words***

Students will explore online safety and the impact their words can have online, and will use the STOP model (**S**tep away, **T**ell a trusted adult, **O**K sites first, **P**ause and think online) to practice responding to hurtful words online.

Lesson 4: ***Time to Be Me***

Students will explore the concepts of gender and gender identity using the book *Calvin* by J. R. Ford and Vanessa Ford, and will learn what it means to be transgender, or when a person's gender identity is different from what doctors/midwives assigned to them when they were born.

Lesson 5: ***If You Don't Have Consent, You Don't Have Consent!***

Students will define and model the concepts of consent, personal boundaries, and bodily autonomy, and will practice identifying and respecting other people's boundaries. ***This lesson supports Erin's Law requirements.***

Lesson 6: ***Taking Care of Our Bodies with Basic Hygiene Habits***

Students will use the website KidsHealth.org to explore different basic hygiene habits, such as brushing teeth and washing hands, and create a short presentation to teach their peers about keeping their bodies clean and healthy.

Lesson 7: ***Personal Timeline***

Students will learn about the stages of typical human development, including a brief

introduction to puberty, and will create personal timelines for reflection as a class on the similarities and differences between everyone's timelines.

Grade 4 (Click Here to View Grade 4 Unit Plan)

Lesson 1: ***My Healthy Habits***

Students will create classroom community expectations together, and then learn about healthy habits and take time to reflect on their own personal healthy habits.

Lesson 2: ***Figuring Out Friendship***

Students will identify characteristics of healthy and unhealthy relationships with a focus on healthy friendships, and identify trusted adults that they can speak to about relationships. ***This lesson supports Erin's Law requirements.***

Lesson 3: ***The Gender Snowperson***

Students will explore the concepts of gender identity, sexual orientation, sex assigned at birth, and gender expression by creating a Gender Snowperson, and will be reminded of the importance of respecting each other.

Lesson 4: ***Making Sense of Puberty***

Students will be introduced to puberty and begin learning about changes they may experience, and differentiate between physical, social, and emotional changes of puberty.

Lesson 5: ***Puberty and Our Bodies***

Students will learn the names and functions of basic reproductive anatomy, and learn about the physical puberty changes that happen for most people.

Lesson 6: ***Choosing Your Own Puberty Adventure***

Students will work through a "Choose Your Own Adventure" style presentation with multiple examples of common puberty challenges, and work together to decide which healthy choice should be made in each scenario.

Lesson 7: ***Staying Safe Online***

Students will identify ways to practice online safety by discussing whom to connect with online, what information is appropriate to share, and signs that they should speak to a trusted adult. ***This lesson supports Erin's Law requirements.***

Lesson 8: ***Taking a Stand Against Bullying***

Students will learn ways to address and prevent bullying by being an "upstander," and will practice by creating skits to model what it means to be an "upstander."

Grade 5 (Click Here to View Grade 5 Unit Plan)

Lesson 1: ***Learning About My Self-Image***

Students will create classroom community expectations together, and will then define self-image, identify their own positive self-image, and discuss how self-image can be influenced.

Lesson 2: ***Thinking Outside the (Gender) Box***

Students will use the Gender Unicorn to explore the concepts of gender identity, sex assigned at birth, gender role stereotypes, and gender expression.

Optional Lesson: Intro to Puberty

Students will be introduced to puberty and begin learning about changes they may experience, and differentiate between physical, social, and emotional changes of puberty. ***Note:*** *This lesson is optional at the discretion of the teacher, based on whether students demonstrate a need for additional puberty review.*

Lesson 3: ***Changes During Puberty***

Students will learn the names and functions of reproductive anatomy for most people assigned male at birth and most people assigned female at birth, and will focus on the role of hormones during puberty and the physical puberty changes that they cause.

Lesson 4: ***So THAT'S How Babies Are Made!***

Students will learn the definition of sexual intercourse as it relates to pregnancy, and learn the basic steps necessary for a pregnancy to occur, including sperm, egg, fertilization, and implantation.

Lesson 5: ***Learning About Communicable and Non-Communicable Diseases***

Students will define and identify differences between communicable and non-communicable diseases, and then learn facts about HIV and STIs and how transmission could occur including sexual contact with infected fluids or through the sharing of needles.

Lesson 6: ***Decisions About Protecting Yourself***

Students will define abstinence and discuss reasons why most young people choose abstinence, and will also learn basic facts about birth control, STI medication, and condoms as methods of protection from STIs and/or pregnancy.

Lesson 7: ***Your Body Your Rights***

Students will define sexual harassment and sexual abuse, and learn how to report them by identifying ways to tell a trusted adult if they or someone they know is being sexually abused or harassed. ***This lesson supports Erin's Law requirements.***

Lesson 8: ***What is Love Anyway?***

Students will describe the difference between "liking" and "loving" something, begin a discussion about romantic love, and define common sexual orientation identities (heterosexual, lesbian, gay, bisexual).

Lesson 9: ***Yes, No, Maybe So***

Students will define consent, and brainstorm examples of when they may want to say "yes" and give consent, say "no," or ask for more information before making a decision. ***This lesson supports Erin's Law requirements.***

Lesson 10: ***Being Clear with Your Friends***

Students will describe and identify three different communication styles: aggressive, passive, and assertive, and learn steps to say no when faced with peer pressure by demonstrating assertive communication.

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Sexual Health Education

Grade 6

Rationale

This unit focuses on supporting students as they continue developing physically, socially, and emotionally. Students continue to explore identity as they get older, and they seek increased independence. As a result, young people in 6th grade need the knowledge and skills to begin making healthy decisions on their own, including decisions about their sexual health. As young people enter middle school, it is important for them to gain foundational knowledge about healthy relationships that they can apply to relationships now and in the future. Throughout this unit, students are encouraged to reflect on who they are and the decisions they may make as a pre-teen. Topics covered are recommended by the National Sex Education Standards and Erin's Law, which is an Illinois Law requiring that schools offer sexual abuse prevention education for all school-aged children.

Grade 6 (Click here to View Grade 6 Unit Plan)

Lesson 1: ***Take a Selfie…Strategies for Self-Care***

Students will create classroom expectations that reinforce a safe and respectful learning environment. Then, students will define self-care and explore the skills necessary to implement self-care.

Lesson 2: ***Gender Identity: Respecting Pronouns***

Students will review terms about gender identity, practice using diverse pronouns, and understand why it is respectful to call someone by their chosen name and pronouns.

Lesson 3: ***Change is Good***

Students review major physical, social, cognitive and emotional changes of puberty and apply their knowledge by considering what advice they might give to someone going through a puberty change.

Lesson 4: ***Proud to Be Me!***

Students will differentiate between gender identity and sexual orientation, and discuss the importance of feeling proud of their identities.

Lesson 5: ***Being a Sex Ed Sleuth***

Students will identify how to find medically accurate, reliable information online to answer their questions and concerns about puberty and sexual health.

Lesson 6: ***Reproductive Health and Pregnancy***

Students will review the reproductive systems and the puberty changes that prepare the body for possible reproduction. Then, they will explore the connection between the menstrual cycle and pregnancy and review sexual intercourse as the behavior that causes pregnancy.

Lesson 7: ***To Abstinence and Beyond! Contraception & STI Prevention***

Students will be introduced to contraception, the basics of sexually transmitted infections (STIs), and how barrier methods, including condoms can prevent both pregnancy and STIs. Abstinence will be emphasized as the only 100% effective method to prevent STIs and pregnancy, and the most common choice middle schoolers make.

Lesson 8: ***Consent…It Goes with Everything!***

Students will define consent by completing prompts about what consent is and is not, then they will watch a video to learn the definition of sexual consent and to introduce the concept of sexual agency. ***This lesson supports Erin's Law requirements.***

Lesson 9: ***More than Friends***

Students will use scenarios to explore the similarities and differences between friendship and romantic relationships, and evaluate the components of healthy and unhealthy relationships described in the scenarios.

Lesson 10: ***It's Not OK…Harassment Prevention***

Students will learn that sexual harassment is never the fault of the person being harassed. Then, they will brainstorm ways to respond to sexual harassment, whether it was happening to them, if they were witnessing it, or if a friend was the one doing the harassment, including how to report harassment in CPS. ***This lesson supports Erin's Law requirements.***

Lesson 11: ***Image Overload***

Students will consider the factors that can influence someone's body image, such as family/friends, social media, and shows/movies, and then discuss how unrealistic or harmful sexually explicit images (pornography) can negatively influence body image and self-esteem.

Lesson 12: ***When Should a Person…***

Students will consider the question of how to know when it is the "right" time to engage in sexual behaviors, and will be introduced to a 5-step decision-making model that they will practice applying to a decision they might make in their real life.

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Grade 7

Rationale

This unit focuses on supporting students as they continue developing physically, socially, and emotionally. At this age, peer approval becomes increasingly important to many young people. Throughout this unit, students go over identifying, analyzing, and responding to peer influence on sexual health in addition to other internal and external influences. Students start this unit by practicing empathy-building and exploring how attitudes and beliefs about LGBTQ+ communities can have an impact on individuals to understand how to be an ally to diverse communities. To support healthy sexual decision-making now and in the future, students will review reproductive anatomy, discuss pregnancy including how it begins, common signs and symptoms, prevention, and the options a pregnant person has. Additionally, students learn about sexually transmitted infection (STI) transmission, prevention, and treatment. Students review barrier methods, such as condoms and dental dams, that can prevent the spread of some STIs. Students will learn that most young people their age choose to abstain from sexual activity and that abstinence is the only 100% effective way to prevent pregnancy and STIs.

As young people continue in middle school, it is important for them to gain foundational knowledge about healthy relationships that they can apply to relationships now and in the future. Students will explore the qualities that create a healthy relationship, practice healthy communication, and discuss the importance of addressing unhealthy behaviors in relationships. In this digital age, it is also important to consider how young people interact with media, so students will learn how they can respectfully interact with others and find accurate, reliable information online and social media. As young people take charge of their personal health and safety, they will be informed on federal and state laws about sexual health services for youth and age of consent.

Grade 7 (Click here to View Grade 7 Unit Plan)

Lesson 1: ***Norms, Expectations, and Social Responsibility***

Students establish classroom expectations to create a safe and supportive environment and discuss the impact of attitudes toward those who may have different experiences than their own.

Lesson 2: ***Everybody's Got Parts***

Students review sexual and reproductive anatomy systems and identify the names and functions of each part.

Lesson 3: ***Pregnancy Basics***

Students learn about pregnancy testing and the early signs of pregnancy. Students discuss the rights of pregnant people to make decisions about their own body, such as decisions about pregnancy options, including parenting, abortion, and adoption.

Lesson 4: ***Clicking for Credibility***

Students build health and media literacy by identifying the important questions to ask to determine if information online or social media is an accurate and reliable source.

Lesson 5: ***Bacteria, Viruses, Lil' Critters, Oh My! Part 1***

Students discuss important information regarding Sexually Transmitted Infections (STIs) including what causes them, how they are spread, how to prevent them, and how to treat them.

Lesson 6: ***Bacteria, Viruses, Lil' Critters Oh My! Part 2***

Students demonstrate what they have learned through a Bingo game and are given an opportunity to ask additional questions about sexual health.

Lesson 7: ***Let's Talk About Sex***

Students learn about passive, aggressive, and assertive communication styles and why assertive communication is typically the best way to communicate.

Lesson 8: ***Healthy Relationships for All***

Students discuss qualities in healthy relationships, including being honest, equal, responsible, and respectful.

Lesson 9: ***My Social Media Life***

Students investigate social media utilization among young people and how to stay safe online.

Lesson 10: ***Pre-Law***

Students learn about federal and state laws related to age of consent and confidentiality in sexual healthcare.

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Grade 8

Rationale

This unit focuses on supporting students as they continue developing physically, socially, and emotionally. As students investigate their identities and explore how various internal and external influences shape their health decisions, they will discuss how to appreciate diversity and feel empowered to create positive change and promote safer, healthier communities. This unit introduces social determinants of health and encourages students to carefully consider the ways in which discrimination of various groups, including LGBTQ+ students, and racism impact health as a way to promote equity and empathy.

As young people desire more privacy and autonomy, including in their healthcare decisions, it is important for students to develop skills to access youth-friendly medical care, communicate with medical professionals, and know their healthcare rights, as well as other Illinois laws regarding sexual health. Additionally, students will learn about sexually transmitted infections (STIs), including their transmission, prevention, and treatment, with a review of barrier methods like condoms and dental dams.

Students will build upon foundational knowledge about healthy relationships with a deeper dive into the concepts of consent and sexual agency, including factors that can impact someone's ability to consent. Students will learn about types of sexual violence and how to report instances, which meets the requirements of Erin's Law (erinslaw.org), an Illinois Law requiring that schools offer sexual abuse prevention education for all school-aged children. Students will also consider the impact of digital communication on relationships and identify ways they can safely interact with others by deciding what to disclose online and the laws surrounding sexting to encourage safe and respectful interactions. At this age, it's common for students' peer and dating relationships to change frequently. Because of this, it's important for students to learn strategies for respectfully ending relationships, especially those that are unhealthy or unsafe. Finally, as students continue to make significant life decisions, this unit will provide them with practice to apply. They will practice applying a decision-making model to sexual health-related scenarios supporting informed and healthy face-to-face and online choices.

Grade 8 (Click here to View Grade 8 Unit Plan)

Lesson 1: ***Creating a Safe School: Celebrating All***

Students establish classroom expectations, review the Chicago Public Schools Student Bill of Rights, and identify aspects of creating a safe and supportive environment for LGBTQ+ students.

Lesson 2: ***What's Racism Got to Do With It?!***

Students identify different types of racism and other factors that may influence healthcare experiences. They connect these topics to sexual health through scenarios.

Lesson 3: ***Gender: A Galaxy of Possibilities***

Students will discuss terms such as gender identity and the gender binary. This lesson includes support resources for students at CPS who may face discrimination for their gender identity.

Lesson 4: ***Sexting and Relationships***

Students will learn about the laws surrounding sexting and how to discuss boundary setting. This lesson also includes information about deepfake technology.

Lesson 5: ***Consent and Sexual Agency***

Students will learn about consent through an interactive class game. They will build on their knowledge of consent by discussing how factors, such as alcohol or power, can influence someone's ability to give consent. ***This lesson supports Erin's Law requirements.***

Lesson 6: ***When It's Time to Break Up***

Students will work in groups on an activity about healthy and unhealthy qualities in a relationship. Then, they will discuss strategies to end a relationship and resources to immediately end an unsafe or abusive relationship.

Lesson 7: ***Be Aware and Care: Addressing Sexual Violence***

Students will discuss key terms related to sexual violence, including sexual abuse, harassment, trafficking, and grooming***,*** and apply what they learned by creating posters about available resources and support for individuals experiencing sexual violence. ***This lesson supports Erin's Law requirements.***

Lesson 8: ***STI Jeopardy***

Students will review important information about sexually transmitted infections (STIs) as well as how to prevent them by learning about how to use internal and external condoms. They will work in teams to play a game to apply what they've learned.

Lesson 9: ***Being Informed: How to Advocate for Yourself with a Healthcare Provider***

Students will learn about their rights in Illinois to access sexual healthcare and use scenarios to practice talking with a healthcare provider about their sexual health.

Lesson 10: ***Decisions, Decisions***

Students will review a decision-making model and apply it to a sexual health scenario by creating a presentation to demonstrate what they have learned throughout the unit.

Grade 9

Rationale

As youth age, they continue to make an increasing number of decisions within their lives, including those pertaining to their sexual health. The 9th grade Sexual Health Unit revisits the DECIDE Decision Making Steps introduced in the 5th and 6th grade units to further strengthen students' application of healthy decision making (National Health Education Standard 5). These steps are applied to the variety of age appropriate and developmentally appropriate sexual health topics for teenagers, as recommended in the National Sexuality Education Standards.

Grade 9 (Click here to view Grade 9 Unit Plan)

Lesson 1: ***Introduction to the Deciding to Be Healthy in Relationships Unit***

Students establish classroom expectations, review the Chicago Public Schools Student Bill of Rights, and explore the concept of decision making as it applies to sexual health.

Lesson 2: ***Whose Relationship is Healthiest?***

Students identify characteristics of healthy and unhealthy relationships.

Lesson 3: ***The DECIDE Decision Making Model***

Students explore and apply the DECIDE decision making model.

Lesson 4: ***Sexual Health Questions for Teenagers to Consider and Practice Asking***

Students identify reasons why teenagers choose to engage or not engage in sexual behaviors. Students practice asking questions about sexual health decisions that can help them determine if they are ready to engage in sexual health behaviors. ***This lesson supports Erin's Law requirements.***

Lesson 5: ***Sexual Orientation, Behavior, and Identity: How I Feel, What I Do, and Who I Am***

Students examine the concepts of sexual orientation, behavior, and identity.

Lesson 6: ***Understanding Gender***

Students learn about gender identity and sex assigned at birth. Students explore gender scripts, how people were told to behave based on body parts.

Lesson 7: ***Helping Others Make Positive Sexual Health Decisions***

Students practice providing sexual health advice to a fictional teenager. Students review reliable sources pertaining to sexual health. ***This lesson supports Erin's Law requirements.***

Lesson 8: ***Options for Protection***

Students explore forms of protection and apply a decision-making model to a scenario pertaining to pregnancy and sexually transmitted infection prevention.

Lesson 9: ***Creating Condom Confidence***

Students will describe and/or demonstrate how to correctly use an external and internal condom.

Lesson 10: ***What If…***

Students review the symptoms of pregnancy and explore options a person has when they learn they are pregnant. Students discuss prenatal practices for a healthy pregnancy.

Lesson 11: ***They Love Me… They Love Me Not***

Students learn the characteristics of unhealthy relationships and what can be done to leave this type of relationship. ***This lesson supports Erin's Law requirements.***

Lesson 12: ***It Wasn't My Fault***

Students explore the impacts of and their feelings about rape and sexual assault. Students explain why the person who is raped or sexually assaulted is never at fault.

Lesson 13-14: ***Helping Others Make Healthy Sexual Health Decisions***

Students apply a decision-making model to a realistic sexual health decision and present their final decision.

Grade 10

Rationale

As youth age, they need to be taught the skills for health-enhancing behaviors and to avoid or reduce health risks. The 10th grade Sexual Health unit presents age appropriate and developmentally appropriate sexual health information to youth, as recommended in the National Sexuality Education Standards, while also promoting students' acceptance of personal responsibility for one's sexual health, as well as the resources to go to when a person's health may be harmed (National Health Education Standard 5). Students will have the opportunity to share what they have learned, as well as advocate to one another on how to be healthy and literate with sexual health resources.

Grade 10

Lesson 1: *Students' Bill of Rights and Unit Expectations*

Students establish classroom expectations and identify their awareness of sexual health behaviors. Students compare the Chicago Public School's Student Bill of Rights and to the Advocates for Youth Students' Bill of Rights regarding Sexual Health.

Lesson 2: *Taking Care of Your Body*

Students review medically accurate terminology and explore reasons why a student would go to a medical professional for sexual health needs.

Lesson 3: *Our Community Sexual Health Resources*

Students investigate and evaluate local sexual health resources.

Lesson 4: *Trust It or Trash It*

Students evaluate the accuracy and reliability of online sexual health resources to determine if they are trustworthy sources.

Lesson 5: *What Does It Mean to Have a Healthy Relationship?*

Students study the traits of healthy, unhealthy, and abusive relationships and identify trusted adults they can go to and resources they can use if in unhealthy or abusive relationships. ***This lesson supports Erin's Law requirements.***

Lesson 6: *Using Technology Respectfully and Responsibly*

Students define sexting and explore the laws and consequences related to sexting when under the age of 18.

Lesson 7: The Realities of Sexual Assault

Students demonstrate an understanding that no one has the right to violate someone else's boundaries. They learn how to act if they witness or are informed of inappropriate sexual behaviors. ***This lesson supports Erin's Law requirements.***

Lesson 8: *Sexual Health Questions for Teenagers to Consider and Practice Asking*

Students identify reasons why youth are choosing to engage or not engage in sexual behaviors and will practice communicating about sexual health.

Lesson 9: *Healthy Relationships and Consent*

Students define consent and demonstrate an understanding of giving and getting clear consent in situations. Students differentiate between consent, coercion and incapacitated.

Lesson 10: ***Let Me Tell You***

Students acknowledge their own communication style and demonstrate how to communicate with a partner about the risk of sexually transmitted infections (STIs) and how to protect their sexual health. Students learn about how and where to be tested for STIs.

Lesson 11: ***Know Your Options***

Students review contraceptive methods and analyze the reasons why students would want to use contraceptives.

Lesson 12: ***Sexual Pleasure***

Students explore the history and scientific phases of the sexual response cycle.

Lesson 13: ***Advocating for Our Space, Safe Space***

Students identify LGBTQ+ inclusiveness in their school and learn about advocacy and lobbying for change to improve overall inclusiveness.

Lesson 14: ***It's Your Turn: Teaching Others About Being a Healthy Sexual Literate Person***

Students practice teaching others about a sexual health topic discussed this term.

Grade 11

Rationale

The 11th grade Sexual Health unit provides a review of sexual health topics taught within previous grades, as well as additional age appropriate and developmentally appropriate information noted in the National Sexuality Education Standards. In addition, students will be taught the skills needed to ensure students access valid sexual health information, products, and services (National Health Education Standard 3). Students will be provided the opportunity to research one side of a relevant and meaningful sexual health issue and then debate their side to their peers.

Grade 11

Lesson 1: ***Students' Sexual Health Bill of Rights and Unit Expectations***

Students establish classroom expectations. Students review the Chicago Public School's Student Bill of Rights and to the Advocates for Youth Students' Bill of Rights regarding Sexual Health.

Lesson 2: ***Review of What Sexual Health Is About***

Students review sexual health sexual information and begin to contemplate the sexual health topic they will focus on for their group debate.

Lesson 3: ***Analyzing Sexual Health Websites for the ACCESS Skill Cues***

Students analyze online health resources using the ACCESS skill cues. ACCESS (accuracy, credibility, current, ease of use and access, situations, support) is an acronym for skills used to access valid and reliable information.

Lesson 4: ***My Life, My Decisions***

Students identify messages they receive from people in their lives and other factors regarding sexual health and how these messages can affect their sexual decision-making.

Lesson 5: ***How Do You See People?***

Students describe preconceived notions of categories of people and explore ways in which self-images can impact sexual health decision-making.

Lesson 6: ***How Can We Be Supportive and Credible Bystanders?***

Students study different types of behaviors and how behaviors can impact relationships. Students demonstrate how to act when witnessing inappropriate sexual behaviors. ***This lesson supports Erin's Law requirements.***

Lesson 7: ***The ACCESS Skill Cues and Current Research***

Students analyze journal articles pertaining to sexual health using the ACCESS skill cues.

Lesson 8: ***My Boundaries***

Students define boundaries and demonstrate an understanding of the need to communicate about boundaries in a relationship.

Lesson 9, 10, and 11: ***Research and Preparation for Sexual Health Debates***

Students applying the ACCESS skill cues while researching sexual health issues. Students develop arguments for a variety of sexual health issues.

Lesson 12, 13 and 14: *Students' Sexual Health Debates*

Students debate sides to a sexual health issue to improve understanding of their own thoughts and values regarding sexual health.

Grade 12

Rationale

The 12 Grade Sexual Health unit focuses on an overview of the seven (7) sexual health topics noted in the National Sexuality Education Standards. Students will also learn basic skills needed to be an advocate (National Health Education Standard 8) and be provided the opportunity to research a specific relevant and meaningful sexual health issue. Students will then create presentations for their peers, supporting aspects of the "I CARE'' Advocacy acronym within their final presentation.

Grade 12

Lesson 1: ***Students' Sexual Health Bill of Rights and Unit Expectations***

Students establish classroom expectations, explore the Chicago Public Schools Student Bill of Rights, and define advocacy.

Lesson 2: ***What is Sexual Health?***

Students review sexual health information relating to the seven sexual health topics of the National Sexuality Education Standards and apply the "I CARE" advocacy acronym to present sexual health topics.

Lesson 3: ***Healthy Relationships and Consent***

Students explore the importance of identifying clear consent and how this is important in a respectful relationship. ***This lesson supports Erin's Law requirements.***

Lesson 4: ***Is It Abuse If…?***

Students describe the characteristics of types of relationship abuse and identify resources they can use if they experience or witness abuse. ***This lesson supports Erin's Law requirements.***

Lesson 5: ***Fantasy or Reality? How Sexually Explicit Material Affects How We See Relationships***

Students discuss sexually explicit content in media and ways in which media representations of sex and sexuality can impact sexual and romantic relationships.

Lesson 6: ***Advocating for STI Testing***

Students discuss STI testing, including their rights regarding testing, reasons why choose to or not to get tested, and resources for testing.

Lesson 7: ***What Are My Reproductive Rights***

Students describe rights teenagers have related to their sexual and reproductive health and decision-making.

Lesson 8-10: ***Research and Preparation for Students' Sexual Health Advocacy Presentations***

Students research and prepare presentations on specific relevant and meaningful sexual health issues.

Lessons 11-12: ***Students' Sexual Health Advocacy Presentations***

Students will present on their selected sexual health issues and evaluate their peers' presentations.

Optional Lesson: ***HIV Now – Testing and Treatment***

Students learn how to lower their risk of acquiring HIV and explore testing and treatment options.