Sexual Health/FLASH

Unit Learning Objectives

At the end of this unit, you should be able to…

**Climate Setting**

* List classroom ground rules that promote safety and respect.
* Analyze factors that influence the decision to abstain from sex.
* Analyze factors that influence the use of condoms and birth control.
* Support others to make positive and healthy decisions about abstinence, birth control, condoms and relationships.

**Reproductive System**

* Name the parts of the male and female genitals and reproductive systems.
* Recognize that there is a wide range of or variation in normal anatomy.
* Describe the path of an egg during the menstrual cycle.
* Describe the path of a sperm during ejaculation.
* Name the 3 main components of sexual response.

**Pregnancy**

* Identify the laws related to reproductive and sexual health care services.
* Describe the signs of pregnancy.
* Describe prenatal practices that can contribute to or threaten a healthy pregnancy.
* Access medically accurate information about pregnancy, pregnancy options and prenatal care services.

**Sexual Orientation and Gender Stereotypes**

* Differentiate between biological sex, sexual orientation and gender identity.
* Summarize ways that society places expectations on people to be heterosexual and to conform to gender norms.
* Summarize ways to show courtesy and respect for others whose aspects of sexuality are different from one’s own.

**Coercion and Consent**

* Define sexual consent and explain its implications for sexual decision making.
* Analyze techniques that are used to coerce or pressure someone to have sex.
* Describe potential impacts of power differences within sexual relationships.
* Explain why it is an individual’s responsibility to verify that all sexual contact is consensual.
* Summarize why individuals have the right to refuse sexual contact.
* Explain why it is wrong to trick, threaten, or coerce another person into having sex.

**Abstinence**

* Define abstinence.
* Demonstrate effective use of refusal skills.
* Analyze influences that may have an impact on deciding to be abstinent.

**Birth Control Methods**

* Summarize how to prevent pregnancy and STDs
* Summarize the importance of using birth control and condoms correctly and consistently.
* Explain the value of using condoms at the same time as another form of birth control.
* Explain the importance of contraceptive counseling and services if sexually active.
* Define emergency contraception and how it works.
* Identify the laws related to getting birth control and STD services.
* Know how to access medically accurate information about birth control and condoms.
* Evaluate the effectiveness of using condoms and birth control in preventing pregnancy and the spread of STDs and HIV.

**Preventing HIV and Other STD’s**

* Describe common symptoms of and treatments for STDs, including HIV.
* Explain the importance of STD and HIV testing and counseling if sexually active.
* Describe the steps to using a condom correctly.
* Develop a plan to attain a personal goal to avoid or reduce the risk of contracting an STD.
* Make a commitment to practice healthy sexual behaviors.

**Condoms to Prevent Pregnancy, HIV and Other STD’s**

* Summarize how HIV is transmitted.
* Summarize the importance of using condoms consistently and correctly to reduce the risk of pregnancy and HIV/STD infection.
* Describe the steps to using a condom correctly.

**Testing for HIV and Other STD’s**

* Access valid and reliable information about local STD and HIV testing and treatment services.
* Explain the importance of testing for STDs, including HIV, if sexually active.
* Advocate for sexually active youth to get testing and treatment for STDs including HIV.
* Use strategies to overcome barriers to testing for STDs, including HIV.

FLASH Lessons Addressed in Prior Units

**Healthy Relationships**

* Summarize the qualities of a healthy dating relationship.
* Demonstrate effective strategies to avoid or end an unhealthy relationship.
* Demonstrate effective communication strategies to prevent, manage and/or resolve interpersonal conflicts.

**Communication and Decision-Making**

* Demonstrate effective communication skills to promote sexual health and healthy relationships.
* Choose a healthy alternative when making a sexual health-related decision.
* Apply a decision-making model to various situations relating to sexual health.

**Online Safety—Preventing Sexual Violence**

* Evaluate the potentially positive and negative roles of technology and social media in relationships.
* Describe strategies to use social media safely, legally and respectfully.
* Analyze the effect of technology on personal and community sexual health practices and behaviors.