

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.