

# TEEN HEALTH

*"Sex Education for Young People"*

## 7<sup>TH</sup> GRADE

### FREEDOM ROAD:

- \*Introduce self and classroom rules**
- \*Encourage students to talk with parents about sex**
- \*Give suggestions on how to talk with parents about sex**
- \*Define abstinence and the importance of waiting for marriage**
- \*Hand out Freedom Road cards and discuss future decisions**
- \*Discuss affective decision making skills to avoid risky activity**

### ANATOMY AND PUBERTY:

- \*Define anatomy**
- \*Present male and female anatomy models**
- \*Discuss male puberty changes related to testosterone**
- \*Discuss female puberty changes related to estrogen**
- \*Introduce gender definitions; identity and expression**
- \*Encourage healthy body image and attitudes towards sex**

### SEXUAL HARASSMENT:

- \*Define sexual harassment in school**
- \*Discuss the sexual harassment law**
- \*Present examples of sexual harassment including social media**
- \*Discuss the harm of negative gender stereotypes**
- \*Discuss how to handle incidents of sexual harassment**
- \*Stress importance of appropriately presenting yourself**

## **HIV/AIDS:**

- \*Define HIV/AIDS and present a brief history**
- \*Discuss how the T-cell is infected with HIV**
- \*Show 7 minute video on the T-cell**
- \*Present body fluids that can transfer HIV**
- \*Show where and how HIV can enter the body**
- \*Discuss HIV blood transmission; use of drug needles/sharing**
- \*Instruct students on locations for HIV blood tests:**
  - Personal physician, Health Department**
- \*Highlight antiretroviral therapy for:**
  - Prolonged life in an HIV patient**
  - Reduction in transmitting HIV**
- \*Discuss HIV/AIDS prevention and risk reduction:**
  - Abstinence**
  - Avoid IV drug use**
- \*Discuss people living with HIV/AIDS:**
  - Social views**
  - Unfounded myths**
  - Stereotypes**

## **HOW TO WAIT:**

- \*Discuss future and encourage abstinence until marriage**
- \*Hand out commitment cards**
- \*Show “Abstinence is the Right Choice” video**
- \*Video portrays teens:**
  - Avoiding high risk activities**
  - Using refusal skills**
  - Responding to manipulative lines**
  - Overcoming peer pressure**
  - Suggesting alternate activities to sex**
  - Delaying sexual activity**
- \*Hand out “I’m worth waiting for” sticker**

## **PREGNANCY:**

- \*Encourage students to involve parents when pregnant**
- \*Explore reasons why teenagers aren't ready for pregnancy**
- \*Discuss reasons for teen pregnancy**
- \*Present practical lesson on financial hardship/responsibility**
- \*Highlight pregnancy options including:**
  - Parenting**
  - Abortion**
  - Adoption**
  - Save Haven/Baby Surrender Law**

## **BIRTH CONTROL:**

- \*Encourage self control as the best birth control**
- \*Give definition and examples of self control**
- \*Discuss the number of pregnant teenagers in the US**
- \*Present birth control**
  - Diaphragm**
  - Spermicidal Foam**
  - Sponge**
  - Condoms (male/female)**
  - Birth Control Pill**
  - Depo-Provera**
  - Birth Control Patch**
  - Nuva Ring**
  - Hormonal Implants**
  - IUD**
- \*Discuss how birth control works**
- \*Discuss side affects of hormone based birth control**
- \*Discuss Emergency contraception/Plan B**
- \*Reinforce abstinence as the only 100% affective birth control**

## **LIFE'S GREATEST MIRACLE:**

- \*Discuss Safe Haven/Baby Surrender law**
- \*Discuss drugs, alcohol, and cigarettes when pregnant**
- \*Show an edited version of "Life's Greatest Miracle"**
  - Video shows:**
    - Reproductive anatomy of male and female**
    - Egg and sperm production**
    - Fetal development beginning with the sperm and egg**
    - No live birth is shown**
- \*Pass around fetal models**

## **DANGERS OF SOCIAL MEDIA:**

- \*Define social media**
- \*Discuss reasons pornography is harmful**
- \*Discuss sexual trafficking and its' relation to social media**
  - The lure of social media and teenagers**
  - Sexual predators connection to social media**
  - Sexting and its consequences regarding laws**
  - Posting detailed information and its longevity**
- \*Pass out commitment cards**
- \*Pass out wristbands to complete class**