

Health: Sexuality & Gender

This course begins with a discussion of human development, concepts related to gender and sex, and a brief introduction to human sexuality. Students then explore the anatomy and physiology of the male and female reproductive systems and of human reproduction. Next, students investigate evidence-based information about abstinence and contraception. A discussion of sexually transmitted infections and their prevention and treatment/management follows. Students examine the changes that occur in the mother and fetus throughout pregnancy. The course ends with a basic introduction to childbirth and a discussion of parenting and other choices available to teenage parents.

Lesson #	Lesson Title	Objectives
Module 1 Sex and Sexuality		
1.1	Sex, Gender, and Culture	1. Define sex assigned at birth, intersex, gender, gender identity, and gender expression. 2. Distinguish between gender roles and gender stereotypes. 3. Differentiate between gender and sex.
1.2	Human Growth and Development	1. Define puberty. 2. Describe how an average boy or girl progresses through the stages of puberty. 3. Analyze factors that impact growth and development between adolescence and adulthood.
1.3	Human Sexuality	1. Differentiate between homosexuality, heterosexuality, and bisexuality. 2. Explain current biological and psychological theories of human sexual orientation. 3. Identify ways to support peers who have a different sexual orientation and to promote a positive and respectful environment at school and in the community.
Module 2 Reproduction		

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2.1	Male Reproductive Anatomy	1. Identify the location and function of male reproductive organs. 2. Describe how puberty affects the male reproductive system.
2.2	Female Reproductive Anatomy	1. Identify the location and function of female reproductive organs. 2. Describe how puberty affects girls.
2.3	Human Reproduction	1. Trace the journey an ovum takes from fertilization to implantation. 2. Identify the roles that hormones play in human reproduction.
Module 3 Abstinence		
3.1	It's Your Decision	1. Define abstinence. 2. Identify their own priorities and describe how choosing to be abstinent might impact those priorities. 3. Assess the benefits of choosing to be abstinent in high school.
3.2	Developing Healthy Relationships	1. Identify the characteristics of healthy relationships with themselves, family members, friends, and romantic partners. 2. Explain how to set boundaries within healthy relationships. 3. Evaluate personal relationships in terms of how they do or do not respect healthy boundaries.

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3.3	Overcoming Challenges to Abstinence	1. Identify challenges with remaining abstinent or returning to abstinence. 2. Apply a decision-making process to choices about sex and abstinence. 3. Generate ideas for overcoming challenges to abstinence.
Module 4 Contraception		
4.1	Contraception Methods	1. Define natural family planning and barrier contraception. 2. Describe the effectiveness and proper use of barrier contraception. 3. Evaluate the use of FDA-approved barrier contraceptives for pregnancy and STI prevention.
4.2	Hormonal Contraception	1. Identify various types of hormonal contraception. 2. Describe the effectiveness and proper use of each type of contraception.
4.3	Long-Acting Contraception	1. Identify the two types of long-acting reversible contraception (LARC). 2. Describe the effectiveness and proper use of each type of contraception.
Module 5 Safer Sex		
5.1	STIs	1. Explain the transmission process of STIs. 2. Identify signs, symptoms, causes and treatment of most common STIs. 3. Differentiate between bacterial and viral STIs.

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5.2	Protecting Against STIs	1. Identify risk factors for acquiring an STI. 2. Identify populations most at risk for STIs and explain why their risk is greater. 3. List ways people can protect themselves against STIs. 4. Evaluate the safety and effectiveness of condoms in preventing STIs.
5.3	Managing Viral STIs	1. Identify medications used to manage HIV and herpes. 2. List precautions that people living with HIV and herpes should take to prevent transmission of the virus. 3. Evaluate lifestyle changes that help to manage viral STIs.
Module 6 Pregnancy, Childbirth, and Beyond		
6.1	Pregnancy	1. Describe maternal and fetal changes that occur during pregnancy. 2. Identify important steps a woman can take to support a healthy pregnancy. 3. Summarize the risks of pregnancy.
6.2	Childbirth	1. Identify signs of labor. 2. Describe the stages of birth. 3. List reasons why a cesarean section delivery might be needed. 4. Evaluate potential risks of childbirth to mother and baby.

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6.3	Parenting and Other Options	1. Differentiate between open adoption and closed adoption. 2. Identify the legal rights of birth parents and adoptive parents. 3. Predict the challenges that teen parents face. 4. Investigate local resources to support teens who choose to parent or to have their child adopted.