

Appendix D.1: California Health Content Standards Alignment

Growth, Development and Sexual Health, **Grade 5.**

There are no specified California standards for Health in Grade 6.

Session	Activities	California Health Education Content Standards Covered by Teen Talk, Adapted for All Abilities For more information visit: www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf
Session 1	Introduction, Values, and Communication Agreements Anonymous Question Box Pretest Teen Clinic Lists and Resource List What Are My Values? The Tree of Trust Trusted Adult Interview	<ul style="list-style-type: none"> • 3.1.G Recognize parents, guardians, and other trusted adults as resources for information about puberty. • 3.2.G Differentiate between reliable and unreliable sources of information about puberty • 4.1.G Use effective communication skills to discuss with parents, guardians, and other trusted adults the changes that occur during puberty
Session 2	Public and Private Places and Body Parts Public and Private Places Public and Private Body Parts	<ul style="list-style-type: none"> •
Session 3	Puberty Changes & Sexual and Reproductive Anatomy Puberty: Changes, Changes, Changes Sexual and Reproductive Anatomy and Physiology Taking Care of Me: Hygiene Activity I Am the Only “Me” in the World	<ul style="list-style-type: none"> • 1.2.G Explain the structure, function, and major parts of the human reproductive system. • 1.3.G Identify the physical, social, and emotional changes that occur during puberty. • 1.6.G Recognize that there are individual differences in growth and development, physical appearance, and gender roles. • 1.9.G Explain that puberty and physical development can vary considerably and still be normal. • 1.10.G Identify personal hygiene practices and health and safety issues related to puberty (e.g., showering, use of sanitary products, deodorant, and athletic supporters). • 2.3.G Discuss how changes during puberty affect thoughts, emotions, and behaviors • 6.1.G Identify steps to achieve and maintain a healthy and accurate body image. • 6.2.G Develop plans to maintain personal hygiene during puberty • 7.1.G Engage in behaviors that promote healthy growth and

		development during puberty.
Session 4	Sexual Decision Making and Conception What is Sex? Ovulation, Menstruation, Conception! Prezi	<ul style="list-style-type: none"> • 1.1.G Describe the human cycle of reproduction, birth, growth, aging, and death. • 2.2.G Describe how heredity influences growth and development.
Session 5	Gender and Sexual Identities	
Session 6	Relationships Healthy and Unhealthy Relationships Dating What Would You Say? Relationship Qualities Spectrum	<ul style="list-style-type: none"> • 1.8.G Recognize that friendship, attraction, and affection can be expressed in different ways. • 4.2.G Use healthy and respectful ways to express friendship, attraction, and affection.
Session 7	Birth Control	
Session 8	Pregnancy Options	
Session 9	Sexually Transmitted Infections STI Information Sheet STI Prezi STI Brainstorm STI Posters STI Toss HIV Basics	<ul style="list-style-type: none"> • 1.4.G Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS). • 1.5.G Describe how HIV is and is not transmitted. • 5.2.G Analyze why it is safe to be a friend to someone who is living with HIV or AIDS. • 7.2.G Describe ways people can protect themselves against serious bloodborne communicable diseases.
Session 10	Sexual Safety Safe Touch vs. Unsafe Touch Public and Private Displays of Affection Sexual Harassment and Sexual Assault Sexual Safety What Should I Do?	<ul style="list-style-type: none"> • 1.7.G Recognize that everyone has the right to establish personal boundaries. • 4.3.G Demonstrate refusal skills to protect personal boundaries. • 5.1.G Describe the importance of identifying personal boundaries.
Session 11	Future Goals and Review My Super Future	

Appendix D.2: California Health Content Standards Alignment

Growth, Development and Sexual Health, **Grades 7-8.**

Session	Activities	California Health Education Content Standards Covered by Teen Talk, Adapted for All Abilities For more information visit: www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf
Session 1	Introduction, Values, and Communication Agreements Anonymous Question Box Pretest Teen Clinic Lists and Resource List What Are My Values? The Tree of Trust Trusted Adult Interview	<ul style="list-style-type: none"> • 2.1.G Analyze how internal and external influences affect growth and development, relationships, and sexual behavior. • 2.2.G Evaluate how culture, media, and other people influence our perceptions of body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation. • 3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. • 3.2.G Locate medically and scientifically accurate sources of information on reproductive health. • 3.3.G Identify health care providers for reproductive and sexual health services. • 4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. • 4.4.G Analyze the benefits of respecting individual differences in growth and development, physical appearance, gender roles, and sexual orientation.
Session 2	Public and Private Places and Body Parts Public and Private Places Public and Private Body Parts	<ul style="list-style-type: none"> • 7.3.G Describe personal actions that can protect reproductive and sexual health.
Session 3	Puberty Changes & Sexual and Reproductive Anatomy Puberty: Changes, Changes, Changes Sexual and Reproductive Anatomy and Physiology Taking Care of Me: Hygiene Activity I Am the Only “Me” in the World	<ul style="list-style-type: none"> • 1.1.G Explain physical, social, and emotional changes associated with adolescence. • 7.3.G Describe personal actions that can protect reproductive and sexual health.

<p>Session 4</p>	<p>Sexual Decision Making and Conception</p> <p>What is Sex?</p> <p>Ovulation, Menstruation, Conception! Prezi</p>	<ul style="list-style-type: none"> • 1.2.G Summarize the human reproduction cycle. • 1.3.G Explain the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy. • 1.4.G Explain how conception occurs, the stages of pregnancy, and the responsibilities associated with parenting. • 5.1.G Analyze why abstinence is the most effective method for the prevention of HIV, STDs, and pregnancy. • 5.6.G Explain the immediate physical, social, and emotional risks and consequences associated with sexual activity.
<p>Session 5</p>	<p>Gender and Sexual Identities</p> <p>Gender and Sexual Identities – Genderbread Person Prezi</p> <p>Gender Sorting Activity</p> <p>What I Know About Gender and Sexual Orientation</p>	<ul style="list-style-type: none"> • 1.8.G Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation. • 5.3.G Use a decision-making process to evaluate individual differences in growth and development, physical appearance, gender roles, and sexual orientation.
<p>Session 6</p>	<p>Relationships</p> <p>Healthy and Unhealthy Relationships</p> <p>Dating</p> <p>What Would You Say?</p> <p>Relationship Qualities Spectrum</p>	<ul style="list-style-type: none"> • 2.5.G Recognize that there are individual, family, and cultural differences in relationships. • 4.2.G Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and unintended pregnancy. • 4.3.G Use healthy and respectful ways to express friendship, attraction, and affection. • 5.2.G Use a decision-making process to examine the characteristics of healthy relationships. • 8.1.G Support and encourage safe, respectful, and responsible relationships.
<p>Session 7</p>	<p>Birth Control</p> <p>All About Birth Control</p> <p>Condom Demonstrations</p> <p>Additional Activities</p> <p>Six Steps that can Save Your Life</p> <p>It Depends on the Situation – Choosing Birth Control</p>	<ul style="list-style-type: none"> • 1.5.G Explain the effectiveness of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and unintended pregnancy. • 5.7.G Use a decision-making process to evaluate the value of using FDA-approved condoms for pregnancy and STD prevention. • 7.3.G Describe personal actions that can protect reproductive and sexual health.
<p>Session 8</p>	<p>Pregnancy Options</p> <p>Pregnancy Options</p> <p>No Easy Decision</p> <p>What Does a Baby Need?</p>	<ul style="list-style-type: none"> • 1.12.G Describe responsible prenatal and child care, including California's Safely Surrendered Baby Law. • 1.13.G Evaluate the benefits to mother, father, and child when teenagers wait until adulthood to become parents. • 5.5.G Identify how good health practices in adolescence affect lifelong health and the health of future children.

Session 9	Sexually Transmitted Infections STI Information Sheet STI Prezi STI Brainstorm STI Posters STI Toss HIV Basics	<ul style="list-style-type: none"> • 1.6.G Identify the short- and long-term effects of HIV, AIDS, and other STDs. • 1.7.G Identify ways to prevent or reduce the risk of contracting HIV, AIDS, and other STDs. • 8.2.G Promote respect for and dignity of persons living with HIV or AIDS.
Session 10	Sexual Safety Safe Touch vs. Unsafe Touch Public and Private Displays of Affection Sexual Harassment and Sexual Assault Sexual Safety What Should I Do?	<ul style="list-style-type: none"> • 1.9.G Explain why individuals have the right to refuse sexual contact. • 1.10.G Describe the emotional, psychological, and physical consequences of rape and sexual assault. • 1.11.G Explain why rape and sexual assault should be reported to authorities and trusted adults. • 2.3.G Analyze the influence of alcohol and other drugs on sexual behaviors. • 2.4.G Describe situations that could lead to pressure for sexual activity and to the risk of contracting HIV and other STDs. • 2.6.G Explain how sexual exploitation can occur through the Internet. • 4.5.G Demonstrate how to ask for help from parents, other trusted adults, or friends when pressured to participate in sexual behavior. • 7.1.G Describe strategies for refusing unwanted sexual activity. • 7.2.G Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health.
Session 11	Future Goals and Review My Super Future	<ul style="list-style-type: none"> • 5.4.G Analyze the responsibilities and privileges of becoming a young adult. • 6.1.G Develop a plan to avoid HIV, AIDS, other STDs, and pregnancy. • 6.2.G Describe how HIV, AIDS, other STDs, or pregnancy could impact life goals.

Appendix D.3 California Health Content Standards Alignment

Growth, Development and Sexual Health, **Grades 9-12.**

Session	Activities	California Health Education Content Standards Covered by Teen Talk, Adapted for All Abilities For more information visit: www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf
Session 1	Introduction, Values, and Communication Agreements Anonymous Question Box Pretest Teen Clinic Lists and Resource List What Are My Values? The Tree of Trust Trusted Adult Interview	<ul style="list-style-type: none"> • 1.9.G Explain laws related to sexual behavior and the involvement of minors. • 2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. • 2.2.G Evaluate how growth and development, relationships, and sexual behaviors are affected by internal and external influences. • 2.5.G Evaluate how culture, media, and other people influence perceptions about body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation. • 3.1.G Analyze the validity of health information, products, and services related to reproductive and sexual health. • 3.2.G Identify local resources concerning reproductive and sexual health, including all FDA-approved contraceptives, HIV/STD testing, and medical care. • 3.4.G Evaluate laws related to sexual involvement with minors. • 5.5.G Use a decision-making process to analyze the benefits of respecting individual differences in growth and development, physical appearance, gender roles, and sexual orientation.
Session 2	Public and Private Places and Body Parts Public and Private Places Public and Private Body Parts	<ul style="list-style-type: none"> •
Session 3	Puberty Changes & Sexual and Reproductive Anatomy Puberty: Changes, Changes, Changes Sexual and Reproductive Anatomy and Physiology Taking Care of Me: Hygiene Activity I Am the Only “Me” in the World	<ul style="list-style-type: none"> • 1.1.G Describe physical, social, and emotional changes associated with being a young adult.

<p>Session 4</p>	<p>Sexual Decision Making and Conception</p> <p>What is Sex?</p> <p>Ovulation, Menstruation, Conception! Prezi</p>	<ul style="list-style-type: none"> • 1.2.G Explain how conception occurs, the stages of pregnancy, and the responsibilities of parenting. • 1.4.G Identify why abstinence is the most effective method for the prevention of HIV, other STDs, and pregnancy. • 1.5.G Summarize fertilization, fetal development, and childbirth. • 2.3.G Assess the discrepancies between actual and perceived social norms related to sexual activity among teenagers. • 5.1.G Use a decision-making process to evaluate the physical, emotional, and social benefits of abstinence, monogamy, and the avoidance of multiple sexual partners. • 5.4.G Evaluate the risks and consequences associated with sexual activities, including HIV, other STDs, and pregnancy.
<p>Session 5</p>	<p>Gender and Sexual Identities and Public & Private Behaviors</p> <p>Gender and Sexual Identities – Genderbread Person Prezi</p> <p>Gender Sorting Activity</p> <p>What I Know About Gender and Sexual Orientation</p>	<ul style="list-style-type: none"> • 1.10.G Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation.
<p>Session 6</p>	<p>Relationships</p> <p>Healthy and Unhealthy Relationships</p> <p>Dating</p> <p>What Would You Say?</p> <p>Relationship Qualities Spectrum</p>	<ul style="list-style-type: none"> • 1.3.G Discuss the characteristics of healthy relationships, dating, committed relationships, and marriage. • 4.1.G Analyze how interpersonal communication affects relationships. • 4.2.G Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and pregnancy. • 4.3.G Demonstrate effective communication skills within healthy dating relationships. • 5.2.G Use a decision-making process to examine barriers to making healthy decisions about relationships and sexual health. • 8.1.G Encourage and support safe, respectful, and responsible relationships.

<p>Session 7</p>	<p>Birth Control All About Birth Control Condom Demonstrations Additional Activities Six Steps that can Save Your Life It Depends on the Situation – Choosing Birth Control</p>	<ul style="list-style-type: none"> • 1.12.G Evaluate the safety and effectiveness (including success and failure rates) of FDA approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy. • 3.3.G Compare the success and failure rates of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy. • 5.7.G Use a decision-making process to evaluate the use of FDA-approved condoms and other contraceptives for pregnancy and STD prevention.
<p>Session 8</p>	<p>Pregnancy Options Pregnancy Options No Easy Decision What Does a Baby Need?</p>	<ul style="list-style-type: none"> • 1.6.G Explain responsible prenatal and perinatal care and parenting, including California’s Safely Surrendered Baby Law. • 1.11.G Evaluate the benefits to mother, father, and child when teenagers wait until adulthood to become parents. • 5.6.G Use a decision-making process to evaluate the social, emotional, physical, and economic effects of teen pregnancy on the child, the teen parent, the family, and society.
<p>Session 9</p>	<p>Sexually Transmitted Infections STI Information Sheet STI Prezi STI Brainstorm STI Posters STI Toss HIV Basics</p>	<ul style="list-style-type: none"> • 1.7.G Describe the short- and long-term effects of HIV, AIDS, and other STDs. • 1.8.G Analyze STD rates among teens. • 8.2.G Advocate the respect for and the dignity of persons living with HIV or AIDS.
<p>Session 10</p>	<p>Sexual Safety Safe Touch vs. Unsafe Touch Public and Private Displays of Affection Sexual Harassment and Sexual Assault Sexual Safety What Should I Do?</p>	<ul style="list-style-type: none"> • 2.4.G Assess situations that could lead to pressure for sexual activity and to the risk of HIV, other STDs, and pregnancy. • 5.3.G Use a decision-making process to analyze when it is necessary to seek help with or leave an unhealthy situation.
<p>Session 11</p>	<p>Future Goals and Review My Super Future</p>	<ul style="list-style-type: none"> • 6.1.G Evaluate how HIV, AIDS, other STDs, or pregnancy could impact life goals. • 6.2.G Identify short- and long-term goals related to abstinence and maintaining reproductive and sexual health, including the use of FDA-approved condoms and other contraceptives for pregnancy and STD prevention.