

Table of Contents

Preface	vi
Acknowledgements	vi
About the Curriculum	viii
Information for Instructors	xii
Resources for Instructors	xxi
Resources for Parents & Families	xxiii
Lesson 1: Values and Resources	1
1.1 Group Norms	6
1.2 Anonymous Question Box	11
1.3 Intro Survey	13
1.4 Think About It: Clarifying Values	17
1.5 Clinics and Resources	23
1.6 Let's Talk	29
Lesson 1 Wrap-Up	33
Lesson 2: Human Bodies	35
Lesson 2 Introduction	40
2.1 Sexual and Reproductive Systems	44
2.2 Stages of Human Reproduction	65
2.3 What's the Story?	77
<i>Extra:</i> Anatomy Coloring	82
<i>Extra:</i> Anatomy Race	84
<i>Extra:</i> Anatomy Head's Up	85
Lesson 2 Wrap-Up	86
Lesson 3: Identities	87
Lesson 3 Introduction	93
3.1 Identity Iceberg	95
3.2 Gender and Sexual Identities	99
<i>Extra:</i> "The Gender Tag" – TEDx Talk & Discussion	109
Lesson 3 Wrap-Up	111
Lesson 4: Abstinence, Consent, and Intimacy	113
Lesson 4 Introduction	119
4.1 Comprehending Consent	121
4.2 Intimate Behaviors	125
<i>Extra:</i> Consent Cues	129
Lesson 4 Wrap-Up	131

Lesson 5: Birth Control	133
Lesson 5 Introduction	139
5.1 Birth Control Stations	141
5.2 It Depends on the Situation	156
<i>Extra:</i> Birth Control Ads	159
<i>Extra:</i> Birth Control Skits	161
<i>Extra:</i> What’s My Method?	165
Lesson 5 Wrap-Up	167
Lesson 6: Pregnancy Options	169
Lesson 6 Introduction	175
6.1 Pregnancy Options Flowchart	178
6.2 Exploring Their Options	182
Lesson 6 Wrap-Up	185
Lesson 7: Sexually Transmitted Infections	187
Lesson 7 Introduction	192
7.1 STI Mystery Diagnosis	195
7.2 All About STIs	230
7.3 Quick Facts About HIV	235
7.4 Condom Demonstrations	239
<i>Extra:</i> “HIV: The Neglected Pandemic” – Documentary & Discussion	242
<i>Extra:</i> Clinic Quiz	244
<i>Extra:</i> Clinic Adventure	247
<i>Extra:</i> ABCs of Viral Hepatitis	250
Lesson 7 Wrap-Up	252
Lesson 8: Sexual Violence Prevention	253
Lesson 8 Introduction	262
8.1 Our Sexual Bill of Rights	264
8.2 Zoe and Leo’s Story	272
8.3 Cam’s Story	275
Lesson 8 Wrap-Up	280
Lesson 9: Relationships	281
Lesson 9 Introduction	288
9.1 Love is Learned	290
9.2 Brenton’s Story	294
<i>Extra:</i> Relationship Realities	303
<i>Extra:</i> We Interrupt This Relationship	307
Lesson 9 Wrap-Up	320

Lesson 10: Media and Body Image	321
Lesson 10 Introduction	325
10.1 Behind the Scenes: Media Analysis	328
10.2 Sex, Love, Rock & Roll	332
10.3 Affirmation Creations	335
<i>Extra:</i> Porn Puzzles	338
Lesson 10 Wrap-Up	351
Lesson 11: Decision-Making and Communication	353
Lesson 11 Introduction	357
11.1 What Gives?: Refusal & Rejection Skills	359
11.2 What Would You Say?	366
<i>Extra:</i> Dear Dr. Lupe	368
<i>Extra:</i> Talk It Out	373
Lesson 11 Wrap-Up	376
Lesson 12: Review and Wrap-Up	377
Lesson 12 Introduction	380
12.1 Let's Talk Wrap-Up	382
12.2 Mapping My Future	383
12.3 Teen Talk Jeopardy!	385
12.4 Exit Survey	388
<i>Extra:</i> Teen Talk Kahoot!	391
<i>Extra:</i> Teen Talk Poetry	393
Course Wrap-Up	395
Appendices	397
Appendix A: California Education Code Alignment	398
Appendix B: California Health Content Standards Alignment	406
Appendix C: National Sexuality Education Standards Alignment	410
Appendix D: Sample Notification Letter	415
Appendix E: Sample Lesson Plan	417
Appendix F: Necessary and Optional Materials	420
Appendix G: Student Handouts in Spanish	425
Ordering and Training Information	475
About Health Connected	476