

Appendix B: California Health Content Standards Alignment

Growth, Development, and Sexual Health: Grades 7-8

Session	Activities	California Health Education Content Standards Covered by Teen Talk Middle School For more information visit: http://www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf
Session 1	Introduction, Values Clarification, Parent Communication and Resources <ul style="list-style-type: none"> • Introduction to Group Agreements • Anonymous Question Box • Pretest • Values Clarification • Giving Your Parents “The Talk” • Back in the Day • Teen Clinic Lists and Resource List 	<p>1.8.G Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation.</p> <p>2.1.G Analyze how internal and external influences affect growth and development, relationships, and sexual behavior.</p> <p>2.2.G Evaluate how culture, media, and other people influence our perceptions of body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation.</p> <p>3.1.G Identify trusted adults in one's family, school, and community for advice and counseling regarding reproductive and sexual health.</p> <p>3.2.G Locate medically and scientifically accurate sources of information on reproductive health.</p> <p>3.3.G Identify health care providers for reproductive and sexual health services.</p> <p>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.</p>
Session 2	Sexual and Reproductive Anatomy <ul style="list-style-type: none"> • Sexual and Reproductive Anatomy • Anatomy Match-Up • Conception and Pregnancy Stages 	<p>1.2.G Summarize the human reproduction cycle.</p> <p>1.4.G Explain how conception occurs, the stages of pregnancy, and the responsibilities associated with parenting.</p>
Session 3	Gender and Sexual Identities <ul style="list-style-type: none"> • Genderbread Identity Prezi • What I Know About SOGIE • Straightlaced – Film Guide & Values Statements 	<p>1.8.G Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation.</p> <p>4.4.G Analyze the benefits of respecting individual differences in growth and development, physical appearance, gender roles, and sexual orientation.</p>
Session 4	Not Having Sex: Abstinence <ul style="list-style-type: none"> • Sexual Behaviors Tree 	<p>1.3.G Explain the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy.</p> <p>1.9.G Explain why individuals have the right to refuse sexual contact.</p> <p>1.13.G Evaluate the benefits to mother, father, and child when teenagers wait until adulthood to become parents.</p> <p>4.3.G Use healthy and respectful ways to express friendship, attraction, and affection.</p> <p>5.1.G Analyze why abstinence is the most effective method for prevention of HIV, STDs, and pregnancy.</p>

Session 5	Birth Control <ul style="list-style-type: none"> All About Birth Control 	<p>1.5.G Explain the effectiveness of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and unintended pregnancy.</p> <p>5.7.G Use a decision-making process to evaluate the value of using FDA-approved condoms for pregnancy and STD prevention.</p>
Session 6	Pregnancy Options <ul style="list-style-type: none"> Pregnancy Options Discussion 	<p>1.12.G Describe responsible prenatal and child care, including California's Safely Surrendered Baby Law.</p> <p>1.13.G Evaluate the benefits to mother, father, and child when teenagers wait until adulthood to become parents.</p>
Session 7	Sexually Transmitted Infections <ul style="list-style-type: none"> STI Information Sheet Quick Facts About HIV/AIDS STI Prezi Condom Demonstrations 	<p>1.5.G Explain the effectiveness of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and unintended pregnancy.</p> <p>1.6.G Identify the short- and long-term effects of HIV, AIDS, and other STDs.</p> <p>1.7.G Identify ways to prevent or reduce the risk of contracting HIV, AIDS, and other STDs.</p> <p>5.7.G Use a decision-making process to evaluate the value of using FDA-approved condoms for pregnancy and STD prevention.</p> <p>6.2.G Describe how HIV, AIDS, other STDs, or pregnancy could impact life goals.</p> <p>8.2.G Promote respect for and dignity of persons living with HIV or AIDS.</p>
Session 8	Relationships <ul style="list-style-type: none"> Healthy Reasons to Want a Relationship Relationship Qualities Spectrum What is Love? 	<p>2.5.G Recognize that there are individual, family, and cultural differences in relationships.</p> <p>2.6.G Explain how sexual exploitation can occur through the Internet.</p> <p>4.3.G Use healthy and respectful ways to express friendship, attraction, and affection.</p> <p>5.2.G Use a decision-making process to examine the characteristics of healthy relationships.</p> <p>8.1.G Support and encourage safe, respectful, and responsible relationships.</p>
Session 9	Body Image and the Media <ul style="list-style-type: none"> Body Image Inventory 	<p>2.2.G Evaluate how culture, media, and other people influence our perceptions of body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation.</p>
Session 10	Sexual Violence Prevention <ul style="list-style-type: none"> My Body, My Boundaries 	<p>1.9.G Explain why individuals have the right to refuse sexual contact.</p> <p>1.10.G Describe the emotional, psychological, and physical consequences of rape and sexual assault.</p> <p>1.11.G Explain why rape and sexual assault should be reported to authorities and trusted adults.</p> <p>2.3.G Analyze the influence of alcohol and other drugs on sexual behaviors.</p> <p>2.4.G Describe situations that could lead to pressure for sexual activity and to the risk of contracting HIV and other STDs.</p>

		<p>2.6.G Explain how sexual exploitation can occur through the Internet.</p> <p>4.5.G Demonstrate how to ask for help from parents, other trusted adults, or friends when pressured to participate in sexual behavior.</p>
Session 11	<p>Abstinence, Sex, and Decision Making</p> <ul style="list-style-type: none"> • Refusal and Rejection Skills • Dealing with Pressure • My Super Future 	<p>2.4.G Describe situations that could lead to pressure for sexual activity and to the risk of contracting HIV and other STDs.</p> <p>4.2.G Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and unintended pregnancy.</p> <p>5.4.G Analyze the responsibilities and privileges of becoming a young adult.</p> <p>5.5.G Identify how good health practices in adolescence affect lifelong health and the health of future children.</p> <p>5.7.G Use a decision-making process to evaluate the value of using FDA-approved condoms for pregnancy and STD prevention.</p> <p>6.1.G Develop a plan to avoid HIV, AIDS, other STDs, and pregnancy.</p> <p>7.1.G Describe strategies for refusing unwanted sexual activity.</p> <p>7.2.G Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health.</p> <p>7.3.G Describe personal actions that can protect reproductive and sexual health.</p>
Session 12	<p>Review</p> <ul style="list-style-type: none"> • Parent Interview Wrap-Up • Teen Talk Jeopardy! • Posttest with Evaluation 	<p>1.1.G Explain physical, social, and emotional changes associated with adolescence.</p> <p>5.3.G Use a decision-making process to evaluate individual differences in growth and development, physical appearance, gender roles, and sexual orientation.</p> <p>5.4.G Analyze the responsibilities and privileges of becoming a young adult.</p> <p>5.6.G Explain the immediate physical, social, and emotional risks and consequences associated with sexual activity.</p>