

Table of Contents

Preface	vi
Acknowledgements	vi
About the Curriculum	viii
Information for Instructors	xii
Resources for Instructors	xx
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	30
Lesson 1 Wrap-Up	35
 Lesson 2: Human Bodies	 37
Lesson 2 Introduction	43
2.1 Sexual and Reproductive Systems	47
2.2 Human Reproduction	68
<i>Extra:</i> Anatomy Coloring	80
<i>Extra:</i> Anatomy Race	82
<i>Extra:</i> Anatomy Head's Up	83
<i>Extra:</i> What's the Story?	84
<i>Extra:</i> Menstruation Matters	89
Lesson 2 Wrap-Up	95
 Lesson 3: Identities	 97
Lesson 3 Introduction	103
3.1 Identity Iceberg	105
3.2 Gender and Sexual Identities	109
<i>Extra:</i> "The Gender Tag" – TEDx Talk & Discussion	119
Lesson 3 Wrap-Up	121
 Lesson 4: Abstinence, Consent, and Intimacy	 123
Lesson 4 Introduction	129
4.1 Comprehending Consent	131
4.2 Intimate Behaviors	135
<i>Extra:</i> Consent Cues	139
Lesson 4 Wrap-Up	141

Lesson 5: Birth Control	143
Lesson 5 Introduction	150
5.1 Birth Control Stations	152
<i>Extra:</i> It Depends on the Situation	167
<i>Extra:</i> Birth Control Ads	170
<i>Extra:</i> Birth Control Skits	172
<i>Extra:</i> What's My Method?	176
Lesson 5 Wrap-Up	178
Lesson 6: Pregnancy Options	179
Lesson 6 Introduction	185
6.1 Pregnancy Options Flowchart	188
<i>Extra:</i> Exploring Their Options	192
Lesson 6 Wrap-Up	195
Lesson 7: Sexually Transmitted Infections	197
Lesson 7 Introduction	202
7.1 STI Mystery Diagnosis	205
7.2 Quick Facts About HIV	240
7.3 Condom Demonstrations	244
<i>Extra:</i> All About STIs	247
<i>Extra:</i> "HIV: The Neglected Pandemic" – Documentary & Discussion	252
<i>Extra:</i> ABCs of Viral Hepatitis	254
<i>Extra:</i> Clinic Quiz	256
<i>Extra:</i> Clinic Adventure	259
Lesson 7 Wrap-Up	262
Lesson 8: Sexual Violence Prevention	263
Lesson 8 Introduction	273
8.1 Our Sexual Bill of Rights	275
8.2 Cam's Story	282
<i>Extra:</i> Zoe and Leo's Story	288
Lesson 8 Wrap-Up	292
Lesson 9: Relationships	293
Lesson 9 Introduction	300
9.1 Love is Learned	302
9.2 Brenton's Story	306
<i>Extra:</i> Relationship Realities	315
<i>Extra:</i> We Interrupt This Relationship	319
Lesson 9 Wrap-Up	332

Lesson 10: Media and Body Image	333
Lesson 10 Introduction	339
10.1 Behind the Scenes	342
10.2 Affirmation Creations	346
<i>Extra:</i> Sex, Love, Rock & Roll	349
<i>Extra:</i> Porn Puzzles	352
Lesson 10 Wrap-Up	365
Lesson 11: Decision-Making and Communication	367
Lesson 11 Introduction	370
11.1 What Gives?: Refusal & Rejection Skills	372
11.2 What Would You Say?	379
<i>Extra:</i> Dear Dr. Lupe	381
<i>Extra:</i> Talk It Out	386
Lesson 11 Wrap-Up	389
Lesson 12: Review	391
Lesson 12 Introduction	394
12.1 Mapping My Future	396
12.2 Teen Talk Jeopardy!	398
12.3 Exit Survey	401
<i>Extra:</i> Teen Talk Kahoot!	404
<i>Extra:</i> Teen Talk Poetry	406
Course Wrap-Up	408
Appendices	409
Appendix A: California Healthy Youth Act Compliance	410
Appendix B: California Health Education Content Standards Alignment	418
Appendix C: National Sex Education Standards Alignment	422
Appendix D: Sample Notification Letter	427
Appendix E: Sample Lesson Plan	429
Appendix F: Materials and Media Links	432
Ordering and Training Information	437
About Health Connected	438