Human Sexuality

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 1**
Time Period: **Semester 1**
Length: **2 weeks**
Status: **Published**

Standards

2.1.12.PGD.1	Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life.
2.1.12.PP.3	Identify trusted adults, including family members, caregivers, school staff, and health care professionals to ask questions and discuss pregnancy and other health topics.
2.1.12.EH.1	Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
2.1.12.SSH.1	Analyze the influences of peers, family, media, social norms and culture on the expression of gender, sexual orientation, and identity.
2.1.12.SSH.2	Advocate for school and community policies and programs that promote dignity and respect for people of all genders, gender expressions, gender identities, and sexual orientations.
2.1.12.SSH.3	Analyze current social issues affecting perceptions of sexuality, culture, ethnicity, disability status and make recommendations to address those issues.
2.1.12.SSH.5	Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior.
2.1.12.SSH.6	Analyze the benefits of abstinence from sexual activity using reliable resources.
2.1.12.SSH.7	Analyze factors that influence the choices, and effectiveness of safer sex methods and contraception, including risk-reduction and risk-elimination strategies.

Essential Questions

1. Why is good sexual health essential to personal wellness?

2. How do morals, values, and goals impact sexual expectations and decision making?

3. What are healthy ways to communicate sexual expectations in a relationship?

4. What factors can impact how an individual may feel about themselves, their identity, and sexual orientation negatively and/or positively.

Enduring Understanding

1. Setting personal boundaries and maintaining healthy relationships is pertinent to one's overall wellness. ***HE.9-12.2.1.12.SSH*** *- Social and Sexual Health - - [Core Idea] - Healthy individuals establish and maintain healthy relationships by utilizing positive communication and social skills to interact effectively with others.*

2. Responsible actions regarding sexual behavior can have a direct impact on one's personal wellness. ***HE.9-12.2.1.12.SSH*** *- Social and Sexual Health - - [Core Idea] - There are many factors that influence how we feel about ourselves and the decisions that we make.*

3. Practicing abstinence will decrease the risk of unintended pregnancy and sexually transmitted infections. ***HE.9-12.2.1.12.SSH*** *- Social and Sexual Health - - [Core Idea] - Knowledge of and access to resources is beneficial in providing support to individuals and families dealing with difficult situations.*

Knowledge and Skills

Performance expectations are:

- Identify the anatomy of the male and female reproductive system. ***HE.9-12.2.1.12.SSH.1***
- Identify the most common sexually transmitted infections (STI). ***HE.9-12.2.1.12.SSH.7***
- Understand the benefits of abstinence. ***HE.9-12.2.1.12.SSH.6***
- Identify strategies to maintain sexual abstinence. ***HE.9-12.2.1.12.SSH.6***

Transfer Goals

1. Students will be able to independently respond to how sexual behaviors can impact personal life goals.

2. Students will be able to independently develop strategies to decrease their risk for an unintended pregnancy or sexually transmitted infection.

3. Students will be able to independently decipher between healthy and unhealthy forms of communication with regard to intimate relationships.

Resources

May include speakers from the following organizations:

Rutgers Medical Students - Rutgers RWJ

https://rwjms.rutgers.edu/hiphop/about-us

Consent 101 Guest Speaker -

https://docs.google.com/document/d/1f2yXM2veNiqi5e3cO_xp7m8dp-Br369O/edit

GSA Peer Speakers

https://www.whrhs.org/co-curricular/clubsactivities-2/social-justice/gender-and-sexuality-alliance-gsa

Zufall

1st Choice

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit