Sexuality

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 4**
Time Period: **Semester 2**
Length: **2 weeks**
Status: **Published**

Enduring Understandings

1. Identify ways that influence safe sex practices. **HE.9-12.2.2.12.SS. -***Social and Sexual Health: [Core Idea]- Analyze factors that influence the choices, and effectiveness of safer sex methods and contraception, including risk reduction and risk elimination strategies.*

2. Formulate healthy decisions of the short and long term impact of decisions that can assist individuals in determining whether a choice is likely to result in a healthy or unhealthy consequence. **HE.9-12.2.1.12. PP.-** *Pregnancy and Parenting; [Core Idea]- There are a variety of strategies that individuals can use to prevent pregnancy and sexually transmitted infections.*

3. Assist students in a variety of strategies that individuals can use to prevent pregnancy and sexually transmitted diseases. **HE.9-12.2.1.12. PP-** *Pregnancy and Parenting; [Core Idea]- There are a variety of strategies that individuals can use to prevent pregnancy and sexually transmitted infections.*

4. Guiding students on how to make decisions that can influence an individuals growth and development. **HE.9-12.2.1.12. PP.-** *Pregnancy and Parenting; [Core Idea]- There are a variety of strategies that individuals can use to present pregnancy and sexually transmitted infections.*

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.1	Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception, dental dams).
2.1.12.PP.2	Develop a plan to eliminate or reduce risk for unintended pregnancy and/or STIs (including

	HIV) and identify ways to overcome potential barriers to prevention.
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.PP.4	List the major milestones of each trimester of fetal development utilizing medically accurate information.
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.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. What is family planning? Do the following factors contribute to family planning?

2. What morals or values contribute to the decisions?

2. What are the expectation for pregnancy? finiancial? physcial? lifestyle changes?

Knowledge and Skills

The performance expectations are...

- Gain knowledge in the contributing factors of family planning. **HE.9-12.2.1.12.PGD.1**
- Gain knowledge in the function, advantages and disadvantages of current birth control methods. **HE.9-12.2.1.12.PP.1 & PP.2**
- Identify sexually transmitted disease and prevention. **HE.9-12.2.1.12.SSH.7**
- Identify the components of a birth plan.**HE.9-12.2.1.12.PGD.1**
- Identify the stages of pregnancy; fetal development and female changes and experiences. **HE.9-12.2.1.12.PP.2**
- Recognize problems couples can having while family planning. **HE.9-12.2.1.12.PP.3**
- Gain knowledge non biological options to family planning. **HE.9-12.2.1.12.PP.3**
- Identify trusted adults, including family members, school staff, and health care professionals. **HE.9-12.2.1.12.PP.3**
- Analyze personal and societal factors that can influence decisions about pregnancy options. **HE.9-12.2.1.12.PP.6**
- Analyze different influences on the expression of gender, sexual orientation, and identity. **HE.9-12.2.1.12.SSH.1**
- Analyze current social issues affecting perceptions of sexuality, culture, ethnicity, disability status. **HE.9-12.2.1.12.SSH.3**

Transfer Goals

1. Students will be able to independently understand human sexuality as it pertains to goal setting, decision making, intra and interpersonal skills.

2. Students will be able to independently transfer understanding of sexuality and analyze the changes that occur throughout one's lifetime.

Resources

- https://answer.rutgers.edu/
- https://kidshealth.org/
- https://www.discoveryeducation.com/

May include speakers from the following organizations:

- Minding Your Mind Guest Speaker - https://mindingyourmind.org/
- Rutgers L.I.G.H.T. Counseling - https://www.whrhs.org/guidance/new-page
- Mosaic Counseling
- WHRHS SAC
- Zufall
- 1st Choice
- Consent 101

Assessments

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

Modifications for Diverse Learners

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