

Growing Up and Staying Healthy: 8th Grade

LESSON 1: The 4-1-1 on HIV and AIDS

- Explain how HIV is and is not transmitted
- Distinguish between facts and myths regarding HIV infection and AIDS

LESSON 2: HIV and Other STIs - Evaluating the Risks

- Analyze behaviors and situations that may result in increased risk for HIV and other sexually transmitted infections (STIs)
- Summarize the benefits of staying within behavioral limits and remaining abstinent
- Examine viewpoints of parents and other trusted adults regarding teen relationships, abstinence, and sexual decisions
- Evaluate the impact of alcohol and other drug use on decisions regarding sexual behavior

LESSON 3: Finding Help and Information

- Explain when it is important to get adult, medical and/or counseling help
- Locate sources of accurate information and assistance in one's community
- Describe sources of accurate information and assistance in one's community

LESSON 4: Create a Plan to Stay Within the Boundaries

- Set personal boundaries and limits related to physical intimacy and sexual behavior.
- Create a plan to stay within behavioral limits which protect one from HIV and STIs

Lesson 5: Communicating Our Boundaries

- Analyze behaviors and situations that may result in increased risk for HIV and other sexually transmitted infections (STIs)
- Demonstrate the ability to communicate one's behavioral limits or boundaries and to show respect for the limits or boundaries of others related to physical intimacy and sexual behavior

Lesson 6: Identifying and Refusing Trouble Situations

- Analyze behaviors and situations that may result in increased risk for HIV and other sexually transmitted infections (STIs)
- Analyze situations where assertive communication and refusal skills can be used to avoid and escape risky situations.
- Demonstrate the ability to use verbal and non-verbal ways to refuse participation in sexual behavior

Lesson 7: Avoiding and Escaping Risk Situations

- Analyze situations where assertive communication and refusal skills can be used to avoid and escape risky situations.
- Demonstrate skills to avoid and escape risky situations
- Demonstrate the ability to use verbal and non-verbal ways to refuse participation in sexual behavior.

Lesson 8: Someday, But Not Now

- Describe the potential negative consequences of having sexual intercourse and ways to reduce risks, including abstinence and condom use, simulate condom use
- Create a plan to reduce the risks of having sex in the future

Lesson 9: Sharing Our Expertise

- Demonstrate the ability to be positive peer role models in the school and community

Lesson 10: Spreading the Word

- Demonstrate the ability to be positive peer role models in the school and community