

## Healthy Sexuality Objectives: 7<sup>th</sup> Grade

### LESSON 1: Setting the Stage

- Gain comfort in using appropriate sexual terminology

### LESSON 2: A Time of Change

- Discuss the physical, emotional, and social changes of puberty

### LESSON 3: Forming Healthy Relationships

- List several behaviors and attitudes needed from friends or partners in order to form healthy relationships

### LESSON 4: Choosing Abstinence

- Recognize that abstinence is the only guaranteed protection against pregnancy and STDs including HPV and HIV/AIDS
- View abstinence as a wise, desirable, and responsible choice and recognize that most teens their age are choosing abstinence due to personal, family, religious or cultural beliefs
- Recognize factors that contribute to personal power

### Lesson 5: Sexuality Myths and Facts

- Recognize and discuss sexuality myths
- Recognize that most people their age are not sexually active
- Identify sexual messages in the media that create external influences and pressures

### Lesson 6: STDs and Condom Use

- Discuss the modes of transmission, symptoms, prevention, and treatment of common STDs
- Explain consistent and correct condom use and simulate correct use

### Lesson 7: Your Personal Power

- Identify reasons for considering use of the HPV vaccine
- Practice giving clear messages to remain abstinent and to resist pressure to have unprotected sex

### Lesson 8: Maintaining Healthy Sexuality

- Identify external and internal pressures to have sex
- Generate strategies for resisting pressures to have sex
- Identify the WAIT skill and demonstrate use of the WAIT skill

### Lesson 9: Using the WAIT skill to Resist

- Demonstrate use of the WAIT skill with given scenarios
- Use the strategy of role-play to practice effective interpersonal communication
- Practice making decision using the WAIT skill

### Lesson 10: The WAIT skill Revisited

- Identify potentially harmful situations
- Gain practice in using the WAIT skill

### Lesson 11: Benefits of Healthy Sexuality

- Set a realistic goal to maintain their healthy sexuality
- Produce a specific plan to achieve their goal
- List the benefits and rewards of healthy sexuality, especially choosing abstinence