

## Sexual Risk Reduction – Grade 6

Introduces the concept of abstinence and the importance of setting personal goals and boundaries.

| Learning Objective   | Lesson Ideas and Additional Resources  | Suggested Assessment  |
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| Define what it means to abstain from an activity and identify personal goals and boundaries. | <p><b>Lesson Plan</b></p> <p>Maine Family Planning. M.S. Scope and Sequence, <a href="#"><i>Introducing Personal Boundaries and Abstinence</i></a></p> <p>- This lesson uses personal goal setting and group work to introduce students to the concept of personal goal setting and abstinence. Students brainstorm personal Wants, Wills, and Won'ts, then split into groups to apply this structure to a scenario they must work on together. Students identify how abstinence relates to sexual behavior whether it is relevant to them now or in the future.</p> | Have students complete the exit slip portion of the lesson to demonstrate their knowledge of abstinence and personal goals. |

## Sexual Risk Reduction – Grade 7

Increases knowledge and skills for prevention of STDs/HIV and unintended pregnancy with an emphasis on abstinence.

| Learning Objective  | Lesson Ideas and Additional Resources   | Suggested Assessment  |
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| Define STDs and how they are transmitted.                         | <b>Lesson Plan</b><br>Advocates for youth 3 R's, <a href="#">Protecting your Health: Understanding and Preventing STDs</a> (Gr 7, Lesson 5)<br>- This lesson introduces students to STDs/HIV and the behaviors that can cause transmission. It uses group work to identify characteristics of different STDs and compare sexual behavior that puts someone at high, low, and no risk for STDs.  | Have list 3 common characteristics of STDs and how they are spread as well as behaviors that fit under each category of high, low or no risk for STD transmission.  |
| Develop communication and decision-making skills to be abstinent. | <b>Lesson Plan</b><br>Teaching Sexual Health, <a href="#">Decision Making</a> (Gr 7)<br>- This lesson has students brainstorm ways in which teens might feel pressured. Students review their own goals and life plans and explore how a pregnancy or STD might interfere. Students role play several "sticky situations", having them look closely at their own values and how to deal with peer pressure. Students complete the "Am I ready for Sex?" and "Family Values" handouts. | Have students journal to reflect on their life goals and explore how abstinence to avoid pregnancy and STDs may fit into their plans.<br><br>Ask students to complete the "The Person in the Middle" handout to demonstrate communication and decision making skills. |
| Define sexual abstinence and ways to be abstinent.                | <b>Lesson Plan</b><br>Teaching Sexual Health, <a href="#">Abstinence</a> (Gr 7)<br>- This lesson begins with a discussion on defining abstinence. Students split into groups to create promotional messages for abstinence/postponing sex and present them to the class. Students then engage in a role play to practice refusal skills. Lastly, there is a group discussion and parent interview to be completed as homework.  | Students can be assessed on their completion of the promoting abstinence project and ability to demonstrate refusal skills during the role plays.   |

## Sexual Risk Reduction – Grade 8

Increases knowledge and skills for prevention of STDs/HIV and unintended pregnancy, including abstinence.

| Learning Objective  | Lesson Ideas and Additional Resources   | Suggested Assessment  |
|---|---|---|
| <p>Define STDs and how they are transmitted.</p> <p>Identify behaviors that put someone at risk for STDs.</p> | <p><b>Lesson Plan</b></p> <p>Teaching Sexual Health, <a href="#">Sexually Transmitted and Blood Borne Infections</a> (Gr 8)</p> <p>- This lesson begins by defining sexually transmitted and blood borne infections. Students work in small groups to research types of STIs and a local clinic providing services, which can be assigned as homework. The lesson continues with an activity that reveals how easily STIs can be spread. Students assess the risk level of certain behaviors for spreading STIs. There is a quiz to conclude the lesson and assess learning.</p>  | <p>Have students complete the STI chart or take the quiz to assess their knowledge of STDs, transmission, and behaviors that put someone at risk.</p>   |
| <p>Describe methods to prevent pregnancy and STDs.</p>  | <p><b>Lesson Plan</b></p> <p>Advocates for Youth 3 R's, <a href="#">Birth Control Basics</a> (Gr 8, Lesson 8)</p> <p>- This lesson introduces students to various types of contraception as an effective way to avoid pregnancy. Students must determine two truths and a lie from information read about each method. <b>or</b></p> <p>Teaching Sexual Health, <a href="#">Birth Control</a> (Gr 8)</p> <p>The lesson starts by defining contraception and abstinence then brainstorms pressure situations and refusal skills to resist pressure to have sex. Students learn more about birth control methods using samples of methods, if available. Students complete a birth control chart on the details of each method.</p> <p><b>Additional Resources</b></p> <p><a href="#">StayTeen.org</a> - This website has interactive tools, quizzes and videos on contraception, STDs, and abstinence.</p> | <p>Students can make a Venn diagram comparing two or more forms of birth control to demonstrate their knowledge on the different methods.</p> <p>The pre-test can be used as a quiz to assess student learning.</p> <p>The birth control chart can be completed as a homework assignment.</p> |
| <p>Demonstrate knowledge of proper condom use.</p>  | <p><b>Lesson Plan</b></p> <p>Advocates for Youth 3 R's, <a href="#">Using Condoms Effectively</a> (Gr 8, Lesson 9)</p> <p>- This lesson introduces condoms by having students work in groups to place the steps of correct condom use in order, introducing both external and internal condoms. The teacher demonstrates or uses a video of the proper steps.</p>   | <p>Have students complete an entrance and exit slip to show before and after knowledge of the steps for correct condom use.</p>   |