

District 211 Comprehensive Sexual Health Education Freshman Wellness Scope and Sequence

Critical Learning Standard: Students will understand and apply functional knowledge related to sexuality and the specific skills necessary to adopt healthy behaviors.

Lesson 1: Identity and Human Sexuality

Lesson 1 Learning Targets:

- Understand the concepts of gender, gender identity, gender roles, and gender expression.
- Understand the concepts of sexual orientation and identity.
- Analyze factors that affect identity, including peers, family, society, and media (including social media).

Summary of Lesson 1 Components:

- What is human sexuality: messages you have received about sexuality from the world – there are no right or wrong answers - personal reflection.
- Values, beliefs, norms: roles, values, and ideas we learn from society, our culture and our families.
- Gender roles: culturally accepted and expected behaviors associated with gender (man/woman/transgender).
- Communication & relationships: there are many different types of relationships and ways that people communicate with people they are in a relationship with.
- Body image and body parts: How does our body image affect us? How does TV, movies and music affect what is portrayed about body image?
- Human sexuality: each person's sexuality is unique and different.
- Gender identity: How an individual identifies based on their internal understanding of their gender.
- Gender expression: the manner in which people outwardly express their gender through, for example, clothing, appearance, or mannerisms.
- Sexual orientation: A person's romantic, emotional, and/or sexual attraction to other people.
- Biological Sex: sex of an individual assigned at birth determined by chromosomes (such as XX or XY), hormones, and organs.

Lesson 2: Human Anatomy & Physiology - Male

Lesson 2 Learning Targets:

- Understand the pivotal milestones in human development, including a focus on the physical, social, and emotional aspects of development.
- Understand the structure and function of the male human reproductive system.

Summary of Lesson 2 Components:

- Puberty: time when certain traits develop
- Hormones: chemical substances that regulate many of your body's functions (testosterone, estrogen, progesterone).
- Puberty in males: growth spurt occurs, hairline recession, acne, voice deepens, facial and body hair develops, broader shoulders, perspiration increases, genitals enlarge, muscles get larger, first ejaculation occurs.
- Male reproductive system: Cowper's gland, epididymis, penis, prostate gland, seminal vesicle, scrotum, testis, urethra, urinary bladder, and vas deferens.

Lesson 3: Human Anatomy & Physiology - Female

Lesson 3 Learning Targets:

- Understand the pivotal milestones in human development, including a focus on the physical, social, and emotional aspects of development.
- Understand the structure and function of the female human reproductive system.

Summary of Lesson 3 Components:

- Puberty: time when certain traits develop.
 - Puberty in females: growth spurt, development of breasts, waistline narrows, widening of hips, increase body fat, menstrual cycle begins (menarche), body hair appears, and perspiration increases.
 - Female reproductive system: cervix, endometrium, fallopian tubes, labia minora, labia majora, maturing ovum, mature ovum, ovaries urethra, urinary bladder, uterus, and vagina.
 - Menstrual cycle, fertile period, conception, fertilization.
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Lesson 4 and 5: Consent & Healthy Relationships

Lesson 4 and 5 Learning Target:

- Understand the concept of consent and apply essential skills necessary to navigate healthy relationships among family, peers, and partners.

Summary of Lesson 4 and 5 Components:

- Safe and healthy relationships mean both you and your partner are communicating, respectful, trusting, honest, equal, enjoying time away from each other, making mutual choices, and economic/financial partners. Safe and healthy relationships demonstrate partnership, economic equality, emotional honesty, physical safety, respect, support and trust. Characteristics are not limited to these.
 - Unhealthy relationships may exist if your partner is not communicating, disrespectful, not trusting, dishonest, trying to control, only spending time together, pressuring you into activities, unequal economically. Characteristics are not limited to these.
 - Abuse is occurring in a relationship when one partner is communicating in a hurtful or threatening way, mistreating, accusing the other of cheating when it's untrue, denying their actions are abusive, controlling, isolating their partner from others. Characteristics are not limited to these.
 - Dating: What are your positive qualities, hobbies and activities? What values do you hold as a person that you may be looking for in someone else? How to introduce yourself and start a conversation with someone. How to respectfully ask someone on a date. How to plan an inexpensive date and stay true to your values. Etiquette and behavior on a date such as paying or splitting the check, transportation, respect, time to end the date, positive mannerisms, personal appearance, advocating for yourself, authentic, consent, phone etiquette, making sure all parents know where you are going. How to appropriately end a relationship.
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Lessons 6 and 7: Interpersonal Relationships

Lessons 6 and 7 Learning Target:

- Understand federal, state, and local laws related to sexual violence, harassment, abuse, and assault.
- Analyze factors related to prevention and intervention of sexual violence, including the support for and care of victims.

Summary of Lesson 6 and 7 Components:

- Sexual harassment: unwelcome or offensive behavior by one person to another that is sexual in nature. Examples may include but are not limited to making unwanted sexual comments or jokes, sending unwanted sexual texts, sexual gestures, bullying, or intimidation. Harassment can be physical, spoken/verbal or visual/written.
 - Consent: informed, voluntary and mutual agreement between people who are going to engage in an activity. Consent cannot be given when the individual does not have the capacity or legal ability to consent, is legally considered a minor, intoxicated by alcohol or other substances, or there are conditions that affect one's ability to understand and/or agree to engage in a behavior.
 - Sexual consent: an agreement that occurs between sexual partners about the behaviors they both give permission to engage in during a sexual encounter. Consent involves clear permission and may also be referred to as affirmative consent.
 - Illinois age of consent: the Illinois age of consent is 17 years old. Individuals aged 16 or younger in Illinois are not legally able to consent to sexual activity and such activity may result in the prosecution for statutory rape.
 - Sexual violence: all-encompassing term that refers to any completed or attempted sexual act using force or threat of force that occurs when consent is not obtained or freely given. It includes sexual assault, rape, sexual abuse, domestic violence, dating violence and intimate partner violence.
 - Sexual abuse: any sort of unwanted sexual contact including but not limited to force, threats or taking advantage of an individual often over a period of time.
 - Sexual assault: any unwanted sex act committed by a person or people against another person. Examples include but are not limited to non-consensual kissing, groping, fondling, attempted rape, forcing someone to perform a sexual act and rape.
 - Tell others including parents, administrators, teachers, counselors, nurses or other trusted adults if you or someone you know is experiencing any violence, assault or abuse. If someone doesn't listen or seems to doubt you, tell others.
 - Resources and hotlines for domestic violence, rape, abuse, incest, sexual assault, sexual violence and survivors.
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Lesson 8: Sexual Health

Lesson 8 Learning Targets:

- Understand functional knowledge and skills related to the prevention of pregnancy and sexually transmitted diseases.
- Understand functional knowledge and skills related to the transmission and treatment of sexually transmitted diseases.
- Analyze factors that influence sexual health decision-making and outcomes.

Summary of Lesson 8 Components:

- Abstinence: not having oral or penetrative sex. Only 100% effective method to avoid pregnancies and STDs.
- Behavioral Contraceptives/Birth Control: personal responsibility for pregnancy prevention - abstinence, withdrawal.
- Secondary abstinence: a period of no oral or penetrative sex after sexual initiation has already occurred.
- Barrier Contraceptive/Birth Control: prevents sperm from entering cervix - condoms.
- Hormonal Contraceptive/Birth Control: man-made chemicals that prevent ovulation - birth control pill and patch.
- Emergency contraceptives: progestin and estrogen released through pill and used when condoms break, birth control is not properly used, cases of sexual assault. Not used as regular birth control or if pregnant.
- Illinois Safe Haven Law

Lesson 9: Unit Review

Lesson 9 Learning Target:

- Review the concepts related to comprehensive sexual health education, including their ability to understand and apply functional knowledge related to sexuality and specific skills necessary to adopt healthy behaviors.

Lesson 10: Unit Exam

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