

## District 211 Comprehensive Sexual Health Education Sophomore 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: Sexual Health & Decision Making and Gender Identity & Expression

Lesson 1 Learning Targets:

- Understand the pivotal milestones in human development, including a focus on the physical, social and emotional aspect of puberty and adolescent sexual development.
- 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.
- Understand the concepts of gender, gender identity, gender roles, and gender expression.
- Understand the concepts of sexual orientation and identity.
- Analyze factors that influence sexual health decision-making and outcomes.

Summary of Lesson 1 Components:

- Sexual responsibility: making informed decisions and safe sex choices including abstinence.
  - Human reproduction: intercourse, fertility, ovulation, and menstruation.
  - HIV and STD's: warning signs, testing services, treatment options.
  - Birth control methods: proper use and effectiveness, health problems and side effects.
  - Sexually abusive relationships: warning signs, how to get help.
  - Consent: what is consent and what is not consent.
  - Abstinence: a personal choice in not engaging in any type of sex. Only 100% effective method to prevent pregnancy, STDs and HIV.
  - Secondary abstinence: recommitting to abstinence after sexual initiation has already occurred.
  - 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/gender queer).
  - Communication & relationships: there are many different types of relationships and ways that people communicate with people they are in a relationship with.
  - 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.
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Lesson 2: Consent & Healthy Relationships

Lesson 2 Learning Targets:

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

## Summary of Lesson 2 Components:

- Healthy relationships: based on equality and respect.
  - Unhealthy relationships: based on attempts to control the other person.
  - Abusive relationships: based on imbalance of power and control.
  - Types of abuse: emotional/verbal, sexual, digital, physical, stalking, financial.
  - Warning signs of dating violence, resources.
  - Erin's Law: sexual abuse prevention.
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## Lesson 3: Interpersonal Relationships

### Lesson 3 Learning Targets:

- 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 3 Components:

- Consent: agreeing to a particular sexual activity and is freely given, changeable, mutual agreement, sober, informed, permission.
  - Illinois Law: the age of consent to any type of sexual activity is 17.
  - Sexual assault: sexual penetration (any contact, however slight) between the sex of one organ of one person and the sex organ, mouth or anus of another person via force or threat of force or when the victim is unable to understand the nature of the act or is unable to give informed consent.
  - Sexual assault resources: police, parents, emergency room, trusted adult, national teen dating abuse hotline, Illinois Coalition Against Sexual Assault.
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## Lesson 4: Interpersonal Relationships

### Lesson 4 Learning Targets:

- Understand federal, state and local laws related to sexual violence, harassment, abuse and assault.
- Understand Erin's Law, including:
  - Methods for how to report child sexual abuse and grooming behaviors.
  - Available in-school and community counseling options.

## Summary of Lesson 4 Components:

- Sexual grooming: when someone builds a trust or connection with a young person so they can manipulate, exploit and abuse them sexually.
  - Tactics groomers might use: pretending to be younger; buying gifts; giving advice and understanding; isolating person from family and friends; blackmail/shaming/guiling; using the idea of secrets to control and trap.
  - Where to turn to for help: parent, counselor, Safety Concern Link, teacher, nurse, administrator, trusted adult, phone numbers on student ID.
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## Lesson 5: Anatomy & Physiology

### Lesson 5 Learning Targets:

- Understand the structure and function of the human reproductive system.

#### Summary of Lesson 5 Components:

- Pregnancy: fertilization, embryo progression, placenta, embryo, fetus, amniotic sac, umbilical cord, symptoms, timeline, first trimester embryo development, miscarriages, second trimester embryo development, third trimester embryo development, childbirth stages.
  - Symptoms of pregnancy: missed period, nausea/vomiting, exhaustion, bloating, body aches.
  - Fraternal and identical twins.
  - Costs associated with having a baby.
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#### Lessons 6, 7 and 8: Sexual Health

##### Lessons 6, 7 and 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 Lessons 6, 7 and 8 Components:

- Contraceptives: abstinence, rhythm method, spermicides, diaphragm, intra-uterine device, skin implants, progestin injections, ring, vasectomy, tubal ligation.
  - Sexually transmitted disease: infection transmitted through sexual contact with an infected individual. Sexually transmitted infection can develop into a sexually transmitted disease.
  - Modes of STD transmission: vaginal sex, anal sex, oral sex, skin-to-skin contact, infected mother to child.
  - Bacterial STDs: chlamydia, gonorrhea, syphilis, trichomoniasis (parasitic protozoan), pubic lice.
  - Viral STDs: HIV, Herpes, HPV/genital warts, Hepatitis B.
  - Pelvic Inflammatory Disease (PID): serious infection of a woman's reproductive organs.
  - Testing recommendations, hotlines and places for testing: HIV, syphilis, chlamydia and gonorrhea.
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#### Lesson 9: Unit Review

##### Lesson 9 Learning Targets:

- 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.
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#### Lesson 10: Unit Exam

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