



Grade 7: Introduction

Overview

Students learn why we teach sexual health education and what topics will be covered. They discuss how they would like to feel and behave during the unit, and they investigate who they can talk to about sexual health. Finally, the anonymous question process is introduced.

Timing

35 minutes

Objectives

By the end of this lesson, students will:

- Define sexual health education
- Recognize importance of learning about sexual health
- Understand how we will learn about sexual health and what topics will be covered
- Identify who you can talk to about sexual health

Standards

Washington State Sexual Health Standards

- Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
 - Explain importance of setting personal boundaries and showing respect for the boundaries and values of others. H4.Se5.7b

Materials Needed

- Computer/projector/speakers to display PowerPoint, including video streaming
- Scraps of paper for anonymous questions
- Envelope for anonymous questions, labeled with class period
- Paper for student exit ticket (or assignment if preferred)

Teacher Preparation

- Cut piles of scrap paper and place on each table group, or have enough to pass out a few to each student
- Write the class period on the outside of a large manila envelope and designate spot for it to be hung so that students can drop questions during class (have one envelope for each class period you will be teaching this content)

Agenda

Introduction – 5 minutes

Slide 1

- Teacher Script: *We are starting our sexual health unit today. We'll be talking about a lot of things from relationships to bodies to diseases. There will be plenty of chances to ask questions, and you will learn about who you can turn to for answers and for support.*

Slide 2

- Teacher Script: *By the end of this introductory lesson, you will learn what sexual health education is and understand how/what we will learn this year. Another important part of today's lesson is for you to identify a trusted adult that you can talk to if you have questions about your own sexual health. Finally, we will go over the anonymous question process.*

Slide 3

- Review slide

Slide 4

- Teacher Script: *We teach this because we want you to have accurate information. We also want everybody to be comfortable talking about sexual health, so that you might be able to raise something with your family that you were too shy to talk about before, or you'll bring something up at the clinic or doctor's office that's been worrying you, or you'll be able to talk with a friend or partner someday about something we talked about here. One of my main goals is for you to feel good about yourself!*

Slide 5-6

- Review slide

Discussion - 15 minutes

Slide 7

- Remind students of your classroom expectations/norms/ground rules. Ask them if there are any additional expectations that should be added or reinforced during this sexual health education unit.
- Common additional expectations are:
 - Be especially respectful of each other as this can be a difficult topic for some students
 - Understand that people are entitled to their own beliefs
 - Recognize that we all have questions and shouldn't be judged for asking
 - Respect each other's right to privacy
 - Use medical terminology instead of slang

Slide 8

- Teacher Script: *Thanks for sharing your ideas about what is important to you during this unit and what will help you feel safe to participate and share your ideas. It is very important for all of us to identify a person outside of this classroom that we can talk to about sex and growing up. We are going to watch a short video that talks about how to find that person for yourself.*

Slide 9

- Review slide

Slide 10

- Teacher Script: *Sometimes a person might want to talk with a medical professional about puberty, their body, or how they are feeling. Where could someone your age do that?*
- Solicit responses from students then click slide to animate and reveal resources.

Activity - 15 minutes

Slide 11

- Teacher Script: *During this unit, it is likely that you will have lots of questions. Some questions you may feel comfortable asking out loud in class, and others you may want to ask anonymously. What does “anonymous” mean?*
- Allow students to respond and define.
- Teacher Script: *That’s right, it’s when you don’t include our name on something so that someone doesn’t know it came from you. We already talked about how it is your right to ask questions and get honest answers, so we will have an anonymous question so that everyone can feel comfortable asking questions.*
- Explain that you will have pieces/scrap of paper available every day for students to write questions, and that each class will have an envelope that is just for their class period where they can submit their questions. Tell students that you will be answering a few of their questions each day you teach sexual health. Remind them that they can submit questions into their class envelope whenever they want.

Slide 12

- Teacher Script: *I’m going to give you all a few minutes to write at least one anonymous question. Please use the most mature language you know, but don’t let it stop you from asking a question if the only words you have are slang. I’ll translate for you in my answer, so that by the end of the unit you’ll have medical and adult language for sexual health.*
- Direct students to pick up a piece of scrap paper from their table and privately write a question.
- Teacher Script: *I will give you 3 or 4 minutes and I want you to use at least one slip of paper to write a question.*
- *You can use as many slips as you like, but please write just one question on each slip to make it easier for me to sort them later.*
- *I’ve included a list of the types of questions people often ask on the slide. Don’t feel limited to these questions, they are just to give you some ideas.*
- *If you can’t think of something to ask, it’s OK to write a question you already know the answer to so you can see if I would answer it the same way you would. Or you can ask something you think someone else in the class might not know. Or, if you really can’t come up with a question, write the topic you are most excited to learn about. But everyone has to write something on at least one of their slips so that it helps keep today’s process anonymous.*
- Collect the questions yourself, rather than having people pass them to others (who might violate their anonymity). Have a single envelope for each class period. Remind students that you will start answering questions during the next lesson.

Closing – 5 minutes

Slide 13

- Teacher Script: *Thanks for writing questions, I look forward to reading and answering your questions. And thanks for listening today and being willing to participate in this sexual health unit. I know we will learn a lot and have some fun along the way.*

Slide 14

- Ask students to write responses to prompts in the slide
- Note: If preferred, this could be assigned as homework instead of an exit ticket by using attached assignment document

Slide 15

- Credits

Vocabulary

Key words in this lesson:

- Sexual health education – provides students with the knowledge and skills to help them be healthy and includes medically accurate, developmentally appropriate, and culturally relevant content and skills that target key behavioral outcomes and promote healthy sexual development. The curriculum is age-appropriate and planned across grade levels to provide information about health risk behaviors and experiences. Sexual health education should be consistent with scientific research and best practices; reflect the diversity of student experiences and identities; and align with school, family, and community priorities.

Additional Resources

Websites:

- CDC - <https://www.cdc.gov/healthyyouth/whatworks/what-works-sexual-health-education.htm>
- OSPI - <https://www.k12.wa.us/student-success/resources-subject-area/sexual-health-education>

Handouts and Assignment – on following pages

- Assignment: Introduction (optional alternative to exit ticket)



Name:

Class Period:

**Assignment: Introduction
7th Grade Sexual Health Education**

- 1. How do you think young people may feel when learning about sexual health?**

- 2. Which 7th grade lesson topic do you think young people need to know about the most? Why? The 7th grade lessons are Healthy Relationships, Consent, Sexual Orientation and Gender Identity, Sexually Transmitted Diseases, and Birth Control Methods.**

- 3. What are some qualities you look for in a trusted adult?**