



# Introduction

7<sup>th</sup> Grade Sexual Health Education

# Learning Objectives

1. Define sexual health education
2. Recognize importance of learning about sexual health
3. Understand how we will learn about sexual health and what topics will be covered
4. Identify who you can talk to about sexual health
5. Understand the anonymous question process

# What is sexual health education?

Information and skills to help you understand your body, thoughts, feelings, and relationships

A chance to learn about:

- What changes to expect as you grow into adulthood
- How the reproductive system works and how to keep your body healthy
- Your right to be treated with respect
- Your responsibility to show respect to others



# Why are we learning about sexual health?



We learn about sexual health in school so that you:

- Have accurate information
- Know you can ask questions
- Feel good about yourself

# Why are we learning about sexual health?



Sexual health education may feel really important and relevant to you, or it might not.

Please remember that you can use what you learn to help a friend or sibling or save the knowledge and skills for when you need them later in life.

# What will we be learning?

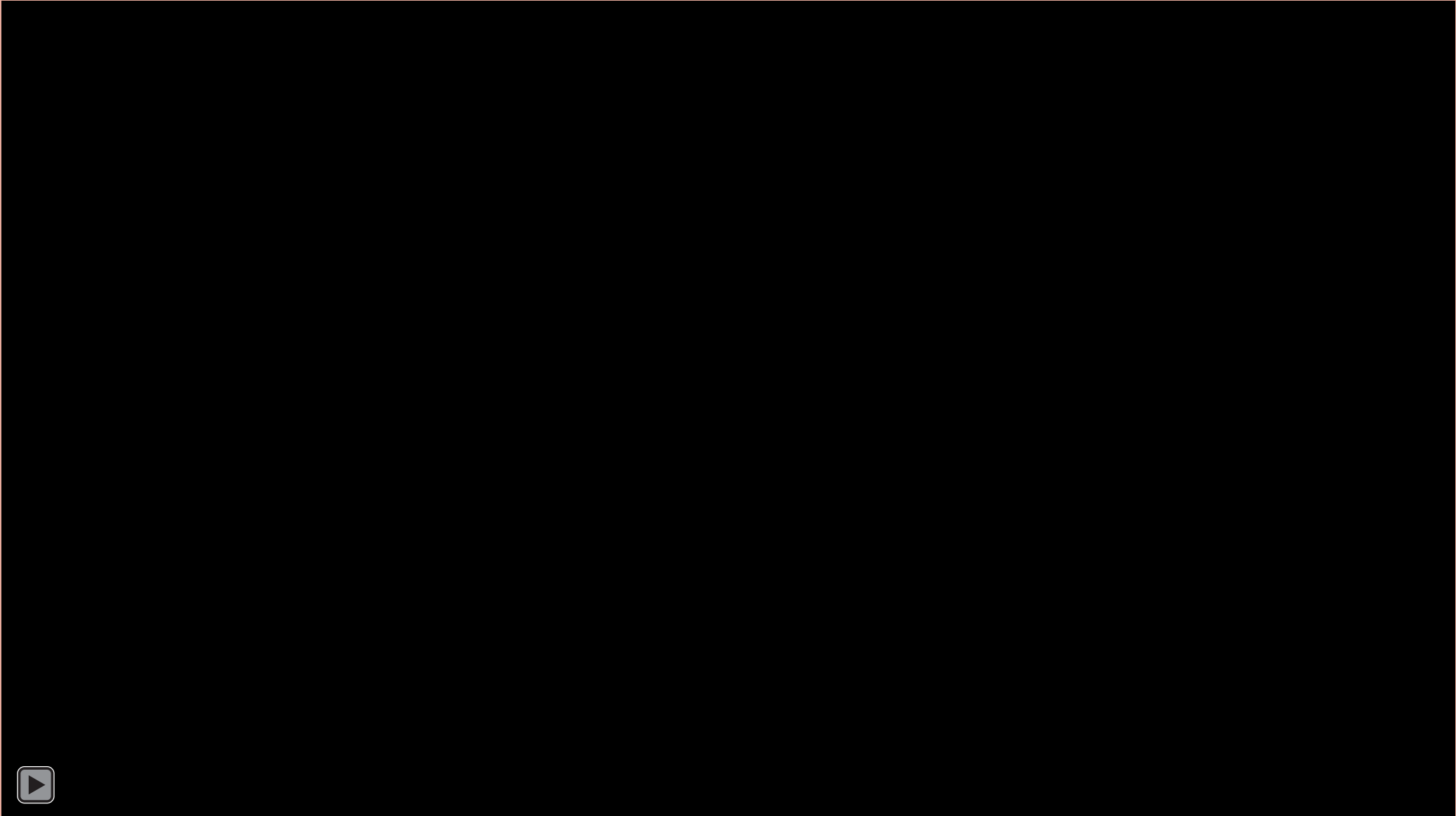
## Lesson topics:

1. Healthy Relationships
  - how to have healthy relationships, how to recognize an unhealthy relationship
2. Ask, Listen, Respect - Consent
  - concept of consent and how it applies to daily interactions, as well as sexual activity
3. Sexual Orientation and Gender Identity
  - we all have an identity that includes our gender and our sexual orientation
4. Sexually Transmitted Diseases
  - infections/viruses that affect our reproductive system, how to prevent transmission
5. Birth Control Methods
  - ways that sexually active people prevent pregnancy and STDs





# Finding a Trusted Adult



Video Link: <https://youtu.be/OWtPnjSoppc>



# Who can I talk to about sexual health?

We all have questions!

Think of at least one trusted adult you can talk to. It could be a parent, auntie or uncle, sibling, grandparent, coach, group leader

You can talk to that trusted adult about these sexual health lessons.



# Who can I talk to about sexual health?

Sometimes we want to talk to a medical professional.

Where could someone your age do that?

- Your regular doctor or pediatrician
- School based health center or school nurse
- A community clinic like Planned Parenthood or Public Health



# Anonymous Questions

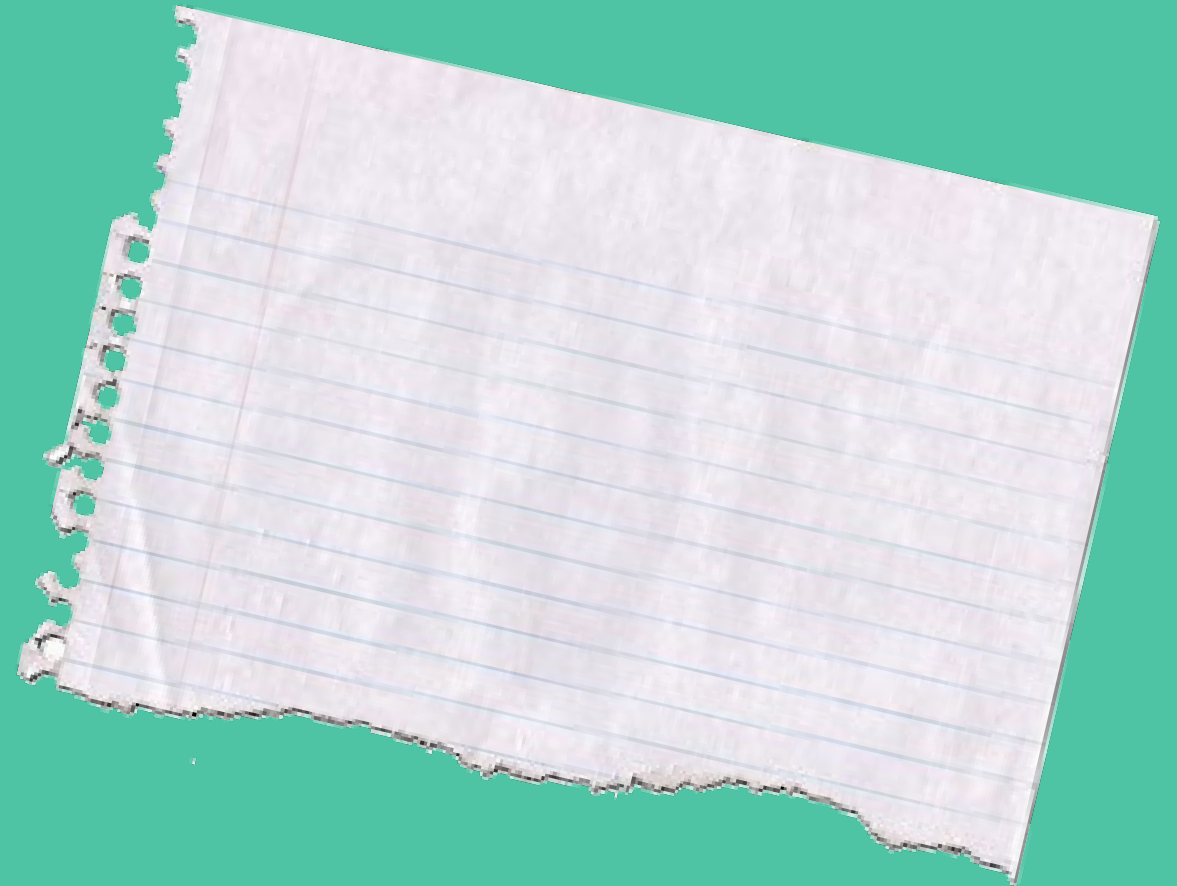
Sometimes students have questions that they would rather ask anonymously.

That's great! We can do that!



# Anonymous Questions

- What do they mean by ...?
- Is it true that ...?
- How do you know if ...?
- Would you worry if ...?
- What should you do if ...?
- Am I right that ...?
- Why is it that ...?
- How common is it for ...?



You are awesome.

# Exit Ticket

- How do you think young people may feel when learning about sexual health?
- Which 7th grade lesson topic do you think young people need to know about the most? Why?

## 7<sup>th</sup> Grade Lesson Topics:

Healthy Relationships

Ask, Listen, Respect – Consent

Sexual Orientation and Gender Identity

Sexually Transmitted Diseases

Birth Control Methods



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



# Credits

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