



Introduction

8th 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?

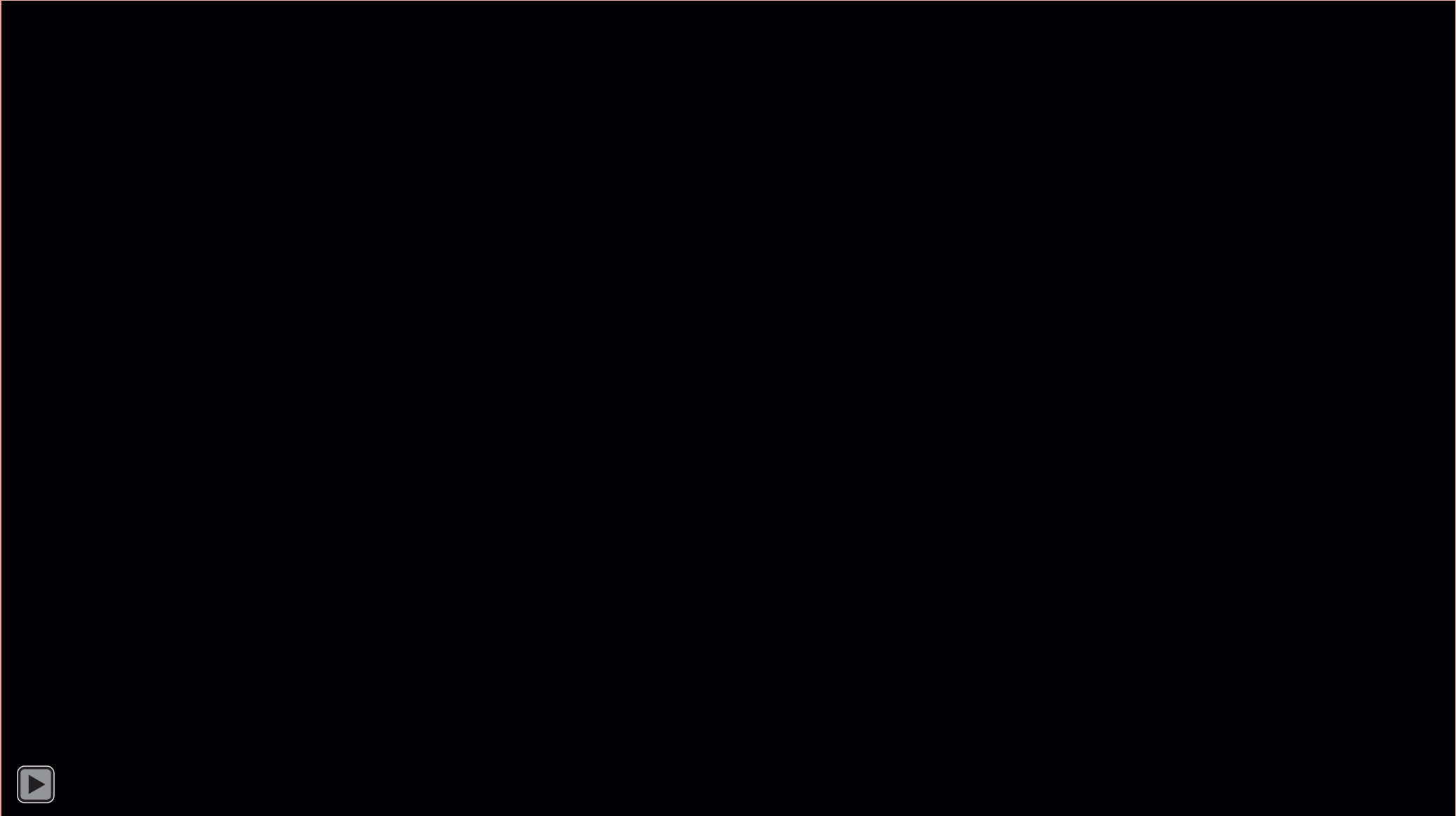
Lesson topics:

1. Reproductive System and Pregnancy
 - how pregnancy happens and the stages of development
2. Saying No
 - reasons why most teens choose not to have sex, how to communicate that decision to a partner
3. Preventing STDs
 - infections/viruses that are spread through sexual activity, how to prevent them
4. Condoms and Other Birth Control Methods
 - ways to prevent pregnancy and STDs, focus on condoms as most common method
5. Affirmative Consent
 - how to be sure you have another person's consent for an activity, how to be a supportive friend



Finding a Trusted Adult:

<https://www.youtube.com/watch?v=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?

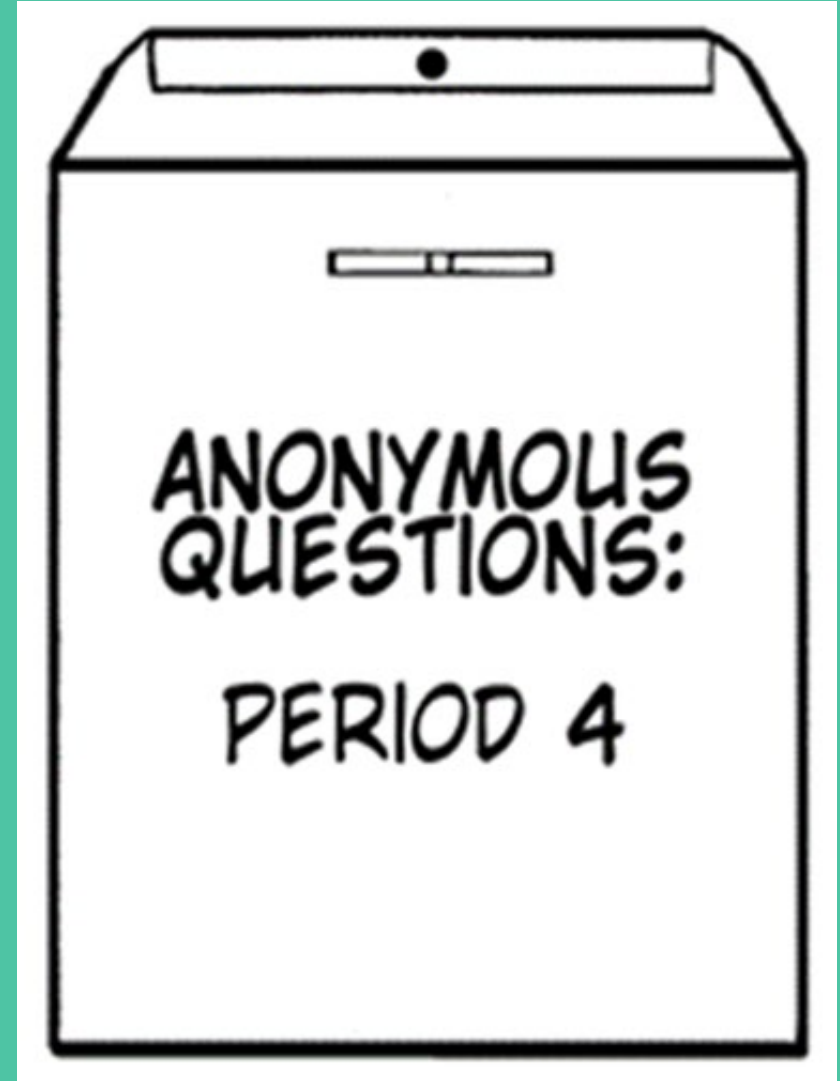
- Your regular doctor or pediatrician
- School based health center or school nurse
- A community clinic like Planned Parenthood or Public Health



Anonymous Questions

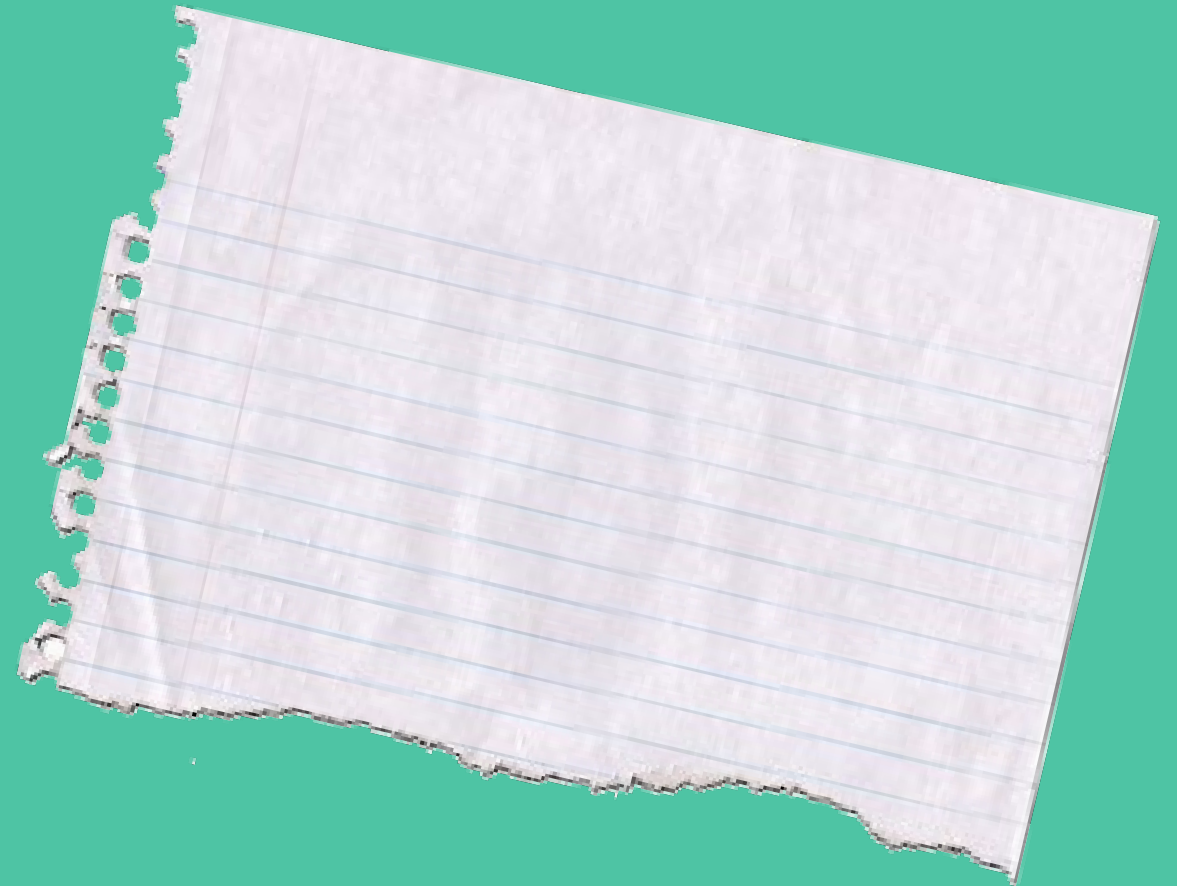
Sometimes students have questions that they would rather ask anonymously.

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 8th grade lesson topic do you think young people need to know about the most? Why?

8th Grade Lesson Topics:

Reproductive System and Pregnancy

Saying No

Preventing STDs

Condoms and Other Birth Control Methods

Affirmative Consent

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



Credits

- Content created by Seattle Public Schools
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