

**Sexual Health Education**  
**Lesson 1**

**Introduction and**  
**Group Agreements**

# Introduction

- We are starting Sexual Health Education.
- For about 8 days, you will have Sex Ed lessons in science class.
- At the end of this unit, you will have more knowledge about how to **care for yourself** and **make informed decisions** about your wellbeing.

# Group Agreements Title Page



- **Use correct terms** - When you can, use the medical term for a behavior or body part.
- **All questions are good questions** - if you have a question, respect yourself enough to ask it either aloud or anonymously in the question box.
- **Confidentiality** – what is shared in this class regarding individual experiences or opinions stays here. Any information that could help a friend be healthy or safe can be shared.
- **Don't yuck my yum** - people have different likes, dislikes and interests. Don't judge other people's behaviors, opinions or desires just because they are different from yours.
- **It's OK to disagree**
- **Use I Statements** - speak from your own experience; avoid generalizations or speaking on behalf of others (i.e., all high school students).

# Group Agreements, continued...

- **One Person One Mic** – respect the speaker; wait your turn.
- **Respect** – be respectful of each other; expect good intentions.
- **Step Up, Step Back** – be aware of how much you are participating; challenge yourself to participate more if you are quiet, or give others space to participate if you talk a lot.
- **The right to privacy** - no one will be forced to share experiences, opinions or ideas.
- **Right to Pass** - you always have the right to not talk or share.
- **No Put Downs**
- **Do not share personal information about your own experiences or body**
- **Open mind** – avoid judging others or drawing conclusions before you have all the information.



# Anonymous Question Box

- Put your questions in here!
- You don't have to put your name on it!



# Pre-Assessment



Pre Survey High School Sexual  
Health Education



You can take the Pre-Assessment on your phone  
by scanning this QR Code, or on a computer by  
following this link:

<https://forms.office.com/r/hBuryHixbL>