

# Healthy Relationships & Sexual Health



The Parkway Middle School Health Education Curriculum includes the Healthy Relationships and Sexual Health Unit. Parkway understands that educating children about a child's health is a collaborative effort between schools, families, and health professionals. We value the parent's role in helping their child weigh their family values and beliefs in making decisions regarding their sexual health.

## Overview of 7th Grade

For curriculum and lesson details visit the Parkway website at <https://www.parkwayschools.net/Page/3329>

Lesson Focus	Lesson Overview
<b>Starting Out: An Introduction to Human Sexuality</b>	This lesson introduces the topic of teen sexuality. Students develop ground rules for discussion, then look at different aspects of sexuality. Students will discuss why expressing their sexuality and talking about sexuality are important to their sexual health. Discussions will also include the influences to a person's sexuality.
<b>Understanding Gender</b>	The objective of this lesson is to encourage students to develop their own critical intelligence with regard to culturally inherited stereotypes, and to the images presented in the media. Students take a look at their own assumptions about what it means to be a boy/man, and what it means to be a girl/woman. Students will see how stereotypes can lead to biased behaviors, and even can result in violent actions towards others, which ultimately have health implications on everyone.
<b>Human Anatomy &amp; Reproduction</b>	In this lesson, students will review the organs and functions of the male and female reproductive systems. Discussions and learning activities will help them develop an understanding of the human reproductive system and ways to better care for their reproductive health (i.e., check-ups, athletic support, protection, self-exams, cleanliness practices).
<b>Abstinence from Sexual Activity</b>	In this lesson, students weigh the health benefits of being sexually abstinent versus the health risks of being sexually active. Discussions and learning activities help students to identify various positive and negative influences on the choice to be abstinent. They will also examine the impact of being sexually active upon their health, as well as their personal values, beliefs and life goals.

***Please contact your school's health education teacher for dates of lessons.***

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Lesson Focus	Lesson Overview
<b>Sexual Health &amp; Hygiene</b>	In this lesson, students learn about taking care of their sexual health through good hygiene practices for promoting health and positive social relationships. Group discussions and learning activities will help students identify health products and information that are supported by medical and health professionals.
<b>Risks of Sexual Activity—Pregnancy</b>	This lesson introduces facts about reproduction and pregnancy. Students will learn about how fertilization occurs and the risks of pregnancy as a result of a sexually active lifestyle, especially unprotected sex. Students discuss the mental, emotional, and social impact of teenage pregnancy and parenthood.
<b>Sexual Health Risks—STIs</b>	In this lesson, students will learn about how certain diseases can be spread through sexual activity and ways to reduce its chances of being transmitted. Group discussions and learning activities will enable students to identify symptoms, various methods of transmission, and treatment for various types of STIs (e.g., Gonorrhea, Syphilis, Chlamydia, HPV, Herpes, Pubic Lice), as well as the health consequences of acquiring an STI.
<b>Sexual Health Risks—Contraception</b>	In this lesson, students will learn about various methods of contraception for the purpose of reducing chance of pregnancy and acquiring a sexually transmitted infection. Group discussions and learning activities will present factual and medically-accurate information about the effectiveness rates of common barrier (e.g., condoms) and non-barrier methods of contraception (e.g., The Pill). Abstinence will be emphasized as the only 100% effectiveness for preventing pregnancy and STIs.
<b>Sexual Health Risks—HIV/AIDS</b>	In this lesson students will understand the difference between HIV and AIDS and how it affects the immune system. Students will be able to recognize and describe the signs and symptoms of HIV and how HIV is transmitted. Prevention and treatment will also be explained, with information being provided that there is no cure for HIV/AIDS and that the treatment is costly and with an array of side effects. Lastly, students will gain an understanding of a respectful treatment of those living with HIV/AIDS.

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## Classroom Video List

<b>“Straight Talk About Self-Image and Identity,” Marsh Media.</b>	In this video the hosts of a “call in” show discuss the hormonal changes for both boys and girls and emphasize that there is a wide range of possible reactions and responses to growing up. The hosts tackle issues that affect the mental well-being of young people, including topics such as self-worth and how messages from the media influence a person’s self-worth. <a href="#">Click here</a> to preview video.
<b>“Abstinence First: Teen Birth Control Decisions” Human Relations Media.</b>	This video advocates abstinence as the best and safest choice for all teens, but also goes on to describe the birth control choices that help protect against pregnancies and sexually transmitted infections. Information is provided on the method’s effectiveness, whether it prevents STIs, details on any important side effects teens should be aware of, and how it works. <a href="#">Click here</a> to see video trailer.
<b>“Straight Talk About Sexual Choices and Consequences,” Marsh Media.</b>	In this video, two teenage hosts begin with an informative overview of the male and female reproductive systems, then turn to their young viewers with the real-life problems that growing up presents. The video provides valuable insights about healthy relationships, peer pressure, pregnancy and STIs, and abstinence. <a href="#">Click here</a> to preview video.
<b>“Understanding HIV and AIDS,” Human Relations Media.</b>	This video arms students with the facts about HIV and AIDS. It presents an age-appropriate review of the basic terms, definitions and biology of the HIV virus plus means of infection, treatment, and protection. The video also sends a clear message that abstinence is the only 100% effective option for avoiding sexual transmission of the HIV virus. It includes a dialogue with middle school students and two HIV positive young people on issues that impact their lives. <a href="#">Click here</a> to see video trailer.

*Please contact your school’s health education teacher to schedule a time to preview of videos.*

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## Classroom Video List

<b>"Straight Talk About Sex, Gender, and Media" Marsh Media.</b>	In this information age, it is more important than ever to attain media literacy. Young teens are enthusiastic media consumers and are a popular marketing demographic. Unfortunately, media messages are often confusing, sometimes fraudulent, and at worst, perilous to health and well-being. This video presents the difference between sex, sexuality, and gender, how gender roles are defined by our society, and steps to interpreting media pressures and ways to avoid the media stereotypes. <a href="#">Click here</a> to preview video.
<b>" Blood vs Germs : News You Can Use, Marsh Media</b>	This video talks about how germs and diseases are spread? Middle schoolers are gathering information for their report and learn about how diseases are spread and how the immune system works to fight off those diseases. <a href="#">Click here</a> to preview video.
<b>"Reproductive System for Middle Schoolers", Mr. T's Science Scene (YouTube)</b>	This is a short film on the reproductive system (parts, functions) and fertilization. <a href="#">Click here</a> to watch video.

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## Recommended Resources

### PARENT RESOURCES

- ♦ [“Talking with Teens”](#) (Office of Adolescent Health)
- ♦ [“Sex & Relationships: Talking With Kids”](#) (Chi1dren Now)
- ♦ [“Parenting and Family”](#) (Gender Spectrum)
- ♦ [“Gender Identity Development in Children”](#) (HealthyChildren.org)
- ♦ [“Positive Parenting Tips”](#) (CDC)

### STUDENT RESOURCES

- ♦ [HIV.gov](#)
- ♦ [Stopbullying.gov](#)