

Healthy Relationships & Sexual Health



The Parkway High School Health & Wellness Course 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 High School Health & Wellness Course

For more curriculum and lesson details visit the Parkway Parent Information website at pkwy.info/HRSHparentinfo

Lesson Focus	Lesson Overview
The Human Reproductive System	In this lesson, students will review the human reproductive system, its parts and functions, and ways to protect their reproductive health. Group discussions and learning activities will help students develop an awareness and appreciation for their body and the importance of applying health practices for preventing disease and/or injury to their reproductive system (e.g., self-exams, hygiene practices, protective clothing/equipment, doctor visits). Students will analyze various health risk situations and develop a plan for protecting their sexual health.
HIV/AIDS	In this lesson, students will learn scientific research information about HIV/AIDS and the impact of HIV/AIDS on a person’s sexual health. Group discussions and learning activities will help students understand how HIV is transmitted and the threats it poses to a person’s health, as well as clarify misconceptions. Students also learn how to prevent and/or reduce the risk of HIV infection through positive health behaviors, such as remaining abstinent or limiting sexual partners, and proper protection if sexually active. Students will learn the importance of communicating with health and/or medical professionals and to their sexual partners if they feel they have been exposed to HIV.
Sexually Transmitted Diseases	In this lesson, students will be provided basic information about sexually transmitted diseases/infections. Group discussions and learning activities will teach students how to prevent and/or reduce the risk of STI through positive health behaviors, such as remaining abstinent or limiting sexual partners, and using proper protection if sexually active. Students will learn the importance of communicating with health and/or medical professionals and to their sexual partners if they feel they have been exposed to an STI.

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

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Overview of High School

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Lesson Focus	Lesson Overview
Abstinence	In this lesson, students define and explore the concept of sexual abstinence and consider how it can apply to their lives. Students will be involved in class discussions and learning activities which allow them to examine the potential physical, mental, emotional, and social challenges and consequences of becoming sexually active. Abstinence is presented as the only 100% method of preventing unwanted pregnancies and sexually transmitted diseases. Students will develop an appreciation for abstinence which allows individuals to build and maintain healthful relationships.
Pregnancy & Prevention	In this lesson, students will become familiar with the different ways of preventing pregnancy. Group discussions and learning activities will include information about pregnancy and the many responsibilities that come with having a child, as well as the various methods of contraception and birth control. Students will be presented with medically-accurate statistics of the ineffectiveness rates of various methods of pregnancy prevention. Abstinence is emphasized as the only 100% sure way of avoiding a pregnancy.
Sexual Consent	In this lesson, students will be introduced to the legal definitions of sexual consent and harassment, as well as the importance respectful behaviors and attitudes play in developing healthful relationships. Group discussions and learning activities will allow students to recognize inappropriate sexual behaviors and develop ways to effectively communicate unwanted sexual advances or threats to their sexual health. In addition, ways to recognize and respond to acts of sexual violence issues, such as sexual harassment, sexual abuse, sexual assault, and rape will be covered.
Online Safety	In this lesson, students will develop background knowledge and strategies for responsible online behavior and protecting themselves from inappropriate online threats. Students will define “sexting” and “online predators” and associated laws and legal issues. Group discussions and learning activities will allow students to become informed on what makes a picture sexually explicit and the risk-taking behaviors attached to sexting. Students will explore concepts such as privacy and how violations of privacy can be impacted by social media behaviors.
Healthy Relationships	In this lesson, students will be introduced to seven qualities of a healthy relationship and contrast those with the warning signs of an unhealthy relationship. Group discussions and learning activities will allow students to identify and analyze personal skills that contribute to a healthful relationship.
Human Sexuality & Orientation	In this lesson, students will explore various aspects of sexuality and how it is part of your personality and how you express yourself. Group discussions and learning activities will allow students to better understand how a person’s sexuality is comprised of four parts – biological sex, gender identity, sexual orientation, and gender expression. Students will also gain perspective on facts regarding a person’s sexuality, as well as health risks relat-

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Unit/Lesson Video List

<p>Breast Self-Exam https://youtu.be/yTHyMNBkbOY</p>	<p>Cup of Tea—Video About Consent https://www.youtube.com/watch?v=fGoWLWS4-kU</p>
<p>Testicular Self-Exam https://youtu.be/TL2Vd2sZyn8</p>	<p>Megan’s Story https://youtu.be/5zFhHtIUFE4</p>
<p>“AIDS UPDATE: The Latest Facts About HIV and AIDS” Click here video trailer</p>	<p>What If? - Sexting PSA</p>
<p>Help Stop the Virus www.helpstopthevirus.com</p>	<p>Unhealthy Relationships https://www.youtube.com/watch?v=-8ONiXf3v20&feature=youtu.be</p>
<p>Sex Smart for Teens: Sexually Transmitted Infections (Human Relations Media) CHECK Producer Click here for video trailer.</p>	<p>“Latest About HIV and AIDS: What Every Student Still Needs to Know” (Human Relations Media) Click here for video trailer.</p>
<p>STDs: Lifetime Consequences New Dimension Media</p>	<p>Unhealthy Relationships https://www.youtube.com/watch?v=-8ONiXf3v20&feature=youtu.be</p>
<p>The Biggest Myths About STI’s (Human Relations Media) Click here for video trailer.</p>	<p>Gender Stereotypes https://www.youtube.com/watch?v=CWvXal1L5U4</p>
<p>Straight Talk: The Truth About STDs (Human Relations Media) Click here for video trailer.</p>	<p>Scarecrow Video http://www.k-j-s.com/scarecrow/scarecrow.html</p>
<p>Thinking About Abstinence (Human Relations Media) Click here for video trailer</p>	<p>Sexual Identity (Human Relations Media) Click here for video trailer.</p>

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Unit/Lesson Video List

Defining Sexual Assault

(Human Relations Media)

[Click here](#) for video trailer.

Digital Smarts: Protecting Your Online Reputation and Safety

(Human Relations Media)

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

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Recommended Resources

PARENT RESOURCES

- ◆ Promoting Parent Engagement in Schools to Prevent HIV and Other STDs Among Teens (CDC) - https://www.cdc.gov/healthyouth/protective/pdf/pe-hiv_prevention_rationale.pdf
- ◆ Sex Education: Talking to Your Teen About Sex (MayoClinic) - <http://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/sex-education/art-20044034>
- ◆ The Healthy Sex Talk: Teaching Kids Consent, Ages 1-21 (The Good Men Project) - <https://goodmenproject.com/families/the-healthy-sex-talk-teaching-kids-consent-ages-1-21/>
- ◆ An Explanation of Different Sex Crimes (sex-crimes.laws.com) - <http://sex-crimes.laws.com/>
- ◆ Electronic Aggression (CDC) <http://www.cdc.gov/violenceprevention/youthviolence/electronicaggression/>
- ◆ Monitoring Online Safety Handout https://docs.google.com/document/d/1f98nNgy-b0IveTznzFJA5HNGBLCr-_4-UsXn5V-jgHI/edit

STUDENT RESOURCES

- ◆ Aids.gov— <https://www.aids.gov/>
- ◆ Educating Teens About HIV/AIDS— <http://www.educatingteens.org/>
- ◆ Abstinence—<http://stayteen.org/sex-ed/abstinence>
- ◆ RAINN—<https://www.rainn.org/laws-your-state-missouri>
- ◆ [“Got NetSmartz”](#) (National Center for Missing and Exploiting Children)
- ◆ [Delete Digital Dating Abuse](#) -Thats Not Cool
- ◆ [Teen Sexting](#) - Missouri Criminal Law
- ◆ [Online Child Safety](#) - PureSight
- ◆ [“Sexting: How Teens Can Stay Safe.”](#) National Crime Prevention Council.