

MEMO

To: *Parents/Guardians of High School Students enrolled in Self Awareness*

From: Mr. Jon Baudek, Supervisor of Health and Physical Education

School Year: 2020-2021

Subject: *Information Concerning the School District's Sexual Health Curriculum*

A state statute requires that all public schools shall provide parents/guardians with an outline of the above noted topic. The information stated below represents the major topics that will be taught to your student this year. If you have any questions concerning this aspect of our Health Curriculum, you may contact the appropriate teacher or principal as soon as possible. Our expectation is that all students should be taught this information.

However, if you wish to exempt your student from this part of the curriculum you are required to file a written statement to that effect with the school principal. Also, parents/guardians are reminded that the entire School District's Health Curriculum is available for review by contacting the appropriate teacher.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Student Learning Benchmarks

- Analyze characteristics of healthy relationships.
- Evaluate effective strategies for dealing with difficult relationships with family members, peers, and boyfriends or girlfriends.
- Evaluate the negative consequences of sending sexually explicit pictures or messages by e-mail or cell phone or posting sexually explicit pictures on social media sites (e.g., chat groups, e-mail, texting, websites, phone and tablet applications).
- Justify why abstinence from sex and drugs are the safest, most effective risk avoidance methods of protection from HIV/AIDS, other STDs, and pregnancy.
- Summarize ways to prevent pregnancy and the sexual transmission of HIV/AIDS and other common STDs.
- Summarize the importance of setting personal limits to avoid risky sexual behavior.
- Analyze the relationship between using alcohol and other drugs and sexual risk behaviors.
- Summarize how common STDs are transmitted.
- Summarize how HIV/AIDS is transmitted.
- Summarize the signs and symptoms of common STDs.
- Summarize the signs and symptoms of HIV/AIDS.
- Summarize the problems associated with asymptomatic STDs and HIV/AIDS.
- Summarize the short- and long-term consequences of common STDs.
- Explain the value of using a condom at the same time as using another form of contraception to reduce the risk of infection of HIV/AIDS and common STDs, as well as to reduce the risk of pregnancy.
- Describe the increased risks associated with having multiple sexual partners including serial monogamy.
- Analyze situations that could lead to being pressured to having sex.
- Explain why it is an individual's responsibility to verify that all sexual contact is consensual.
- Explain the importance of contraceptive counseling and services if sexually active.
- Explain why it is important to know the STD/HIV/AIDS status of oneself and of a potential sexual partner.
- Summarize the relationship between the menstrual cycle and conception.
- Analyze the emotional, social, physical and financial effects of being a teen parent.
- Summarize the benefits of respecting individual differences in aspects of sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity), growth and development, and physical appearance.
- Summarize why it is wrong to tease or bully others based on aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity).

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Student Learning Objectives

- Analyze how peers and perceptions of norms influence healthy and unhealthy sexual health practices, behaviors, and relationships.
- Differentiate the relevant influences, including family, culture, peers, school, community, media, technology and public health policies, on sexual health practices and behaviors.
- Analyze the factors that influence opportunities to obtain safe, accessible, equitable and affordable products and services that support sexual health for oneself and others.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Student Learning Objectives

- Evaluate the validity and reliability of sexual health information.
- Determine when professional sexual healthcare services may be required.
- Use resources that provide valid and reliable sexual health information.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Student Learning Benchmarks

- Demonstrate effective communication skills to promote sexual health and healthy relationships.
- Demonstrate effective communication strategies to prevent, manage, or resolve interpersonal conflicts.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Student Learning Objectives

- Determine the value of applying thoughtful decision making regarding a potentially risky sexual health-related situation.
- Analyze how family, culture, media, peers, and personal beliefs affect a sexual health-related decision.
- Predict potential short-and long-term consequences of alternatives of sexual health-related decisions.
- Evaluate the effectiveness of sexual health-related decisions.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Student Learning Objectives

- Assess personal practices and behaviors related to sexual health
- Develop a plan to attain a personal goal to avoid or reduce the risk of pregnancy and transmission of HIV/AIDS and other STDs.

Standard 7: Students will demonstrate the ability to practice self-enhancing behaviors and avoid or reduce health risks.

Student Learning Objectives

- Analyze the role of individual responsibility for sexual health.
- Evaluate personal practices and behaviors that reduce or prevent sexual risk behaviors

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Student Learning Objectives

- Use peer and societal norms, based on accurate health information, to formulate a health- enhancing message about avoiding or reducing risky sexual behaviors.