Eastmont School District
Sexual Health Education Program
June 2021

High School (10th Grade)	
Instructional Topics	• **Social Emotional Learning (SEL)** • **Sexual Health Education** • **Affirmative Consent and Bystander Training** • **HIV/AIDS Prevention**
Instructional Standards	**Social Emotional Learning (SEL)** • Washington's K -12 Social Emotional Learning Standards and Benchmarks **Sexual Health Standards** **Anatomy, Reproduction and Pregnancy** • Summarize fertilization, fetal development, and childbirth. H1.Se1.HSa • Explain the role hormones play in sexual behavior and decision making. H5.Se1.HS • Describe emotional, social, physical, and financial effects of being a teen or young adult parent. H1.Se1.HSb • Describe behaviors that impact reproductive health. H1.Se1.HSc • Describe steps of testicular self exam and the importance of breast self-awareness. H7.Se1.HS **Prevention** • Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV. H1.Se4.HSa • Demonstrate steps to using a condom correctly. H7.Se4.HS • Identify local youth-friendly sexual health services. H3.Se4.HS • Understand that people can choose abstinence at different times in their lives. H1.Se4.HSb • Advocate for STD testing and treatment for sexually active youth. H8.Se4.HS • Use a decision-making model to make a sexual health-related decision. H5.Se4.HS **Self Identity** • Distinguish between biological sex, gender identity, gender expression, and sexual orientation. H1.Se3.7 **Healthy Relationships** • Differentiate between affection, love, commitment, and sexual attraction. H1.Se5.HSa • Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships. H1.Se5.HSb • Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent. H4.Se5.HS • Analyze factors that can affect the ability to give or recognize consent to sexual

	activity. H2.Se5.HS ● Identify ways to access accurate information and resources for survivors of sexual offenses. H3.Se5.HS **Washington State Laws** ● Describe laws related to accessing sexual health care services. H3.Se6.HS ● Understand the importance of personal and social responsibility for sexual decisions. H7.Se6.HS ● Examine laws and consequences related to sexual offenses, including when a minor is involved. H1.Se6.HSa ● Identify laws and concerns related to sending or posting sexually explicit pictures or messages. H1.Se6.HSb
Instructional Materials	**Social Emotional Learning (SEL)** ● Character Strong - https://characterstrong.com/ **Sexual Health Education:** ● **Textbook** High School Health Program - Savvas (formerly Pearson K12 Learning) ● Terminology | Adolescent and School Health ● HS FLASH Lesson 3 Pregnancy Teacher Guide.pdf ○ HS FLASH Lesson 3 Pregnancy Activity 2 truths 1 lie.pdf ○ HS FLASH Lesson 3 Pregnancy visual resources.pdf ○ HS FLASH Lesson 3 Pregnancy Individual Homework.pdf ○ HS FLASH Lesson 3 Pregnancy Family Homework.pdf ■ Supplemental videos ● Pregnancy 101 | National Geographic ● Fertilization ● Pictures of Fetal Development Month-by-Month ● What It's Like To Be a TEEN MOM | Smile Squad Skits ● HS FLASH Lesson 7 Coercion and Consent - teacher's guide.pdf ○ HS FLASH Lesson 7 Coercion and Consent - Scenarios.pdf ○ HS FLASH Lesson 7 Coercion and Consent - WA St Laws.pdf ○ HS FLASH Lesson 7 Coercion and Consent - Individual Homework.pdf ○ HS FLASH Lesson 7 Coercion and Consent - Family Homework.pdf ■ Supplemental video ● 2 Minutes Will Change the Way You Think About Consent ● HS FLASH Lesson 8 Online Safety Sexual Violence Prevention Teacher guide.pdf ○ HS FLASH Lesson 8 Online Safety Sexual Violence Prevention Scenarios.pdf ○ HS FLASH Lesson 8 Online Safety Sexual Violence Prevention Family Homework.pdf ○ HS FLASH Lesson 8 Online Safety Sexual Violence Prevention Individual Homework.pdf ● HS FLash Lesson 9 Abstinence teacher guide.pdf

	○ HS FLash Lesson 9 Abstinence refusal skills.pdf ○ HS FLASH Lesson 9 Abstinence Family Homework.pdf ○ HS FLASH Lesson 9 Abstinence Individual Homework.pdf ■ Supplemental Video ● STD Zombie :60 PSA **Affirmative Consent and Bystander Training:** ● 2 Minutes Will Change the Way You Think About Consent **HIV/AIDS Prevention** Kids Meet a Person Living with HIV | Kids Meet | HiHo Kids
Instructional Delivery	**SEL** ● Weekly throughout the school year ● Taught by: multiple instructors **Sexual Health Education/Affirmative Consent and Bystander Training** ● All 10th graders in Health/Fitness Class, one trimester