Eastmont School District
Sexual Health Education Program
June 2021

6th Grade	
Instructional Topics	● **Social Emotional Learning (SEL)** ● **Sexual Health** ○ Growth and Development (Puberty) ○ HIV Prevention ● **Affirmative Consent and Bystander Training**
Instructional Standards	**Social Emotional Learning (SEL)** ● Washington's K -12 Social Emotional Learning Standards and Benchmarks **Sexual Health Standards Taught** **Puberty and Development** ○ Identify physical, social, mental, and emotional changes that occur during puberty. H1.Se2.6 **Prevention** ○ Define abstinence and explain why it is the most effective method to prevent pregnancy and sexually transmitted infections (STDs), including HIV. H1.Se4.6 ○ Identify examples of protective factors and risk behaviors. H1.Se4.6c **Healthy Relationships** ○ H1.Se5.6 Explain the importance of talking with a family member and other trusted adults about relationships. ○ ○ H1.Se5.6b Recognize that everyone has the right to set boundaries based on personal values.
Instructional Materials	**Social Emotional Learning (SEL)** ● Sanford Harmony https://www.harmonysel.org/ ● Character Strong- Purposeful People https://characterstrong.com/curricula/elementary **Puberty and Development** ● Video - Always Changing and Growing Up | Co-Ed Puberty Education Video **Prevention** ● HIV/AIDS Prevention - KNOW HIV/STD Prevention Curriculum Grade 5-6 ● Video - Understanding HIV/AIDS: Learn the Facts, Fight the Stigma, Stay Safe (Redefine Positive - 6th Grade) **Affirmative Consent and Bystander Training** ● Video - Be Someone's Hero
Instructional Delivery	**SEL** ● Weekly throughout the school year ● Taught by: multiple instructors

	Sexual Health Education ● 4 lessons ● Taught by: Health and Fitness teacher or designee