



**Middle School
For Grades 7 & 8**

- 1. Introduction, Values Clarification, Parent Communication and Resources**
 - a. Set group agreements that create a safe and inclusive environment for all youth
 - b. Understand California mandated reporting requirements
 - c. State 2 values they hold about sexual health, relationships, or gender/sexuality
 - d. Provide the names of 2 local health care providers where they can access confidential medical services
 - e. Utilize the anonymous question box
- 2. Sexual and Reproductive Anatomy**
 - a. Describe sexual and reproductive body part functions and locations
 - b. Describe the process of human conception using proper anatomical and physiological terminology
- 3. Sexual Identity**
 - a. Define sex, gender, gender expression and sexual orientation
 - b. Describe what LGBTQ+ means
 - c. Articulate their values held about sexual orientation and gender identity
 - d. Advocate for safe environments for all people to feel safe
- 4. Not Having Sex: Abstinence**
 - a. Define oral, anal, and vaginal sex
 - b. Define and articulate at least 2 benefits of abstinence
 - c. Discuss ways to deal with the pressure to have sex and alternatives to having sex
- 5. Birth Control**
 - a. Name 3 kinds of contraception
 - b. Describe the proper use of 1 birth control method and where to get it
 - c. State the effectiveness rate for 1 birth control method and whether or not it offers protection from STIs
 - d. Understand the differences between hormonal, barrier, or behavior birth control methods
- 6. Pregnancy Options**
 - a. Name all the legal options available to a person who becomes pregnant
 - b. Articulate 1 reason why someone may or may not choose each option
 - c. Articulate their beliefs and values about the different pregnancy options
 - d. Name 2 resources a person who becomes pregnant can seek for medical care or support
- 7. Sexually Transmitted Infections**
 - a. Name 3 STIs
 - b. Describe 1 cause, mode of transmission, symptom and long-term effect of STIs
 - c. List 2 ways a person can prevent and protect themselves from STIs
 - d. Demonstrate the correct steps to use a condom

8. Relationships

- a. Identify 2 signs of a healthy relationship
- b. Identify 2 signs of an unhealthy relationship
- c. Identify 2 ways they can support peers in abusive or violent relationships

9. Body Image and the Media

- a. Articulate how mass media influence our perceptions of ourselves and our relationships
- b. Identify 2 ways that print media set unrealistic or confining expectations about bodies, gender, and sexuality

10. Sexual Violence and Prevention

- a. Define consent, sexual harassment, sexual assault, rape, and sex trafficking
- b. Discuss the importance of reporting sexually abusive behavior
- c. Identify resources or trusted adults to seek help from if a teen or their friend is in an unsafe situation

11. Communication and Decision Making

- a. Explain 1 reason why someone may choose to have sex and choose not to have sex
- b. Provide 2 strategies for resisting peer pressure to engage in sexual activity by a friend or partner
- c. Identify 2 ways to demonstrate affection or intimacy that do not put one at risk for pregnancy and STIs
- d. Discuss decision-making process for having sex

12. Review

- a. Articulate a trusted adult (parent, guardian, relative, medical provider, teacher, school counselor, youth program leader, etc.) that they can go to if they have additional sexual health questions in the future or need care
- b. State 2 local clinics where they can go for sexual health services now or in the future
- c. Articulate 2 sexual health topics discussed during Teen Talk MS that stood out to them