

## Sixth Grade Sexual Health Education Curriculum & Objectives

**Puberty: The Wonder Years 2021 Edition** is the core curriculum for sixth grade sexual health education. This curriculum meets state and national standards for sexuality education. Student Learning Objectives are listed by lesson. Students will participate in anonymous pre and post surveys. This information will be used to evaluate program effectiveness.

**"I Wonder What Happens Next"** is the highest level of the *Puberty: The Wonder Years* curriculum. It begins with a review of prior knowledge about puberty and development of guidelines for a safe and productive classroom climate. Students learn about reproduction, reproductive anatomy and physiology, and the social-emotional changes in puberty. Students learn about consent and how to differentiate between respectful relationships versus disrespectful relationships; they learn ways friendships are similar and different from romantic relationships and practice communication skills for risky sexual situations. Students learn about sexually transmitted infections (STIs) and media literacy. They conclude by advocating for a bright future for themselves and their peers. The emphasis is on motivating young people to make behavioral choices that will keep themselves safe and healthy now and into the future.

Lesson Title & Objectives	Activity Sheets & Media
<b><u>Lesson 1: Growing Together</u></b> Students will: <ul style="list-style-type: none"> <li>Recall prior knowledge about puberty.</li> <li>Compose guidelines for discussions during the puberty lessons.</li> <li>Develop a plan for improving communication with their parents or other trusted adults regarding growing up.</li> </ul>	<ul style="list-style-type: none"> <li><b>Pre-Survey Prior to Instruction</b> (Non-graded survey used to assess prior knowledge of 6<sup>th</sup> graders.)</li> <li><b>Family Partnership Flyer:</b> <i>"Parenting Through Puberty"</i></li> <li><b>Family Activity Sheet:</b> <i>"Talk it Over: I Wonder What You Remember"</i></li> </ul>
<b><u>Lesson 2: How My Body Works</u></b> Students will: <ul style="list-style-type: none"> <li>Learn about puberty and the reproductive system by watching a video and reviewing the many changes that occur during puberty.</li> </ul>	<ul style="list-style-type: none"> <li><b>Video:</b> <i>"Puberty and You"</i> Seattle Public Schools TV</li> </ul>
<b><u>Lesson Addition: LGBTQ Inclusiveness</u></b> <ul style="list-style-type: none"> <li>Increase understanding, acceptance, and respect for individual gender identity and sexual orientation.</li> <li>Use appropriate vocabulary related to gender identity and sexual orientation to promote healthy communication.</li> <li>Recognize that the information and skills gained in the sexual health and HIV/AIDS education classes apply to everyone, regardless of gender identity and sexual orientation. Connect students with supportive resources in school and at home related to gender and sexuality</li> </ul>	<ul style="list-style-type: none"> <li><b>Power Point:</b> <i>"Gender Identity &amp; Sexual Orientation"</i></li> <li><b>Video:</b> <i>"How to Be A LGBTQIA+ Ally"</i> Amaze.org</li> <li><b>Video:</b> <i>"Range of Gender Identification"</i> Amaze.org</li> </ul>
<b><u>Lesson 3: Hormones, Brains, and Feelings</u></b> Students will: <ul style="list-style-type: none"> <li>Discuss what they learned about puberty from their family activity with trusted adults.</li> <li>Match brain development with cognitive changes that occur during puberty.</li> </ul>	<ul style="list-style-type: none"> <li><b>Video:</b> <i>"Teen Angst"</i> Amaze.org</li> <li><b>Video:</b> <i>"Friends Forever?"</i> Amaze.org</li> <li><b>Video:</b> <i>"Intersectionality"</i> Amaze.org</li> <li><b>Student Activity Sheet:</b> <i>"Vision Board Project Planning"</i></li> </ul>

- Identify social-emotional competencies that can be developed throughout adolescence

<p><b><u>Lesson 4: Healthy Relationships</u></b> Students will:</p> <ul style="list-style-type: none"> <li>● Watch a video to learn about the ways relationships can change during puberty.</li> <li>● Compare and contrast characteristics of healthy vs. unhealthy relationships, friendships and romantic relationships.</li> <li>● Watch a video about consent and analyze situations involving consent.</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Video:</b> “Maybe Doesn’t Mean Yes” Amaze.org</li> <li>● <b>Video:</b> “What Makes a Relationship Healthy” Amaze.org</li> </ul>
<p><b><u>Lesson 5: Communication in Relationships</u></b> Students will:</p> <ul style="list-style-type: none"> <li>● Learn about boundaries, consent and communication in relationships.</li> <li>● Analyze scenarios and describe ways to communicate consent and respect for boundaries.</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Video:</b> “How to Talk to Girls, Boys, and Everyone in Between” Amaze.org</li> <li>● <b>Video:</b> “Active Listening: How to Communicate Effectively” Amaze.org</li> </ul>
<p><b><u>Lesson 6: Making Responsible Decisions</u></b> Students will:</p> <ul style="list-style-type: none"> <li>● Sex is defined and students identify reasons some teens might have sexual intercourse.</li> <li>● Learn a model for making decisions to delay sex.</li> <li>● List potential risks of having sex, benefits of delaying sex, and alternative choices for young people.</li> <li>● Practice giving advice to peers.</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Student Activity Sheet:</b> “Making Responsible Decisions: #s 1-4”</li> <li>● <b>Video:</b> “Stay out Loud: What advice would you give a younger brother/sister about their future?” Stay Teen Video</li> <li>● <b>Family Activity Sheet:</b> “Talk it Over: I Wonder What You Want Me to Know”</li> <li>● <b>Family Partnership Flyer:</b> “Partnering for Success”</li> </ul>
<p><b><u>Lesson 7: Sexually Transmitted Infections</u></b> Students will:</p> <ul style="list-style-type: none"> <li>● Learn about Sexually Transmitted Infections, including HIV, by watching videos.</li> <li>● Learn about STI transmission, prevention, symptoms and testing.</li> <li>● Learn about Biomedical advances in prevention and treatment of STIs.</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Video:</b> “What is Abstinence?” Amaze.org</li> <li>● <b>Video:</b> “HIV: How to Protect Yourself and Others” Amaze.org</li> </ul>
<p><b><u>Lesson 8: Refuse or Report</u></b> Students will:</p> <ul style="list-style-type: none"> <li>● Learn about interpersonal and sexual violence and ways to respond.</li> <li>● Learn effective refusal strategies to use when negative or unwanted sexual behavior occurs.</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Student Activity Sheet:</b> “Vision Board Project Planning”</li> <li>● <b>Video:</b> “What’s Cyberbullying?” Common Sense Media</li> </ul>

<p><b><u>Lesson 9: Media and Information Literacy</u></b></p> <p>Students will:</p> <ul style="list-style-type: none"> <li>● Examine media samples for sexual messages and counter the media messages with accurate ones</li> <li>● Practice analyzing digital information for accuracy and identify sources of accurate information and help.</li> </ul>	
<p><b><u>Lesson 10: Future Me</u></b></p> <p>Students will:</p> <ul style="list-style-type: none"> <li>● Learn about Intersectionality and how each individual is unique and worthy of respect and dignity.</li> <li>● Create vision boards to advocate for sexual health for themselves and their peers.</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Student Activity Sheet:</b> “<i>Technology and Media Influences</i>”</li> <li>● <b>Student Activity Sheet:</b> “<i>Be a C.R.A.B.</i>”</li> <li>● <b>Video:</b> “<i>Bodies: Different Shapes and Sizes. All Beautiful</i>” Amaze.org</li> <li>● <b>Video:</b> “<i>Intersectionality 101</i>” Learning for Justice Video</li> <li>● <b>Post-Survey:</b> to assess knowledge after instruction</li> </ul>

## **Video Descriptions**

**Video: “*Puberty and You*”** Seattle Public Schools TV Running Time 13:05 minutes (2020)

This video addresses the physical, social, and emotional changes of puberty in a very inclusive manner. Using gender-neutral terms, it emphasizes the changes that all people experience. The narrator encourages viewers to pay attention to their bodies and feelings and explains the role of the brain and hormones.

**Video: “*How To Be A LGBTQIA+ Ally*”** 2:02 minutes (The I = intersect or the A = asexual is not covered unless students ask.) amaze.org

This video details how to support your LGBTQIA+ friends and loved ones – also known as being an ally. It suggests letting your LGBTQIA+ friends know that you’re there if they need to talk, standing up for someone if they are being bullied due to their sexual orientation or gender identity, and getting involved in LGBTQIA+ organizations or causes, such as a GSA

**Video: “*Range of Gender Identities*”** 2:56 minutes amaze.org

This gender identity video explains the difference between sex assigned at birth from gender identity. It includes definitions of gender identity, transgender, non-binary, and genderqueer/genderfluid. The video also explains the difference between gender identity and sexual orientation. It covers how to respect people’s gender identities by not making any assumptions about gender, use someone’s preferred name and pronouns, and be a friend and ally to people of all gender identities.

### **optional videos:**

- “*Teen Angst*” amaze.org 2:37 minutes
- “*Friends Forever?*” amaze.org 3:09 minutes
- “*What is Intersectionality*” amaze.org 3:17 minutes
- “*Maybe Doesn’t Mean Yes*” amaze.org 2:28 minutes
- “*What Makes a Relationship Healthy*” amaze.org 2:17 minutes
- “*How to Talk to Boys and Girls and Everyone in Between*” amaze.org 2:38 minutes
- “*Active Listening: How to Communicate Effectively*” amaze.org 4:39 minutes
- “*Stay out Loud: What Advice would you give a younger brother/sister about their future?*” Stay Teen Video 1:54 minutes
- “*What is Abstinence*” amaze.org 2:42 minutes
- “*HIV: how to Protect Yourself and Others*” amaze.org 2:34 minutes
- “*Bodies: Different Shapes and Sizes. All Beautiful*” amaze.org 1:54 minutes
- “*What’s Cyberbullying?*” Common Sense Media 1:44 minutes
- “*Intersectionality 101*” Learning for Justice Video 3:03 minutes