



Sexual Health

3 week unit (12 lessons)

INTRODUCTION- What's Covered?

*In this sexual health unit, we will learn about;

Healthy relationships, Male/Female reproductive system anatomy, abstinence, pregnancy and birth control, sexual orientation and gender identity/stereotypes, refusal skills and conflict, violence & abuse.

Bill of Rights

1. The right to be treated with respect.
2. The right to protect the privacy of oneself, one's family and friends.
3. The right to ask questions about sexual health without being judged.
4. The right to receive accurate answers.
5. The right to one's beliefs, including the beliefs of one's family, culture and faith.



Ground Rules

- No Put-Downs
- It's OK to agree or disagree
- Listen and be respectful of other people's opinions.
- No mean comments about people's bodies or sexuality.
- It's OK to laugh and have fun. Don't laugh at others.
- Any question is OK.
- All questions will be answered.
- Protect confidentiality. Don't share private information publicly. Don't share anyone else's name.
 - *I take privacy very seriously. I won't ask you questions about your own sexual health, and I won't answer questions about mine either.

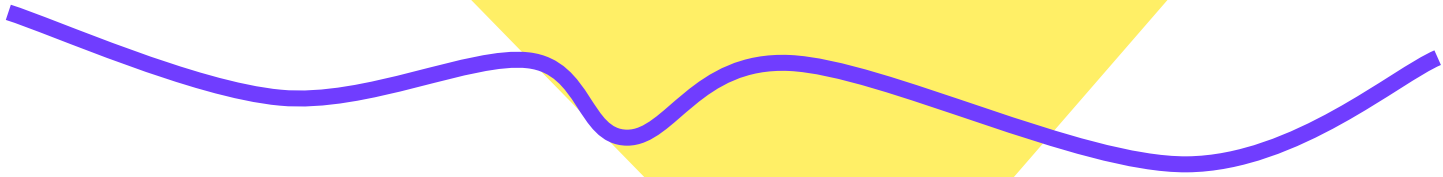
Anonymous Questions

1. Write at least 1 question. DON'T WRITE YOUR NAME.
2. The question can be about any topic in this unit.
 - *Sexual Health
 - *Sexually transmitted diseases
 - *HIV and AIDS
 - *Birth Control
 - *Abstinence and decisions about sex
 - *Sexual abuse and rape
 - *Sexual Orientation and Gender Identity
 - *Relationships and love
 - *Pregnancy, becoming a parent, abortion, adoption
 - *People's bodies
3. Here are some common ways to start anonymous questions.
 - *Is it true that... ?
 - *Should you worry if...?
 - *What do they mean by...?
 - *How do you know if...?
 - *Is it normal...?
 - *What should you do if ...?
4. Use medical words if you know them.
 - *Don't' worry if you can't think of the right word for something or can't spell it.
 - *Just use the word you know, even if it's slang.



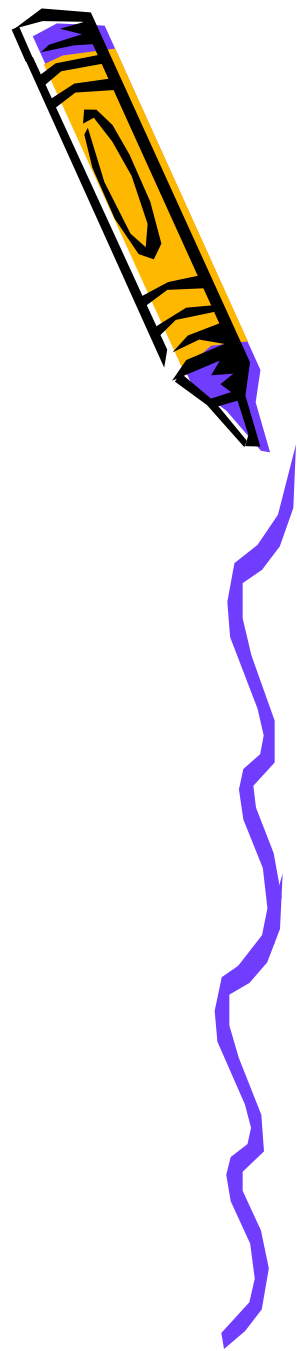
Building Healthy Relationships

Wellness 1
Mrs. Gunderson



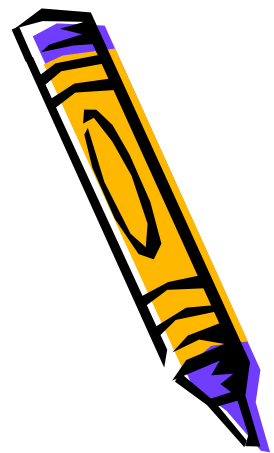
Choosing Relationships

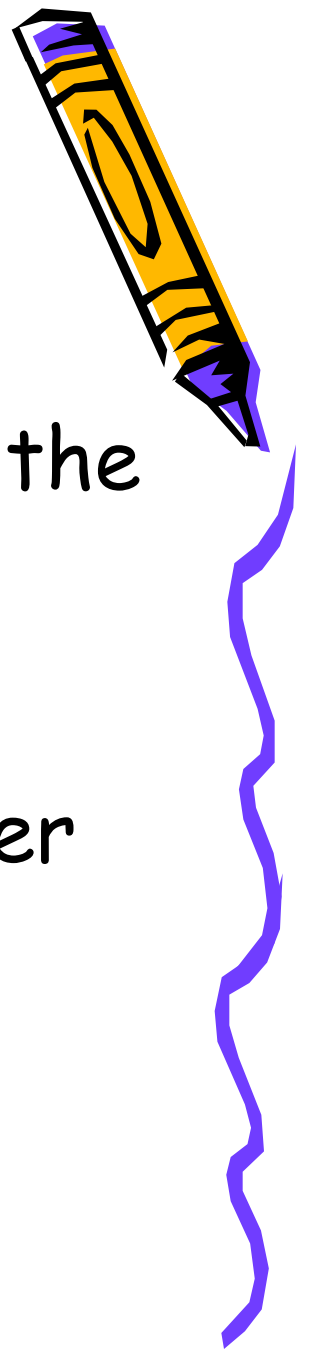
- Relationship: a bond or connection between people
- Friendship - a significant relationship between two people based on caring, consideration, and trust
- Family relationships provide the strongest bond with others.



Your Many Roles

- A role is a part that you play.
 - Sister, brother, daughter, son, member of the football team, a student, an employee, a church member, boyfriend, or girlfriend
 - Sometimes the roles you play are clear cut.





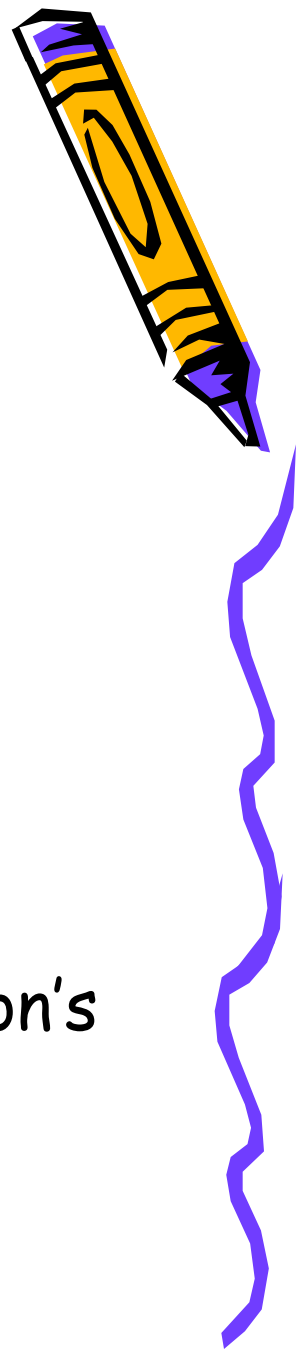
The Healthy Relationship

- Cooperation: working together for the good of all
- Compromise: the result of each person's giving up something in order to reach a solution that satisfies everyone.



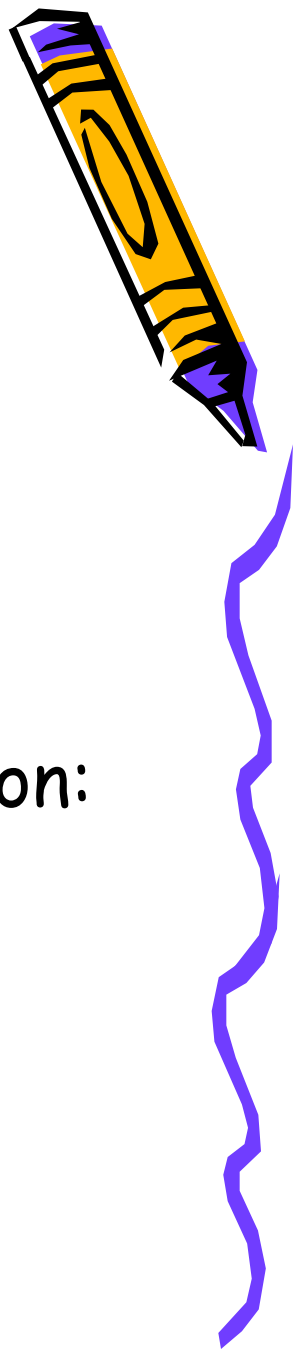
Other Traits of a Healthy Relationship

- Respect
- Acceptance
- Honesty
- Trustworthiness
- Dependability
- Loyalty
- Empathy: the ability to share another person's feelings or thoughts



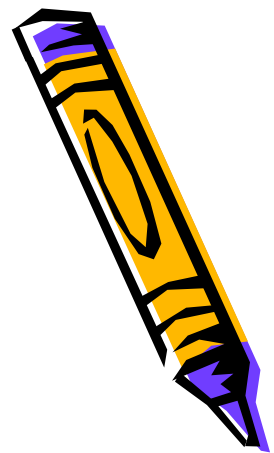
Communication

- A process through which you send messages to and receive messages from others
- 3 basic skills for effective communication:
 - Speaking
 - Listening
 - Body Language



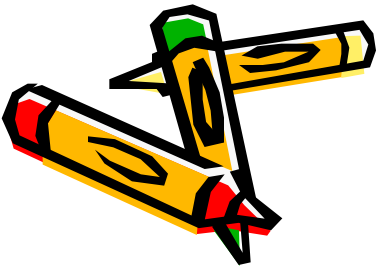
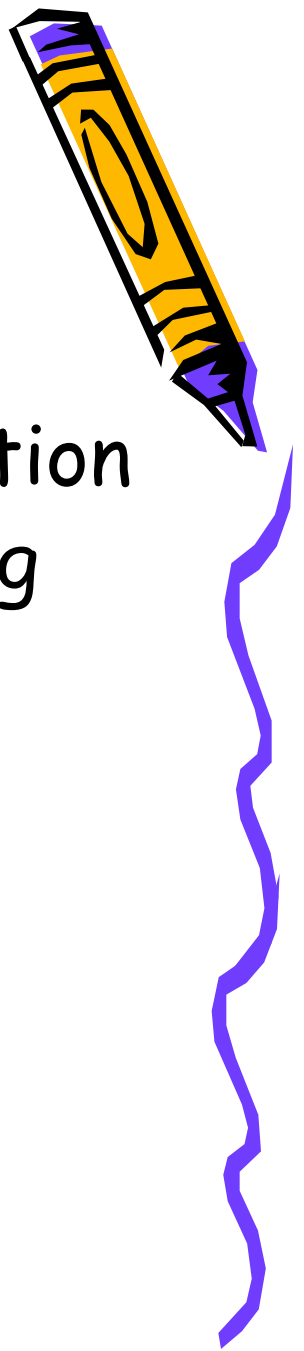
Communication Con't

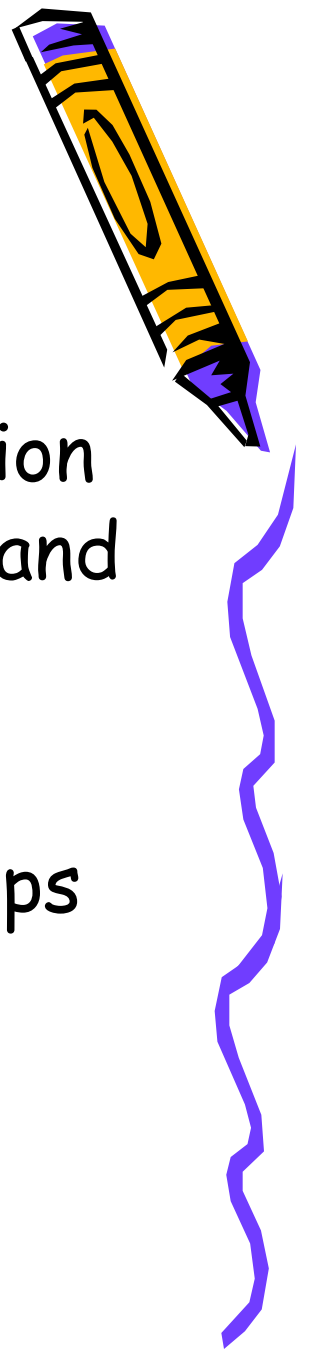
- "I" message: a statement in which a person tells how he or she is feeling using the pronoun "I"
- 80% of our waking hours are spent communicating.
- We only retain 30% of what we hear in a ten minute presentation.
 - This drops even lower after 48 hours.



Communication

- Active Listening: really paying attention to what someone is saying and feeling
- Reflective Listening
- Clarifying
- Encouraging
- Empathizing





Nonverbal Communication

- Body Language: nonverbal communication through gestures, facial expressions, and behaviors
- Most is subtle.
- Being aware of your body language helps you make sure you are sending the messages you intend.



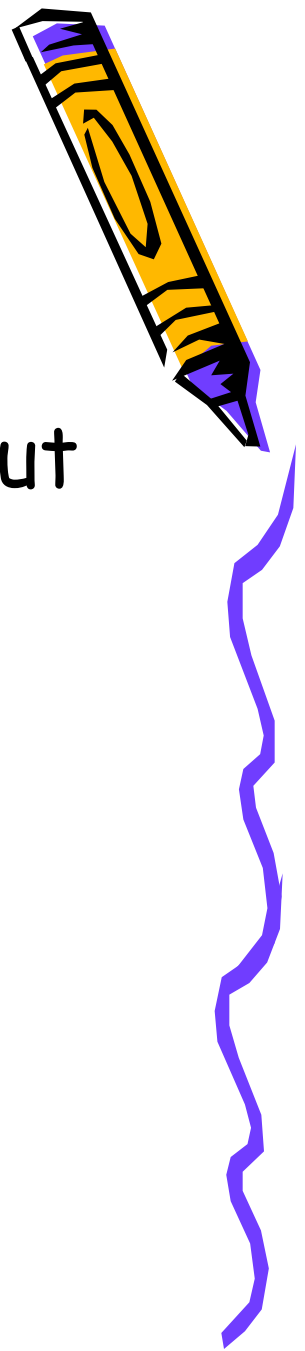
Barriers to Effective Communication

- Unrealistic expectations
- The need to project a tough or superior image
 - Identity: a sense of who you are and your place in the world
- Prejudice: an unfair opinion or judgment against a particular group of people



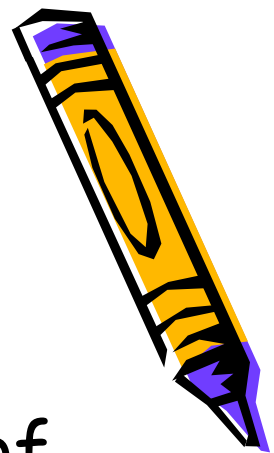
Constructive Criticism

- Non-hostile comments that point out problems and have the potential to help a person change
- Giving feedback can be helpful to your relationship.
- Avoid attacking the other person.



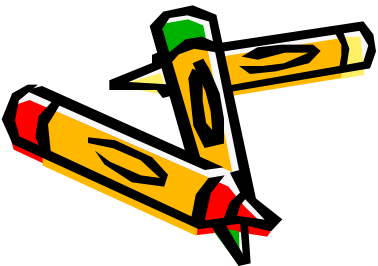
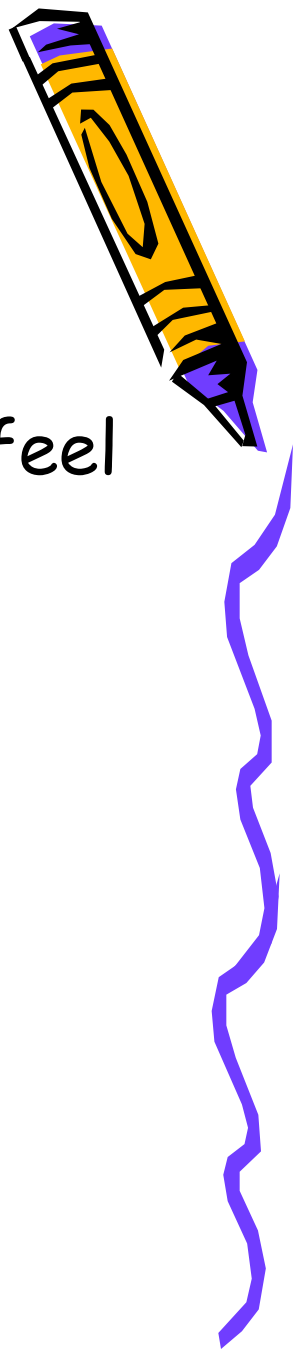
Compliments

- Complimenting another person is a way of acknowledging his or her self worth.
- Unlike other forms of communication, compliments are not done with an expected response.
- Some compliments are self-effacing and may come at the expense of your own pride.



Friendships

- Casual friends are peers with whom you feel socially connected.
- Close friends share what they are really feeling and thinking.
- Platonic friendship: a relationship with a member of the opposite gender in which there is affection but no sexual activity



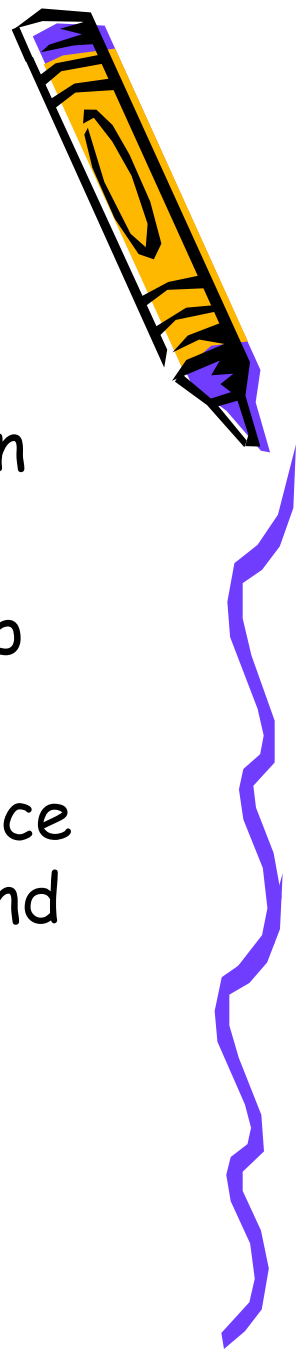
Cliques

- A small, narrow circle of friends, usually with similar backgrounds and tastes, that excludes people they view as outsiders
- One of the most negative aspects of cliques is that they can have prejudiced beliefs and actions.
- Stereotype: an exaggerated and oversimplified belief about an entire group of people



Responsible Relationships

- Infatuation: exaggerated feelings of passion for another person
- Dating often leads to an ongoing relationship with one person.
- It is important to remember that adolescence is a time of trying different relationships and roles.
- Not all teens date.



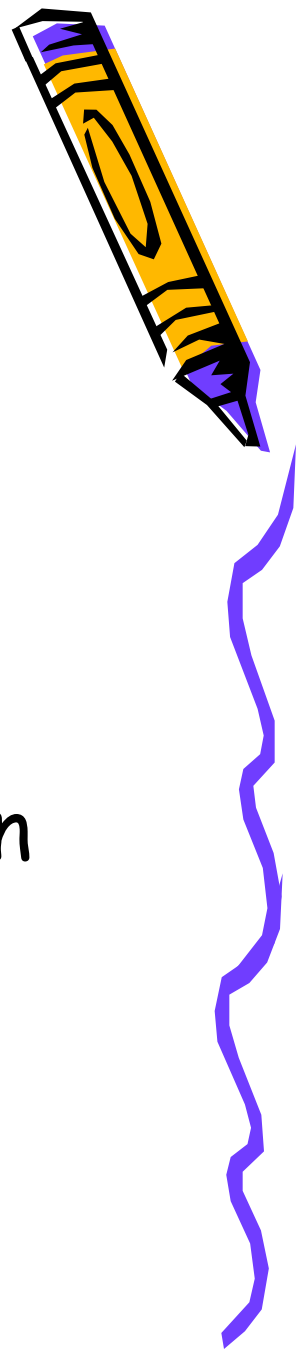
Peer Pressure

- The control and influence people your age may have over you
- Manipulation: a sneaky or dishonest way to control or influence others
- Being passive means giving up, giving in, or backing down without standing up for your own rights and needs.



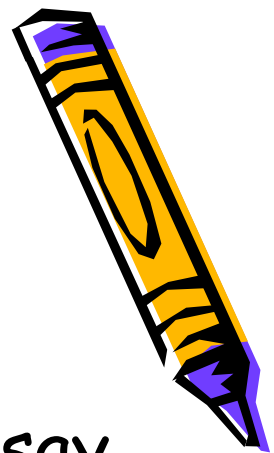
Peer Pressure

- Aggressive: overly forceful, pushy, hostile, or otherwise attacking in approach
- Assertive: standing up for your own rights, in firm but positive ways



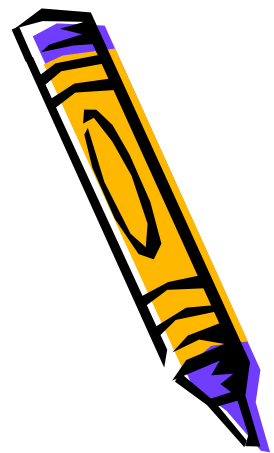
Refusal Skills

- Techniques and strategies that help you say “no” effectively when faced with something that you do not want to do or is against your values
 - 1. State your position simply but firmly.
 - 2. Suggest alternatives to the behavior being proposed.
 - 3. Back up your words with actions.



Conclusion

- Use these skills to help maintain good relationships with everyone in your life - close and distant, present and future.





Exit Slip #1

- 0 Today we discussed several ways to promote respectful behavior and a good learning environment during the sexual health unit. Describe one ground rule from class today.

