

## ***Aim for Success***

### ***Sexual Health Awareness - Equipping Students to Make Healthy Choices 2021-2022 School Year***

Program includes age-appropriate versions for 6<sup>th</sup> grade, 7<sup>th</sup>-8<sup>th</sup> grade, and 9<sup>th</sup>-12<sup>th</sup> grade.

#### **6<sup>th</sup> Grade Outline for a One-Hour Program**

Portions of the program will be omitted if less than one hour.

#### **Introduction: Dreams and Goals**

Choices you make now may affect your future. Staying focused will help you reach your dreams and goals.

Word Game: Demonstrates that, depending on how it's used, sex can have positive or negative consequences. As suggested by the CDC and directed by the Texas Education Code, sex is best shared in a long term, mutually monogamous relationship, or marriage.

#### **Teen Pregnancy**

What is the only 100% guaranteed way you won't face a teen pregnancy? Waiting.

#### **Beware of Sexual Abusers**

Sexual abuse is never the victim's fault.

Who may be a sexual abuser? How to recognize sexual abuse.

If you are, or have been, involved in sexual abuse, (1) Stop; (2) Get away; (3) Tell an adult.

#### **STDs**

According to latest statistics from the CDC, there were about 13 million STD infections in young people ages 15-24 within a year.

STDs can be asymptomatic – no signs, no symptoms, but contagious.

Discussion of HIV/AIDS, Chlamydia, Herpes and HPV (human papilloma virus).

Demonstration shows how easily STDs spread.

#### **Emotional Hurts**

Psychologists say having sex is the most intimate form of bonding.

Breaking up after having sex can leave a person with painful memories and emotions.

Gloves Object Lesson: Having sex creates a special bond which makes breaking up harder.

#### **Sexting**

Students learn the short- and long- term risks of sexting.

Juvenile sexting laws are discussed.

Once you hit send there are no "take backs".

#### **Conclusion/Survey**

Students recap the risks of having sex outside of a marriage, or long-term, mutually monogamous relationship.

Our surveys as well as the CDC show that most teens are not having sex.

A voluntary, anonymous survey is offered to students. Compiled results and comments are sent to the school.