Reproductive Health Guidelines

7th Grade Curriculum Outline

UNDERSTANDING AND DEVELOPING HEALTHY RELATIONSHIPS

“GROWING UP AND STAYING HEALTHY: UNDERSTANDING HIV AND OTHER STIs” – Michigan Model (Chapters 1-7; not 8, 9 or 10)

I. Consequences of Sexual Activity

- Establish Classroom
- Environment Rules
- Overview
- What is Abstinence?
- Activity: Talk about it handout.

A. Legal Consequences

- DVD: “Let’s Get Real – About Teen Sex and the Law” 2004 (17 min.)
- Discussion Topics:
  o Age of Consent
  o Statutory Rape
  o Legal Consequences
  o Economic Consequences
  o Emotional Consequences

B. HIV/AIDS

- United Streaming: “Understanding HIV and AIDS” 2007 (18 min.)
- The 4-1-1 on HIV and AIDS
  o Explain how HIV is and is not transmitted.
  o Distinguish between facts and myths regarding HIV infection and AIDS.

C. STDs/STIs

- HIV and Other STIs-Evaluating the Risks
  o Analyze behaviors and situations that may result in increased risk for HIV and other sexually transmitted infections (STIs).
  o Summarize the benefits of staying within behavioral limits and remaining abstinent.
  o Examine viewpoints of parents and other trusted adults regarding teen relationships, abstinence, and sexual decisions.
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Evaluate the impact of alcohol and other drug use on decisions regarding sexual behavior.

II. Finding Help and Information

- Explain when it is important to get adult, medical, and/or counseling help.
- Locate sources of accurate information and assistance in one’s community.
- Describe sources of accurate information and assistance in one’s community.

III. Setting Personal Boundaries

- Create a Plan to Stay Within Boundaries
  - Set personal boundaries and limits related to physical intimacy and sexual behavior.
  - Create a plan to stay within behavioral limits which protect one from HIV and STIs.
- Communicating Our Boundaries
  - Analyzing behaviors and situations that may result in increased risk for HIV and other sexually transmitted infections (STIs).
  - Demonstrate the ability to communicate one’s behavioral limits or boundaries and to show respect for the limits or boundaries of others related to physical intimacy and sexual behavior.
- Identifying and Refusing Trouble Situations
  - Analyze behaviors and situations that may result in increased risk for HIV and other sexually transmitted infections (STIs).
  - Analyze situations where assertive communication and refusal skills can be used to avoid and escape risky situations.
  - Demonstrate the ability to use verbal and non-verbal ways to refuse participation in sexual behavior.
    - United Streaming: “Toxic Relationships” 2003 (29 min)
- Avoiding and Escaping Risk Situations
  - Analyze situations where assertive communication and refusal skills can be used to avoid and escape risky situations.
  - Demonstrate skills to avoid and escape risky situations.
  - Demonstrate the ability to use verbal and non-verbal ways to refuse participation in sexual behavior.
    - United Streaming: “Risky Stuff” 2003 (24:32 min.)
    - United Streaming: “Reality Matters: Teen Sexuality” 2005 (30 min.)

** We will not be covering Chapters 8, 9 or 10.
Reproductive Video Summaries

I. Let’s Get Real About Teen Sex & the Law (17 minutes, 2004 Oakland County)
This video reviews myths perpetuated by young people and engages the students in a fact-finding mission to identify the realities behind the myths.

II. UNDERSTANDING HIV and AIDS (18 minutes, 2007 Human Relations Media)
HIV and AIDS presents an age-appropriate review of the basic terms, definitions and biology of the HIV virus plus means of infection, treatment, and protection. The program also sends a clear message that abstinence is the only 100% effective option for avoiding sexual transmission of the HIV virus. It includes a dialogue with middle school students and two HIV positive young people on issues that impact their lives: How should an HIV+ person be treated by others? What are the common misconceptions about how HIV is acquired? What strategies and life skills can teens use to stop the pressures that might expose a young person to HIV? MI Model

III. REALITY MATTERS: TEEN SEXUALITY (30 minutes, 2005)
7 segments
Hormones, peers, the media, and other factors all contribute to the pressure many teens feel to have sex. Examine the realities of that pressure and the risks facing teens today, including STDs and AIDS. Then look at ways teens can protect themselves, including safe sex or abstinence.

1. The Numbers – The percentage of teens who are sexually active today is much lower than most teenagers think. 3:22
2. STDs – Sexually transmitted diseases can be passed along in a variety ways. While some STDs are treatable, others affect you for life. 5:58
3. HIV and AIDS – HIV/AIDS is not well understood by teenagers, and many think they can’t be infected by the virus. Two young people contracted AIDS at different times and faced different reactions from their peers and the community. 6:55
   A) AIDS: Deadlier Than Most Teens Realize. AIDS remains incurable and one of the world’s deadliest diseases. :59
   B) Two Teens, Two Reactions. Only a decade ago, AIDS still carried severe social stigma; today, medication can help people with AIDS live longer with a better quality of life. 5:44
4. The Waiting Game - More and more teenagers are making the decision to wait to have sex until they are more mature. 3:18.
5. Teen Parenthood - Teenage parents take on a lot of responsibility at a very young age, and they tell others not to take the chances they did. 3:57

IV. Toxic Relationships (29 minutes, 2003 AIMS Multimedia)
9 segments
Healthy relationships between partners are based on mutual trust, respect, and affection. The flip side of a healthy relationship is a toxic one – built on a shaky foundation of mistrust, jealousy, and disrespect. In this thought-provoking video, high school students discuss the obsessive demands, the blaming, and control issues common to abusive relationships. The teens encourage peers to avoid abusive situations and to look for trust and acceptance from their friends and partners.
1. What is a Healthy Relationship? - Teens discuss what an abusive relationship is and the importance of educating teens on what is healthy and what is unhealthy when it comes to relationships. 6:00
   a. The Next Generation Speaks Out: Cycle of Abuse – Teens discuss what an abusive relationship is and the importance of breaking the cycle. 2:03
   b. Examples of Toxic Relationships – Several teens share their experiences of being in a toxic relationship. 2:42
2. Peer Training: Communication Skills – Teens talk about girls standing up for themselves and/or dealing with being in an abusive relationship. 2:34
3. Physical Abuse – Teens share their own experiences as well as experiences of their friends being in a physically abusive relationship. 1:45
4. Warning Signs: Signs of Controlling Behavior – Teens discuss some of the warning signs of being in unhealthy relationship. 3:40
5. Respect in Relationships; Personal Boundaries – Teens explain that a healthy relationship has respect, friendship and honesty. A toxic relationship is one that crosses personal boundaries. 4:10
6. Breaking the Cycle; Learned Behaviors of Violence – Teens discuss the importance of communication in a relationship. If you cannot get your point across to the abuser than there is help out there. The cycle must be broken. 6:42

V. Risky Stuff (24:32 minutes, 2003 Teleduction Associates)
   10 segments

What if you had to make one of the most important decisions of your life with no reliable information to guide you? That’s the situation for many young people when trying to choose between remaining abstinent, or becoming sexually active. Prospective partners and peers may not have accurate information, and may not have the individual’s best interests at heart. Although exposure to STDs – and pregnancy – can occur with just one sexual encounter, many teens believe themselves invulnerable, or are too embarrassed to pursue valid information. Some end up having unprotected sex virtually by default. They also may not associate the sharing of needles for tattooing or body piercing with the spread of STDs – but, they should.

Tackling uninformed decision-making head on, an engaging, multiethnic group of teens delivers straightforward information about peer pressure, dating, postponing sexual involvement, STDs, and need for protection if an individual does have sex. They discuss the link between alcohol, drugs, and risky behavior, and how sharing needles can lead to STD infection. Their lively presentation forcefully drives home the relationship between behavior and physical wellbeing. Various STDs are covered, with an emphasis on HIV/AIDS. Risky Stuff enables students to overcome embarrassment and consult adults for information about sexual involvement and consequences. With half of new HIV/AIDS infections in the U.S. occurring in people between ages 13 and 24, now is a crucial time for students to begin talking, asking – and listening – about STDs, sex, pregnancy, needles, and risky behavior.

1. Are You Taking Risks? Sex and STDs – Teens discuss their impressions and feelings about sex and sexually transmitted diseases. 1:11
2. What Should I Know About STDs? – STD stands for sexually transmitted disease. Many diseases can be spread through sexual contact. 1:58
3. Have You Heard the Rumors? - Teens discuss the myths surrounding STDs and the truth about STDs. 2:15
4. Love at First Sight? The Difference Between Love and Sex – Teens discuss how to deal with sexual feelings of love for another person. 4:33
5. **Are You Really Ready?** – Teens discuss how they decide if they are ready to have sex for the first time. 2:25

6. **Can You Talk to Your Parents About** – Teens discuss why it is important to talk about sex with friends and parents. 2:47

7. **Alcohol, Drugs, and Sex** – Teens discuss regretting decisions they have made when mixing alcohol, drugs, and sex. 2:20

8. **It Can Happen to You** – Teens discuss different sexually transmitted diseases and how anyone can get a STD. 3:26

9. **Are You At Risk?** – Teens discuss the risk factors for getting and transmitting STDs. 2:52

10. **Protect Yourself** – Teens discuss the importance of protecting themselves against sexually transmitted diseases. 1:05