Student Learning Objectives

Lesson Titles and Objectives, Correlated With National Health Standards

Greenville High School - 2013

Lessons and Titles

1. Lesson 1 – Friendship First
   a. Describe guidelines for class discussions that promote a safe, productive learning environment.
   b. Describe criteria for selecting peers to be friends or potential romantic partners.
   c. Identify infatuation as a normal phase during which decision-making is impaired.
   d. List ways to make good choices while getting to know people.

2. Lesson 2 – Relationships and Responsibilities
   a. State that having a healthy, responsible relationship as a couple means avoiding possible physical, emotional, economic and legal consequences of sex, including pregnancy, HIV and other STI’s.
   b. Explore how stereotypes and peer influence can impact sexual decision making.
   c. Describe different ways of communicating care, love and respect without sexual intercourse.
   d. Explain the importance of making decisions regarding personal sexual limits.
   e. Explain the importance of communicating personal sexual limits and values in relationships.
   f. Clarify the benefits of abstaining from sex or ceasing sex if sexually active.

3. Lesson 3 - Building Healthy Relationships
   a. Describe ways to develop healthy relationships with friends and family members, and healthy dating relationships.
   b. Talk with parents and/or other trusted adults about relationships and sexual issues.
   c. Describe the contributions healthy relationships make to the quality of life.
   d. Compare and contrast different ways of communicating caring and love in different relationships.

4. Lesson 4 – The Many Facets of Intimacy
   a. Discuss why teens sometimes confuse love, sex, and intimacy.
   b. Discuss characteristics of intimate relationships, both friendships and romantic relationships.
   c. Identify honesty and safety as key ingredients in a healthy relationship.
   d. Analyze the impact of sexual intercourse on building intimacy in relationships and the benefits of abstaining from sex.
   e. Identify and select things to do to build true intimacy without having sexual intercourse.

5. Lesson 5 - Let’s Hear the Facts
   a. List the most prevalent and serious sexually transmitted infections.
   b. Summarize the symptoms, modes of transmission, consequences, and how to prevent transmission of six sexually transmitted infections: HIV, chlamydia, gonorrhea, genital warts, herpes, and syphilis.
   c. Identify sexually transmitted infections as a possibility of sex that can be prevented by abstinence.

6. Lesson 6 - More About STIs
   a. Examine answers to questions regarding sexually transmitted infections.
   b. Summarize facts about sexually transmitted infections.
   c. Illustrate how sexually transmitted infections spread in a progressive manner.
   d. Conclude that abstinence and lifetime monogamy are the most effective ways to prevent sexually transmitted infections.
7. Lesson 7 - The Stakes Are High
   a. Recognize teens' vulnerability to HIV infection.
   b. Summarize the physical, social, and emotional impacts of HIV infection and AIDS on teens and society.
   c. Summarize the impact of HIV infection and AIDS on friends, family, and future dreams.
   d. Identify reputable sources of information.
   e. Demonstrate how to contact resources appropriately.
   f. Assess personal perception of risk for HIV infection and other STIs.
   g. Identify abstinence from sex as the most effective way to prevent infection.

8. Lesson 8 - Know the Risks!
   a. Categorize different behaviors according to level of risk for transmission of HIV and other STIs.
   b. Establish personal limits for personal behavior.

9. Lesson 9: Examining Influences, including the Law.
   a. Examine influences that encourage and/or discourage risky behaviors.
   b. Identify the law as an important influence in making decisions regarding relationships, abstinence and sex.
   c. Identify the legal age of consent and consequences of underage sex.
   d. Discuss the benefits of laws that regulate the age of consent for sex.

10. Lesson 10 – When Talking is Tough
    a. Summarize the benefits of discussing decisions about sex and potential consequences with parents, family members, other trusted adults, peers, sexual partners, and medical professionals.
    b. Explain why STIs, HIV infection, AIDS, and related subjects are difficult to discuss.
    c. Demonstrate use of skills for communicating with parents, family members, other trusted adults, peers, sexual partners, and medical professionals.

11. Lesson 11 - Know Your Limits and Avoid the Risks
    a. Describe possible legal consequences of sex.
    b. Identify and predict situations that could result in pregnancy or transmission of HIV or other STIs.
    c. Identify ways to avoid risky situations and behaviors.
    d. Demonstrate methods of controlling personal behavior to avoid situations that could result in pregnancy or transmission of HIV or other STIs.

12. Lesson 12 - Exerting Positive Influence
    a. Describe reasons different influences affect how people behave and why people follow the law.
    b. Describe ways to be a positive influence on peers.
    c. Practice ways to influence peers to choose behaviors that are not risky.

13. Lesson 13 – Escape the Risk by Setting Limits and Using Refusal Skills
    a. Identify ways to escape situations that could result in pregnancy or transmission of HIV and other STIs.
    b. Demonstrate effective limit-setting and refusal skills to escape situations that could result in pregnancy or transmission of HIV and other STIs.

    a. List reasons to postpone and/or prevent pregnancy.
    b. Describe parents' responsibilities to children born in and out of wedlock.
    c. Identify current contraceptive methods to reduce risk of pregnancy.
    d. The cost of raising a child.
    e. Identify what method of preventing pregnancy, including abstinence, might work best for individual circumstances now and in the future.
15. Lesson 15 – Looking to the Future
   a. Distinguish between wishing or dreaming and personal goal-setting.
   b. Describe the steps in goal setting.
   c. Identify personal goals
   d. Practice making a plan to reach personal goals.
   e. Predict the impact of unintended pregnancy, HIV infection, AIDS, and other STIs on goal achievement.
   f. Conclude that abstinence from sex and drugs are the most effective ways to avoid unintended pregnancy and infection with HIV or other STIs.