

SEX EDUCATION :

Sexual Abuse and Assault Awareness and Prevention Education

Second Step Child Protection Units

Pre-K and Grades K – 3rd

Key Vocabulary:

safety, safe, rules, dangerous, person in charge, safe touch, unsafe touch, unwanted touch, bigger person, private body part, healthy, secret

Learning Objectives:

- Students will identify safety rules for guns, fire, riding on wheels, crossing streets, water, sharp tools, riding in a car, and dogs.
- Students will identify and demonstrate ways to say no.
- Students will demonstrate how and identify when to ask the appropriate grown-up when not sure if something is safe.
- Students will demonstrate how and identify when to ask the appropriate adult before accepting something or going somewhere with someone.
- Students will identify safe and unsafe touches.
- Students will identify how to refuse unsafe and unwanted touches.
- Students will identify private body parts.
- Students will recognize that a bigger person should never touch their private body parts except to keep them healthy.
- Students will recognize when a private body part has been inappropriately touched.
- Students will recognize the importance of telling a trusted adult if someone has inappropriately touched a private body part.
- Students will recognize that they are never at fault if someone touches them inappropriately.
- Students will recognize that it is never too late to tell a trusted adult if someone has touched them inappropriately, even if they have already told one.

SEX EDUCATION :

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Second Step Child Protection Units

Grades 4th-5th

Key Vocabulary:

safety, safe, rules, dangerous, person in charge, safe touch, unsafe touch, unwanted touch, bigger person, private body part, healthy, secret

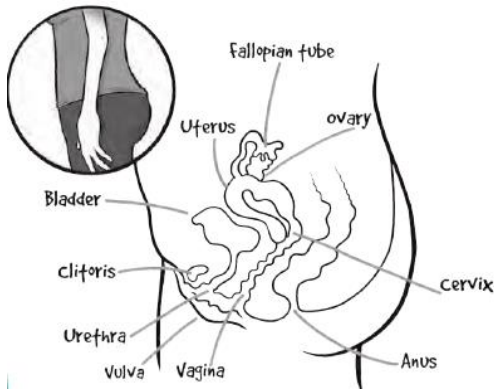
Learning Objectives:

- Students will identify ways to stay safe when alone or with friends.
- Students will identify unsafe and unwanted touches.
- Students will recognize that unsafe touches are never okay.
- Students will identify private body parts.
- Students will recognize the importance of reporting unsafe or unwanted touches.
- Students will identify methods used by others to keep unsafe or unwanted touches secret.
- Students will recognize that it is wrong to touch another person's private body parts.
- Students will recognize that it is wrong for someone to ask to see their private body parts.
- Students will recognize that they should not show anyone their own private body parts.
- Students will recognize that they are never at fault if someone touches them inappropriately.
- Students will recognize that it is never too late to tell a trusted adult if someone has touched them inappropriately, even if they have already told one.

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Puberty Education- Body Awareness **Grades 4th (girls) – 5th (boys and girls)

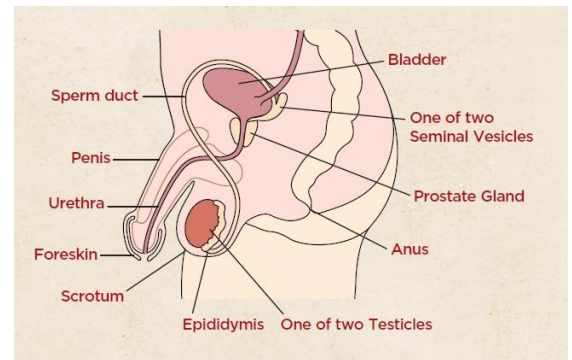


Key Vocabulary: Boys

genitals, testicles (testes or balls), testosterone, penis, erection, crushes, nocturnal emissions (wet dream), acne (pimples), wellbeing, breast, spermatic cord, prostate gland, rectum, anus, scrotum, foreskin, urethra, bladder, semen, ejaculate, sperm, sex, body image, pubic area, hormones, pituitary gland, puberty, testosterone, eccrine gland, apocrine gland, circumcision, epididymis

Key Vocabulary: Girls

crushes, menstruation (period), acne (pimples), wellbeing, breast, rectum, anus, urethra, bladder, body image, vulva, vagina, uterus, ovaries, tampons, pads, labia, pubic area, fallopian tube, uterus, ovary, clitoris, cervix, vagina, premenstrual syndrome (PMS), discharge, menstrual cycle, hormones, estrogen, testosterone, deodorant, ovulation, ova, fertilize, period protection, pituitary gland, puberty, sperm, eccrine gland, apocrine gland, antiperspirant, endometrium



Learning Objectives:

- Students will be able to identify changes in the body that occur during puberty including body shape/size, body hair, skin conditions, body odor and bodily fluids.
- Students will recognize female/male reproductive system body parts and accurate terminology for those parts.
- Students will recognize the impact of puberty on emotional wellbeing and the importance of seeking help from a trusted adult.
- Female students will be able to identify key elements of menstruation.
- Female students will be able explain proper hygiene habits during menstruation.
- Students will recognize the importance of proper hygiene for skin care, hair care, body odor, and other characteristics impacted by puberty.
- Students will recognize that human bodies naturally exist in a diverse array of sizes, shapes, and complexions.
- Students will recognize that images seen in the media (television, social media, billboards, etc..) have often been artificially altered to give the appearance of perfection.
- Students will recognize the importance of a healthy lifestyle that includes proper nutrition and exercise during puberty.

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Choosing The Best: Way/ Path/ Life

Grades 6 - 8

Key Vocabulary:

crush, infatuation, sexual abuse, sexually transmitted disease (STD), risk, chlamydia, gonorrhea, infertility, human papillomavirus (HPV), genital herpes, human immunodeficiency virus (HIV), acquired immune deficiency syndrome (AIDS), treatment, cure, viral, infected, condom, abstinence, delay, avoid, boundaries, sexting, contracted, transmitted, symptoms, cervix, genital warts, genitalia, inflamed, pelvic inflammatory disease (PID), abscess, fallopian tube, abortion, contraception, spermicide, rhythm, diaphragm, oral contraception (the pill), IUD, patch, inhibition, vaginal, anal, intercourse, oral sex, assertive, depression, respect, courage, date rape, impaired, syphilis, consequences, choice, responsibility, self-discipline, casual sex, peer pressure, self-esteem, character, pornography (porn)

Learning Objectives:

- Students will demonstrate personal goal-setting skills.
- Students will compare and contrast characteristics of healthy and unhealthy relationships.
- Students will describe how personal choices can carry life-long consequences.
- Students will recognize the importance of establishing personal boundaries.
- Students will demonstrate ways to exercise the right to be assertive and refuse unsafe invitations or advances.
- Students will describe healthy ways to respond to peer pressure.
- Students will recognize at-risk sexual behaviors to include vaginal intercourse, anal intercourse, oral sex, and touching another person in the underwear area.
- Students will recognize that abstinence from at-risk sexual behaviors until in a lifelong, monogamous, faithful relationship with an uninfected partner is the healthiest decision regardless of gender, sexual identity or orientation.
- Students will describe the possible physical and emotional consequences of at-risk sexual behaviors.
- Students will explain how alcohol and other legal/illegal drugs use can impact decision-making skills.
- Students will describe short- and long-term consequences of teen pregnancy.
- Students will identify causes, symptoms, and effects of STDs and HIV/AIDS.
- Students will identify methods to prevent the contraction or spread of STD or HIV/AIDS.
- Students will recognize that behaviors in addition to inappropriate sexual touching such as inappropriate photographs or videos are also considered abuse.

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Choosing The Best Journey

Grades 9 - 12

Key Vocabulary:

crush, infatuation, sexual abuse, sexually transmitted disease (STD), risk, chlamydia, gonorrhea, infertility, human papillomavirus (HPV), genital herpes, human immunodeficiency virus (HIV), acquired immune deficiency syndrome (AIDS), treatment, cure, viral, infected, condom, abstinence, delay, avoid, boundaries, sexting, contracted, transmitted, symptoms, cervix, genital warts, genitalia, inflamed, pelvic inflammatory disease (PID), abscess, fallopian tube, abortion, contraception, spermicide, rhythm, diaphragm, oral contraception (the pill), IUD, patch, inhibition, vaginal, anal, intercourse, oral sex, assertive, depression, respect, courage, date rape, impaired, syphilis, consequences, choice, responsibility, self-discipline, casual sex, peer pressure, self-esteem, character, pornography (porn)

Learning Objectives:

- Students will set personal goals.
- Students will identify characteristics of unhealthy relationships.
- Students will describe some life-long consequences of engaging in sexual activities.
- Students will define their own personal boundaries.
- Students will demonstrate ways to be assertive and refuse unsafe invitations or advances.
- Students will define consent.
- Students will describe healthy ways to respond to peer pressure.
- Students will recognize at-risk sexual behaviors to include vaginal intercourse, anal intercourse, oral sex, and touching another person in the underwear area.
- Students will recognize that abstinence from at-risk sexual behaviors until in a lifelong, monogamous, faithful relationship with an uninfected partner is the healthiest decision regardless of gender, sexual identity or orientation.
- Students will explain consequences of using alcohol and other legal/illegal drugs.
- Students will describe short- and long-term consequences of teen pregnancy.
- Students will identify causes, symptoms, and effects of STDs and HIV/AIDS.
- Students will identify methods to prevent the contraction or spread of STD or HIV/AIDS.
- Students will recognize that behaviors in addition to inappropriate sexual touching such as inappropriate photographs or videos are also considered abuse.
- Students will identify the social, emotional, intellectual, and economic aspects of dating.
- Students will identify how and where to access reliable school and community sexual violence prevention and intervention resources.