

Rights, Respect, Responsibility

A K-12 SEXUALITY EDUCATION CURRICULUM

Lesson Selection Guide (GRADES 6-8)

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The 3R's curriculum was carefully designed to meet all of the National Sexuality Education Standards. The Standards identify the minimum essential core content and skills for sexuality education K-12 given student needs, limited teacher preparation and typically available time and resources. Therefore, teachers and schools are encouraged to teach all of the lessons in the curriculum in their appropriate sequence.

This is not always possible, however. Often teachers are faced with having fewer class sessions available to them to devote to sexuality education than is optimal. In these cases, it can be useful to have some guidance on which sessions to teach. The purpose of this Lesson Selection Guide, therefore, is to assist educators in choosing the most appropriate lessons to teach if they are not able to cover all of them. Individual school districts may have specific curricular needs that should guide their selection of lessons. The 3Rs curriculum is designed for maximum flexibility with regard to choosing and adapting lesson plans to meet the needs of each district. This guide offers three possible configurations meant to capitalize on the number of hours that are available and provide a strong foundation for future lessons on the seven essential topics identified by the National Sexuality Education Standards. Research suggests that, on average, middle schools spend 7.5 hours, or approximately (9) 50 minute lessons in grades 6-8, on topics that are covered in the 3Rs curriculum.¹ Therefore, the guide below is written with those constraints in mind.

In the Grade 6-8 sequence, there are a total of 28 lessons in the 3Rs curriculum, seven in 6th grade, eleven in 7th grade, and ten in 8th grade. These 28 lessons cover all seven topics from the National Sexuality Education Standards. They are designed to build in a developmentally appropriate and sequential way so that lessons in each grade build upon ones from previous grade levels. This guide suggests which lessons to teach if one has only 21, 15, or 9 total sessions between 6th and 8th grade. They take into consideration sequencing needs in grades 6-8, important foundational concepts for lessons that will be taught in grades 9-12, as well as which core concepts are prioritized at this level. Since many schools are able to offer time for approximately 10 sessions in grades 6-8, the minimum suggested here is 9 sessions, evenly distributed across the three grade levels. The second level assumes there are an additional two sessions per grade level. The most comprehensive of the guides adds an additional six lessons distributed between grades 7 and 8. This reflects the 3Rs curriculum which includes more lessons in the upper grades.

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Total number of lessons: **79** (plus 3 supplements)

Number of lessons Grades 6-8: **28**

- 6th Grade: **7**
- 7th Grade: **11**
- 8th Grade: **10**

¹ Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention, Division of Adolescent School Health, SHPPS Topic and Component Specific Fact Sheets. http://www.cdc.gov/HealthyYouth/shpps/2006/factsheets/topic_component.htmshpps/2006/factsheets/topic_component.htm

COVERAGE OF TOPICS GRADES: FROM THE NATIONAL SEXUALITY EDUCATION STANDARDS IN 3RS GRADES 6-8

TOPIC	6TH GRADE	7TH GRADE	8TH GRADE	TOTAL LESSONS
Anatomy and Physiology	1	2	0	3
Puberty and Adolescent Development	1	1	1	3
Identity	1	2	1	4
Pregnancy and Reproduction	3	4	4	11
STDS/HIV	1	2	4	7
Healthy Relationships	3	1	4	8
Personal Safety	1	1	2	4

**The total number of lessons on the chart is higher than the number of lessons in grades 6-8 because some lessons cover more than one core concept.*

IF YOU ONLY HAVE 21 SESSIONS

GRADE	LESSON TITLE	TOPIC	NSES INDICATOR(S)	OTHER KEY CONCEPTS
6	Change is Good	Puberty and Adolescent Development	PD.8.CC.1; PD.8.AI.1	Puberty; Accessing information/support/resources
6	Understanding Boundaries	Healthy Relationships; Personal Safety	HR.8.IC.1; PS.8.CC.3; PS.8.CC.4	Sexual abuse/assault prevention; Accessing information/support/resources; Consent
6	More than Friends: Understanding Romantic Relationships	Healthy Relationships	HR.8.CC.4	Relationships; Decision-Making; Abstinence
6	Liking and Loving: Now and When I'm Older	Pregnancy and Reproduction; Healthy Relationships	PR.8.CC.1; PR.8.CC.2; HR.8.CC.4	Sexual orientation/LGBQ; Relationships
6	Being a Sex Ed Sleuth	Anatomy and Physiology; Pregnancy and Reproduction; Sexually Transmitted Diseases and HIV	AP.8.AI.1; PR.8.AI.1; PR.8.AI.3; SH.8.AI.1	Accessing information/support/resources; Decision-making
7	Everyone's Got Body Parts - Part One	Anatomy and Physiology	AP.8.CC.1	Anatomy and Reproduction; STD/HIV; Abstinence
7	Everyone's Got Body Parts - Part Two	Anatomy and Physiology	AP.8.CC.1	Anatomy and Reproduction; STD/HIV; Abstinence
7	Reproduction Basics	Pregnancy and Reproduction	PR.8.CC.1	Anatomy and reproduction; Pregnancy
7	Protecting Your Health: Understanding and Preventing STDs	Sexually Transmitted Diseases and HIV	SH.8.CC.1; SH.8.CC.2; SH.8.CC.3	STD/HIV; Accessing information/support/resources; Decision-making

7	I am Who I Am	Identity	ID.8.CC.1; ID.8.IC.1	Sexual orientation/ LGBQ; Gender Identity/ Transgender; Gender/ gender roles
7	Blue is for Boys, Pink is for Girls...Or Are They?	Identity	ID.8.INF.1	Gender/gender roles; Gender identity/ Transgender
7	Making Smart Choices	Puberty and Adolescent Development; Pregnancy and Reproduction;	PD.8.DM.1; PR.8.DM.1	Decision-making; Abstinence; Condoms and Birth Control
7	Let's Talk About Sex	Pregnancy and Reproduction; Sexually Transmitted Diseases and HIV	PR.8.IC.2; SH.8.IC.1	Decision-making; Abstinence; Condoms and Birth Control
7	Being Smart, Staying Safe Online	Healthy Relationships	HR.8.GS.1; HR.8.SM.2	Relationships; Sexual abuse/ assault prevention; Consent
8	Creating a Safe School: Celebrating All	Identity; Personal Safety	ID.8.AI.1; ID.8.ADV.1; PS.8.SM.2	Sexual orientation/ LGBQ; Gender Identity/ Transgender
8	The World Around Me	Puberty and Adolescent Development; Pregnancy and Reproduction; Healthy Relationships; Sexually Transmitted Diseases and HIV	PD.8.INF.1; PR.8.INF.1; HR.8.INF.1; SH.8.INF.1	Decision-making; Relationships
8	Healthy or Unhealthy Relationships?	Healthy Relationships	HR.8.CC.1; HR.8.SM.1; HR.8.CC.2	Relationships; Gender/ Gender roles; Consent
8	Talking Without Speaking: The Role of Texting in Relationships	Healthy Relationships	HR.8.CC.5; HR.8.INF.2	Relationships; Decision-making; Consent
8	Warning Signs: Understanding Sexual Abuse and Assault	Personal Safety;	PS.8.CC.1; PS.8.CC.2; PS.8.AI.1	Sexual abuse/ assault prevention; Accessing information/support/ resources; Consent
8	Birth Control Basics	Pregnancy and Reproduction	PR.8.CC.3; PR.8.CC.4; PR.8.AI.2	Condoms and birth control
8	Using Condoms Effectively	Pregnancy and Reproduction; Sexually Transmitted Diseases and HIV	PR.8.SM.1/ SH.8.SM.1	Condoms and Birth Control; Abstinence; STD/ HIV

Of the seven topics in the 3Rs curriculum, the greatest emphasis in grades 6-8 is placed on Pregnancy and Reproduction, Healthy Relationship, and STDs/HIV, while all of the concepts are well-represented. The middle school lessons are intended to build on concepts introduced in elementary school, address developmentally appropriate issues through building knowledge, healthy dispositions, and skills, and lay the foundation for lessons that follow in High School. The 21 lessons suggested above cover essential topics for this grade, including those that may not appear again in high school (such as puberty, anatomy, and adolescent development), continue to build comfort, and prepare students to seek information from reliable sources as well as to continue discussing these important topics in grades 9-12. In particular, lessons on Identity introduce new concepts related to sexual orientation, gender identity, and gender roles and expressions that students will explore in greater detail in high school.

IF YOU ONLY HAVE 15 SESSIONS

GRADE	LESSON TITLE	TOPIC	NSES INDICATOR(S)	OTHER KEY CONCEPTS
6	Change is Good*	Puberty and Adolescent Development	PD.8.CC.1; PD.8.AI.1	Puberty; Accessing information/support/resources
6	Understanding Boundaries	Healthy Relationships; Personal Safety	HR.8.IC.1; PS.8.CC.3; PS.8.CC.4	Sexual abuse/assault prevention; Accessing information/support/resources; Consent
6	More than Friends: Understanding Romantic Relationships	Healthy Relationships	HR.8.CC.4	Relationships; Decision-Making; Abstinence
6	Liking and Loving: Now and When I'm Older	Pregnancy and Reproduction; Healthy Relationships	PR.8.CC.1; PR.8.CC.2; HR.8.CC.4	Sexual orientation/LGBQ; Relationships
6	Being a Sex Ed Sleuth	Anatomy and Physiology; Pregnancy and Reproduction; Sexually Transmitted Diseases and HIV	AP.8.AI.1; PR.8.AI.1; PR.8.AI.3; SH.8.AI.1	Accessing information/support/resources; Decision-making
7	Reproduction Basics	Pregnancy and Reproduction	PR.8.CC.1	Anatomy and reproduction; Pregnancy
7	I am Who I Am	Identity	ID.8.CC.1; ID.8.IC.1	Sexual orientation/LGBQ; Gender Identity/Transgender; Gender/gender roles
7	Blue is for Boys, Pink is for Girls...Or Are They?	Identity	ID.8.INF.1	Gender/gender roles; Gender identity/Transgender
7	Let's Talk About Sex	Pregnancy and Reproduction; Sexually Transmitted Diseases and HIV	PR.8.IC.2; SH.8.IC.1	Decision-making; Abstinence; Condoms and Birth Control

7	Being Smart, Staying Safe Online*	Healthy Relationships	HR.8.GS.1; HR.8.SM.2	Relationships; Sexual abuse/ assault prevention; Consent
8	Creating a Safe School: Celebrating All	Identity; Personal Safety	ID.8.AI.1; ID.8.ADV.1; PS.8.SM.2	Sexual orientation/ LGBTQ; Gender Identity/ Transgender
8	Healthy or Unhealthy Relationships?	Healthy Relationships	HR.8.CC.1; HR.8.SM.1; HR.8.CC.2	Relationships; Gender/ Gender roles; Consent
8	Talking Without Speaking: The Role of Texting in Relationships	Healthy Relationships	HR.8.CC.5; HR.8.INF.2	Relationships; Decision-making; Consent
8	Warning Signs: Understanding Sexual Abuse and Assault	Personal Safety;	PS.8.CC.1; PS.8.CC.2; PS.8.AI.1	Sexual abuse/ assault prevention; Accessing information/support/ resources; Consent
8	Birth Control Basics	Pregnancy and Reproduction	PR.8.CC.3; PR.8.CC.4; PR.8.AI.2	Condoms and birth control

The 15 lessons suggested above continue to represent an emphasis on pregnancy and reproduction, healthy relationships, and STDs/HIV while maintaining a balance of lessons across all of the topics. They focus on core knowledge and skills while addressing critical issues related to gender identity, roles and expression, and sexual orientation. The lessons that have been eliminated, while important, cover topics that will be covered again in high school, such as STD/HIV prevention and pregnancy and reproduction.

NOTE: The 7th grade lessons on Anatomy and Physiology: Everyone’s Got Body Parts – Part One and Part Two have been eliminated from the 15 session lesson group. If students have not had lessons on anatomy and puberty in grades K-5, however, these lessons should be put back in as basic knowledge of anatomy and functioning is essential for many of the lessons on pregnancy and reproduction and STD/HIV. Teachers may want to do an informal assessment of knowledge to determine the need for these lessons. If these are added back in, they can replace the two lessons indicated by an asterisk (*)

IF YOU ONLY HAVE 9 SESSIONS

GRADE	LESSON TITLE	TOPIC	NSES INDICATOR(S)	OTHER KEY CONCEPTS
6	Change is Good*	Puberty and Adolescent Development	PD.8.CC.1; PD.8.AI.1	Puberty; Accessing information/support/ resources
6	Understanding Boundaries	Healthy Relationships; Personal Safety	HR.8.IC.1; PS.8.CC.3; PS.8.CC.4	Sexual abuse/assault prevention; Accessing information/support/ resources; Consent
6	Being a Sex Ed Sleuth	Anatomy and Physiology; Pregnancy and Reproduction; Sexually Transmitted Diseases and HIV	AP.8.AI.1; PR.8.AI.1; PR.8.AI.3; SH.8.AI.1	Accessing information/ support/ resources; Decision-making

7	Reproduction Basics	Pregnancy and Reproduction	PR.8.CC.1	Anatomy and reproduction; Pregnancy
7	I am Who I Am	Identity	ID.8.CC.1; ID.8.IC.1	Sexual orientation/ LGBQ; Gender Identity/ Transgender; Gender/ gender roles
7	Let's Talk About Sex	Pregnancy and Reproduction; Sexually Transmitted Diseases and HIV	PR.8.IC.2; SH.8.IC.1	Decision-making; Abstinence; Condoms and Birth Control
8	Creating a Safe School: Celebrating All	Identity; Personal Safety	ID.8.AI.1; ID.8.ADV.1; PS.8.SM.2	Sexual orientation/ LGBQ; Gender Identity/ Transgender
8	Healthy or Unhealthy Relationships?	Healthy Relationships	HR.8.CC.1; HR.8.SM.1; HR.8.CC.2	Relationships; Gender/ Gender roles; Consent
8	Talking Without Speaking: The Role of Texting in Relationships	Healthy Relationships	HR.8.CC.5; HR.8.INF.2	Relationships; Decision-making; Consent

The nine lessons suggested here represent the essential core concepts and lessons for students in grades 6-8. They cover the topics of pregnancy and reproduction, healthy relationships, and STDs/HIV, while also including foundational lessons representing most of the other topics that emphasize skill development, body safety and integrity, and critical thinking related to information and decision-making. The lessons that were eliminated include 6th grade lessons on pregnancy and reproduction and healthy relationships, 7th grade lessons on healthy relationships and gender roles, and 8th grade lessons on warning signs of sexual abuse and birth control basics. While all of these lessons are important, and, to be most effective, should be covered multiple times through different grade levels, the content of these lessons does appear in different ways in other middle school lessons and again in High School. Additionally, in choosing the essential minimum core concepts and lessons, attention was paid to ensuring the most comprehensive coverage of the National Sexuality Education Standards. Thus, all but one lesson in this group meets at least two different standards while some meet up to four different standards.