

ECMS-G Healthy Youth Lesson Overview

Thank you for giving your students the gift of sexual education. Research shows that comprehensive sexual health and HIV prevention education delays sexual activity in young people and increases condom and contraceptive use among youths who are already sexually active.

Program will consist of two 50 minute sessions taught by a trained college student, who attended ECMS-G and graduated from ECHS. Your student's College Readiness Teacher, Ms. Montoya, will also be present for the sessions.

Topics taught will be:

- Sexuality
- Consent
- Birth Control & Pregnancy
- Preventing infection

The instruction will teach students the value of healthy, committed relationships based on mutual respect and affection and prepare them to form relationships that are free from violence, coercion, and intimidation.

It will also encourage students to communicate with parents, guardians, or other trusted adults and provide knowledge and skills necessary for these discussions

First session overview

- Talk about feelings and values related to sex
- Talk about bodies and self esteem
- Define sexual activity as vaginal, anal, oral, and genital to genital contact
- Explain consent, coercion and rape
- Explain how to access sexual health services

Key Messages:

- Sexuality is a healthy, natural, and normal part of everyone's life.
- People do not have to have sex to express their sexuality.

Session 1 Objectives

Students will be able to:

- Describe the differences between biological sex, gender identity, and sexual orientation
- Identify 4 main components of sexuality as bodies, feelings, values and behaviors
- Define abstinence and identify 2 reasons why some people choose not to have sex
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Second session overview

- Explain how pregnancy occurs
- Explain the ways to prevent pregnancy as well as their effectiveness
- Explain a pregnant person's three legal options, parenting, adoption, and abortion
- Go over sexually transmitted infections (STIs), their treatments and how to prevent them

Session 2 Objectives::

Students will be able to:

- Describe at least 5 birth control prevention methods
- Describe how pregnancy happens
- Debunk three common myths about pregnancy
- List three legal options someone has if they become pregnant
- List three reasons why someone may want to become a parent now and 3 reasons why someone might not want to become a parent now
- Recognize the importance of talking about one's own values with a partner
- Explain how Sexually Transmitted Infections (STIs) are transmitted
- State at least two ways that someone can prevent or reduce their risk of contracting STIs and HIV
- Explain the steps to using an external condom correctly
- Differentiate between consent, coercion and rape
- Advocate for their rights in a relationship

If you need more information or have questions, please contact Cesar Delgado, ECMS-G Counselor at cesar_delgado@ecsonline.org

Homework Assignment #1

What Do You Think?

This is a short list of questions for you to interview a trusted adult, parent or guardian about topics related to healthy relationships. Please take a few minutes to interview an adult that you trust and write down their answers below each question. Be sure to sign the bottom portion and have the adults sign and date it as well. Thank you!

1) What values do you think both people in a relationship should share?

2) What are two ways that people can show they care about each other without being physical?

3) What's one thing about relationships you think all young people should know?

4) What do you wish for me in my relationships?

5) How can I know if I'm in a healthy relationship?
