

### ***Rights, Respect, Responsibility Scope and Sequence***

The following comprehensive sexual health education lessons align with the Florida Standards and Benchmarks for Health Education, Physical Education & Science. Individual districts are encouraged to review each lesson in detail to determine age appropriateness and relevance for their particular students. Choose lessons based on district policy and student needs. **Lessons may be used for any grade as determined appropriate.**

#### **HIGH SCHOOL**

<b>Lesson</b>	<b>Lesson Title</b>	<b>Topic(s)</b>	<b>FL Benchmarks</b>
9-1	They Love me...They Love Me Not...	Analyzing healthy & unhealthy relationships	HE912.B.4.4, HE912.B.5.1, HE912.C.1.2, HE912.C.2.2, HE912.P.8.1, HE.912.B.4.1
9-2*	How Well Do I Communicate With Others?	Effective communication, decision making	HE912.B.4.2, HE912.B.5.1, HE912.C.1.4, HE912.C.2.2, HE912.C.2.5, HE.912.B.4.1
9-5*	Understanding Gender	Gender, gender identity, sexual orientation	HE.912.C.2.8
9- 7*	Sexual Decision Making	Decision-making skills, boundaries, analyzing influences	HE912.B.4.2, HE912.B.5.1, HE912.B.5.3, HE912.B.6.1, HE912.C.1.1, HE912.C.1.2, HE912.C.1.4, HE912.C.1.8, HE912.C.2.1, HE912.C.2.2, HE912.C.2.9, HE912.P.7.1, HE912.P.7.2, HE.912.B.4.1, HE.912.B.4.1
9-8	Planning & Protecting: Avoiding or Managing STDs	STDs/HIV: Risk reduction & communication	HE912.B.5.1, HE912.B.5.3, HE912.C.1.1, HE912.C.1.4, HE912.C.1.8, HE912.P.7.1, HE912.P.7.2, HE912.P.8.1, HE.912.B.4.1, SC912.L.14.52, SC912.L.14.6
9-10*	STD Smarts	STDs/HIV: symptoms, treatment, prevention & assessing accurate information	HE912.C.1.1, HE912.C.1.4, HE912.C.1.5, HE912.C.1.8, HE912.P.7.1, HE912.P.7.2, HE.912.B.4.1, SC912.L.14.52, SC912.L.14.6
10-1	Rights Respect Responsibility	Consent, coercion, respectful relationships, negotiation & refusal skills	HE912.B.4.2, HE912.B.5.3, HE912.C.1.4, HE912.C.2.2, HE912.P.7.1, HE.912.B.4.1
10-2	Know Your Options	Pregnancy prevention: abstinence and all FDA-approved contraceptives, problem solving	HE912.B.5.1, HE912.B.5.3, HE912.C.1.1, HE912.C.1.4, HE912.C.2.9, HE912.P.7.1, HE912.P.7.2, HE.912.B.4.1, SC912.L.14.33, SC912.L.14.6, SC912.L.16.13
10-4	Let Me Tell You	Effective communication to prevent STDs/HIV	HE912.B.4.2, HE912.B.5.1, HE912.B.5.3, HE912.C.1.1, HE912.C.1.4, HE912.C.1.5, HE912.C.1.8, HE912.C.2.2, HE912.C.2.9, HE912.C.7.1, HE912.C.7.2, HE.912.B.4.1, SC912.L.14.6

10-5*	Using Technology Respectfully & Responsibility	Technology & social media in relationships, safe & respectful use of social media	HE912.B.5.3, HE912.B.6.1, HE912.C.1.2, HE912.C.2.2, HE912.C.2.6, HE912.C.2.8, HE912.C.2.9, HE912.P.7.1, HE912.P.7.2, HE.912.B.4.1
11-2	My Boundaries	Personal boundaries, problem solving, consent	HE912.B.4.2, HE912.C.2.2, HE912.C.2.8, HE912.C.2.9, HE912.P.7.1, HE912.P.7.2, HE912.P.8.1, HE.912.B.4.1
11-3	Is it Abuse If?	Relationship abuse, how to identify & respond, resources for teens	HE912.B.4.4, HE912.B.5.1, HE912.B.6.1, HE912.C.1.2, HE912.C.2.2, HE912.C.2.8, HE912.C.2.9, HE912.P.8.1, HE.912.B.4.1
12-2	My Life, My Decisions	Messages impacting sexual decision-making, identifying who to talk to about sex & sexuality	HE912.B.5.1, HE912.C.1.2, HE912.C.2.1, HE912.C.2.2, HE912.C.2.7, HE912.C.2.9, HE.912.B.4.1
12-4	Getting Savvy about STD Testing	STD/HIV testing, treatment & prevention, accessing local resources, HIV stigma	HE912.C.1.1, HE912.C.1.4, HE912.C.1.5, HE912.C.2.1, HE912.C.2.2, HE912.C.2.7, HE912.C.2.8, HE912.P.7.1, HE912.P.7.2, HE912.P.8.1, HE.912.B.4.1, SC912.L.14.6

\*Wording from original lesson was slightly edited based on feedback from Florida's Exemplary Sexual Health Education Workgroup.

#### Recommendations:

- There are several middle school lessons, particularly **8<sup>th</sup> grade lessons**, which you may want to review and consider.
- For all **homework assignments**, teachers should follow up and discuss the results with students the next day in class.
- Teachers may want to replace **the word “you”** throughout lessons with “one” or “a teenager” to avoid potential assumptions.
- The information in the **Teacher Guide** is intended to provide additional information for teachers, but may not be appropriate for students.
- A local, district committee should review and approve **guest speakers**. All materials should be reviewed prior to classroom presentation.
- It is important to know the **rates of births and STDs among teens** in your school district to assist with determining student needs. Please check with the Florida Department of Health in your county or access Florida Charts <http://www.flhealthcharts.com> for district specific data.