

### **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 and Science. Individual districts are encouraged to review each lesson in detail to determine age appropriateness and relevance for their particular students. Choose lessons that are based on district policy and student needs. **Lessons may be used for any grade as determined appropriate.**

#### **GRADE 6**

<b>Lesson</b>	<b>Lesson Title</b>	<b>Topic(s)</b>	<b>FL Benchmarks</b>
1	Change is Good	Puberty, adolescent development, sexuality	HE.6.B.3.1, HE6.C.1.2, SC.6.L.14.5
2	Gender Roles, Gender Expectations	Gender, range of gender roles	HE.6.C.2.8
3	Understanding Boundaries	Setting & respecting boundaries	HE.6.P.7.1, HE.6.B.4.1
4	Communicating about a Sensitive Topic	Communication & decision making skills	HE.6.B.4.1
5	More Than Friends: Understanding Romantic Relationships	Friendships, romantic relationships	
6	Liking & Loving: Now and When I'm Older	Healthy choices, affection, reproduction	HE.6.P.7.1, SC.6.L.14.5, SC.7.L.13.3
7*	Being A Sex Ed Sleuth	Identifying accurate sources of information	HE.6.B.3.1

#### **GRADE 7**

<b>Lesson</b>	<b>Lesson Title</b>	<b>Topic(s)</b>	<b>FL Benchmarks</b>
1	Everybody's Got Body Parts – Part One	Female sexual & reproductive systems	SC.7.L.16.3
2	Everybody's Got Body Parts – Part Two	Male sexual & reproductive systems	SC.7.L.16.3
3	Reproduction Basics	Human Reproduction	HE.7.P.7.1, SC.7.L.16.3
4*	Great Expectations: Signs & Symptoms of Pregnancy	Pregnancy & prenatal care	HE.7.C.1.8, HE.7.P.7.1, SC.7.L.16.3
5	Protecting Your Health: Understanding & Preventing STDs	STDs/HIV Transmission, risky behaviors	HE.7.C.1.1, HE.7.C.1.4, HE.7.C.1.5, HE.7.C.1.8, HE.7.P.7.1, SC.6.L.14.6
6	I Am Who I Am	Gender identity & expression, sexual orientation	
7	Blue is for Boys, Pink is for Girls...Or Are They?	External influences on attitudes about gender	HE.7.C.2.7, HE.7.C.2.9
8	Making SMART Choices	Effective decision making to reduce risk	HE.7.P.7.1, HE.7.B.5.1, HE.7.B.4.1
9	Let's Talk About Sex	Communication skills to reduce risk	HE.7.P.7.1, HE.7.B.4.1
10	Being the Change You Want to See in the World	Respectful treatment of everyone	HE.7.C.2.3, HE.7.P.8.3, HE.7.B.4.1
11	Being Smart, Staying Safe Online	Social media safety & responsibility	HE.7.C.1.4, HE.7.C.1.8, HE.7.P.8.2, HE.7.B.5.1, HE.7.B.5.2

## GRADE 8

Lesson	Lesson Title	Topic(s)	FL Benchmarks
1	Creating a Safe School: Celebrating All	Bullying prevention, promoting respect, LGBTQ safety	HE.8.C.2.4
2	The World Around Me	Impacts on decision making, risky behaviors, body image	HE.8.P.7.1, SC.6.L.14.6
3	Healthy or Unhealthy Relationships?	Characteristics of healthy/unhealthy relationships	HE.8.C.1.8, HE.8.P.7.2, HE.8.B.4.1, SC.6.L.14.6
4	Choose Your Words Carefully	Healthy communication in relationships	HE.8.B.4.3, HE.8.P.7.2, HE.8.B.4.1
5	We Need to Talk	Healthy communication for risk reduction	HE.8.P.7.1, HE.8.P.7.2, HE.8.B.4.1, SC.6.L.14.6
6	Talking without Speaking: The Role of Texting in Relationships	Impact of social media on relationships	HE.8.P.7.1, HE.8.P.7.2, HE.8.B.4.1
7	Warning Signs: Understanding Sexual Abuse & Assault	Consent; sexual abuse, assault, & harassment; relationship violence; sex trafficking	HE.8.B.3.1, HE.8.B.3.4, HE.8.B.5.1, HE.8.P.7.1, HE.8.B.4.1
8	Birth Control Basics	Medically accurate contraception information	HE.8.B.3.1, HE.8.B.5.5, HE.8.C.1.4, HE.8.C.1.8, HE.8.P.7.1, SC.6.L.14.6, SC.7.L.16.3
9	Using Condoms Effectively	Correct condom use	HE.8.B.3.1, HE.8.C.1.4, HE.8.C.1.8, HE.8.B.5.4, HE.8.P.7.1, SC.6.L.14.6
10*	STD Basics: Reducing Your Risks	STD/HIV prevention, local resources	HE.8.B.3.1, HE.8.B.3.4, HE.8.B.6.2, HE.8.C.1.4, HE.8.C.1.8, HE.8.P.7.1, SC.6.L.14.6

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

### Recommendations:

- 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.