

## High School Human Growth and Development

### A Unit Within the Health Curriculum

Lesson and Big Ideas	Outcomes	Resources
<b>Lesson 1</b>  Consent and Healthy Relationships  Interpersonal Violence	<ul style="list-style-type: none"> <li>Analyze the characteristics of a healthy and unhealthy romantic/sexual relationship (CHR.10.CC.1)</li> <li>Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important (CHR.10.DM.1)</li> <li>Describe the potential impacts of power and privilege within romantic or sexual relationships (e.g. age, race, ethnicity, sexual orientation, gender, gender identity, socioeconomic status, immigration status, ability) (CHR.12.INF.3)</li> <li>Demonstrate ways to support a fellow student who is being sexually harassed or abused, or is perpetuating unhealthy or coercive behaviors (IV.10.IC.1)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Lesson Plan</a></li> <li><a href="#">Video</a></li> </ul>

	<ul style="list-style-type: none"> <li>• Explain why a victim/survivor of interpersonal violence, including sexual violence, is never to blame for the actions of the perpetrator (IV.10.CC.3)</li> <li>• Evaluate strategies to end an unhealthy relationship, including when situations may require adults and/or professional support (CHR.10.INF.2)</li> <li>• Create action steps to remove oneself from an unhealthy relationship (CHR.10.GS.1)</li> </ul>	
<b>Lesson 2</b>  Consent and Healthy Relationships  Sexual Health	<ul style="list-style-type: none"> <li>• Describe sexual consent and understand the legal consequences of sexual behavior without consent (CHR.10.CC.2)</li> <li>• Analyze factors (e.g., body image, self-esteem, alcohol and other substances) that can affect the ability to give and receive sexual consent (CHR.10.INF.3)</li> <li>• Evaluate the impact that social media has on one's</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lesson Plan</a></li> <li>• <a href="#">Sexting Video</a></li> <li>• <a href="#">Consent Video 1</a></li> <li>• <a href="#">Consent Video 2</a></li> <li>• <a href="#">PowerPoint: "U.S. Sexting Laws"</a></li> <li>• <a href="#">Wisconsin sexting law</a></li> <li>• <a href="#">Sexting Laws Across America</a></li> </ul>

	<p>perception of healthy relationships and self-concept (CHR.10.CC.3)</p> <ul style="list-style-type: none"> <li>• Explain the federal and states laws that prohibit the creation, sharing, and viewing of sexually explicit media by minors (e.g., sexting) (SH.10.INF.3)</li> <li>• Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior (CHR.10.SM.1)</li> <li>• Explain the federal and states laws that prohibit the creation, sharing, and viewing of sexually explicit media by minors (e.g., sexting) (SH.10.INF.3)</li> </ul>	
<p><b>Lesson 3</b></p> <p>Consent and Healthy Relationships</p>	<ul style="list-style-type: none"> <li>• Describe effective ways to communicate consent, personal boundaries, and desires as they relate to intimacy, pleasure, and sexual behavior (CHR.10.IC.1)</li> <li>• Demonstrate ways to show respect for</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lesson Plan</a></li> <li>• Teacher Note: All students should be provided with a pencil if they do not have one to complete the activity. If students complete the activity in differing colors anonymity will be</li> </ul>

	the boundaries of others as they relate to intimacy and sexual behavior (CHR.10.SM.1)	compromised.
<b>Lesson 4</b> Consent and Healthy Relationships	<ul style="list-style-type: none"> <li>• Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior (CHR.10.SM.1)</li> <li>• Analyze the characteristics of a healthy and unhealthy romantic/sexual relationship (CHR.10.CC.1)</li> <li>• Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important (CHR.10.DM.1)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lesson Plan</a></li> </ul>
<b>Lesson 5</b> Gender Identity and Expression Sexual Orientation and Identity	<ul style="list-style-type: none"> <li>• Differentiate between sex assigned at birth, gender identity, and gender expression (GI.10.CC.1)</li> <li>• Access credible sources of information about sexual orientation (SO.10.AI.1)</li> <li>• Analyze how media, society, culture, and</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lesson Plan</a></li> <li>• <a href="#">Video</a></li> </ul>

	<p>a person's intersecting identities can influence attitudes, beliefs, and expectations about gender, gender identity, gender roles, and gender expression (GI.10.INF.1)</p> <ul style="list-style-type: none"> <li>• Explain how support from peers, families, schools, and communities can improve a person's health wellbeing as it relates to gender identity and gender expression (GI.12.INF.1)</li> </ul>	
<b>Lesson 6</b>  Anatomy and Physiology	<ul style="list-style-type: none"> <li>• Explain the human reproductive and sexual response systems, including differentiating between internal and external body parts and their functions, and that there are naturally occurring variations in human bodies (e.g. intersex) (AP.10.CC.1)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lesson Plan</a></li> <li>• <a href="#">Power Point</a></li> </ul>
<b>Lesson 7</b>  Anatomy and Physiology	<ul style="list-style-type: none"> <li>• Explain the human reproductive and sexual response systems, including differentiating between internal and external body parts and their functions, and that</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lesson Plan</a></li> <li>• <a href="#">Power Point</a></li> <li>• <a href="#">Power Point</a></li> </ul>

	<p>there are naturally occurring variations in human bodies (e.g. intersex) (AP.10.CC.1)</p>	
<p><b>Lesson 8</b></p> <p>Sexual Health</p>	<ul style="list-style-type: none"> <li>• Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception) (SH.10.CC.1)</li> <li>• Apply a decision making model to choices about contraceptive use, including abstinence and condoms (SH.10.DM.1)</li> <li>• Develop a plan to eliminate or reduce risk for unintended pregnancy and/or STIs (including HIV) and identify ways to overcome potential barriers to prevention (SH.10.GS.1)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lesson Plan</a></li> <li>• <a href="#">Website 1</a></li> <li>• <a href="#">All about Contraception Guide</a></li> </ul>
<p><b>Lesson 9</b></p> <p>Sexual Health</p>	<ul style="list-style-type: none"> <li>• Identify medically accurate sources of information about and local services that provide prevention, testing, care, and treatment of STIs, including</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lesson Plan</a></li> <li>• <a href="#">PowerPoint: STI Smarts (Note: The PowerPoint must be in slideshow mode for the links to work)</a></li> </ul>

	<p>HIV, including the steps to obtain PrEP and PEP (SH.10.AI.3)</p> <ul style="list-style-type: none"> <li>• Describe common symptoms, or lack thereof, and treatments for STIs, including HIV (SH.10.CC.3)</li> <li>• Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception) (SH.10.CC.1)</li> <li>• Identify factors that impact the risk of unintended pregnancy and potential transmission of STIs, including HIV, from a variety of sexual behaviors, including vaginal, oral, and anal sex (SH.10.CC.2)</li> <li>• Identify medically accurate sources of information about and local services that provide contraceptive methods (including emergency contraception and condoms) and pregnancy options</li> </ul>	
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	<p>(including parenting, abortion, adoption, and prenatal care) (SH.10.AI.2)</p> <ul style="list-style-type: none"> <li>• Demonstrate the ability to effectively communicate with a partner about abstaining from sexual behavior, using condoms and/or contraception, and preventing, getting tested, and seeking treatment for STIs (including HIV) (SH.10.IC.1)</li> <li>• Analyze factors that can influence condom use and other safer sex decisions (e.g. availability, affordability, perception of risk, pleasure) (SH.12.INF.2)</li> </ul>	
<p><b>Lesson 10</b></p> <p>Sexual Health</p>	<ul style="list-style-type: none"> <li>• Demonstrate the steps to using barrier methods correctly (e.g., external and internal condoms, dental dams) (SH.10.SM.1)</li> <li>• Identify medically accurate sources of information about local services that provide contraceptive</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lesson Plan</a></li> </ul>



	<p>methods (SH.10.AI.2)</p> <ul style="list-style-type: none"> <li>• Develop a plan to eliminate or reduce risk for unintended pregnancy and/or STIs (including HIV) and identify ways to overcome potential barriers to prevention (SH.10.GS.1)</li> <li>• Analyze factors that can influence condom use and other safer sex decisions (e.g. availability, affordability, perception of risk, pleasure) (SH.12.INF.2)</li> </ul>	
<p><b>Lesson 11</b></p> <p>Sexual Health</p>	<ul style="list-style-type: none"> <li>• Analyze state and federal laws and guidelines (e.g., CDC) that address sexual healthcare services for minors (e.g., contraception, emergency contraception, prenatal care, adoption, abortion, STI, including HIV, prevention, testing, and treatment) (SH.10.INF.2)</li> <li>• Analyze personal and societal factors that can influence decisions about pregnancy options, including parenting, abortion, and</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lesson Plan</a></li> <li>• <a href="#">2021 Wisconsin Act 90</a></li> <li>• <a href="#">Abortion Laws</a></li> <li>• <a href="#">Emergency Contraception Laws</a></li> <li>• <a href="#">Minor Consent Laws</a></li> <li>• <a href="#">Age of Consent</a></li> </ul>

	<p>adoption (SH.12.INF.1)</p> <ul style="list-style-type: none"> <li>Define reproductive justice and explain its history and how it relates to sexual health (SH.10.CC.6)</li> <li>Describe the impact of racism and inequality on sexual health (SH.10.INF.1)</li> </ul>	
<p><b>Lesson 12</b></p> <p>Sexual Health</p>	<ul style="list-style-type: none"> <li>Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception) (SH.10.CC.1)</li> <li>Apply a decision making model to choices about contraceptive use, including abstinence and condoms (SH.10.DM.1)</li> <li>List the major milestones of each trimester of fetal development utilizing medically accurate information (SH.10.CC.4)</li> <li>Accessing medically accurate and</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Lesson Plan</a></li> <li><a href="#">Video 1</a></li> <li><a href="#">Video 2</a></li> <li><a href="#">Major milestones of each trimester</a></li> </ul>

	credible information about pregnancy options, including parenting, abortion, and adoption (SH.12.AI.1)	
<b>Lesson 13</b>  Interpersonal Violence  Consent and Healthy Relationships	<ul style="list-style-type: none"> <li>Describe the types of abuse (e.g. physical, emotional, psychological, financial, and sexual) and the cycle of violence as it relates to sexual abuse, domestic abuse, domestic violence, dating violence, and gender-based violence (IV.10.CC.2)</li> <li>Demonstrate ways to support a fellow student who is being sexually harassed or abused, or is perpetuating unhealthy or coercive behaviors (IV.10.IC.1)</li> <li>Demonstrate how to access credible sources of information and resources for survivors on interpersonal violence, including sexual violence (IV.10.AI.1)</li> <li>Analyze the characteristics of a healthy and unhealthy romantic/sexual</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Lesson Plan</a></li> <li><a href="#">Video</a></li> </ul>

	<p>relationship (CHR.10.CC.1)</p> <ul style="list-style-type: none"> <li>• Explain why a victim/survivor of interpersonal violence, including sexual violence, is never to blame for the actions of the perpetrator (IV.10.CC.3)</li> <li>• Describe how power differences such as age, gender, socioeconomic status, immigration status, race, or unequal position (e.g. student/teacher, supervisor/employee ) may impact relationships (CHR.8.CC.2)</li> <li>• Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship (CHR.12.INF.4)</li> </ul>	
<p><b>Lesson 14</b></p> <p>Interpersonal Violence</p>	<ul style="list-style-type: none"> <li>• Explain sex trafficking, including recruitment tactics that sex traffickers/exploiters use to exploit vulnerabilities and recruit youth (IV.10.CC.4)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lesson</a></li> <li>• <a href="#">Power Point</a></li> <li>• <a href="#">Video</a></li> <li>• <a href="#">National Human Trafficking Hotline</a></li> <li>• <a href="#">CDC: Sex Trafficking</a></li> </ul>

	<ul style="list-style-type: none"> <li>• Identify credible resources related to sex trafficking and sexual violence prevention and intervention (IV.10.AI.2)</li> <li>• Identify ways to reduce risk in physical and digital settings related to sex trafficking and other potentially harmful situations (IV.10.IC.2)</li> </ul>	
<b>Lesson 15</b>  Interpersonal Violence  Sexual Health	<ul style="list-style-type: none"> <li>• Explain the federal and states laws that prohibit the creation, sharing, and viewing of sexually explicit media by minors (e.g., sexting) (SH.10.INF.3)</li> <li>• Identify the state and federal laws related to intimate partner and sexual violence (e.g., sexual harassment, sexual abuse, sexual assault, domestic violence) (IV.10.CC.1)</li> <li>• Understand the criminal penalties under ch.948 for engaging in sexual activities involving a child</li> <li>• Understand the sex offender registration requirements</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lesson Plan</a></li> <li>• <a href="#">Wisconsin Law</a></li> <li>• <a href="#">Sex Offender FAQ</a></li> <li>• <a href="#">National Sexual Violence Resource Center</a></li> <li>• <a href="#">National Teen Dating Abuse Helpline</a></li> <li>• <a href="#">RAINN - Rape, Abuse and Incest National Network</a></li> </ul>

