
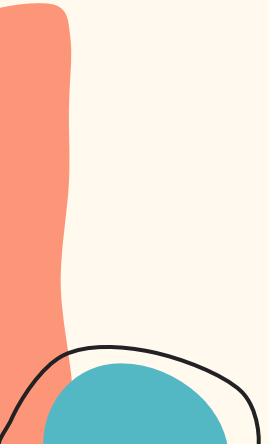


# Teaching Puberty & Sexual Health with Confidence

Training for Middle School Health  
Teachers

Based on the Rights, Respect,  
Responsibility (3Rs) Curriculum





# Why This Training?

- • First time teaching puberty/sexual health
- • Build comfort, confidence, and consistency
- • Strategies for sensitive conversations
- • Align with National Sex Education Standards (NSES)

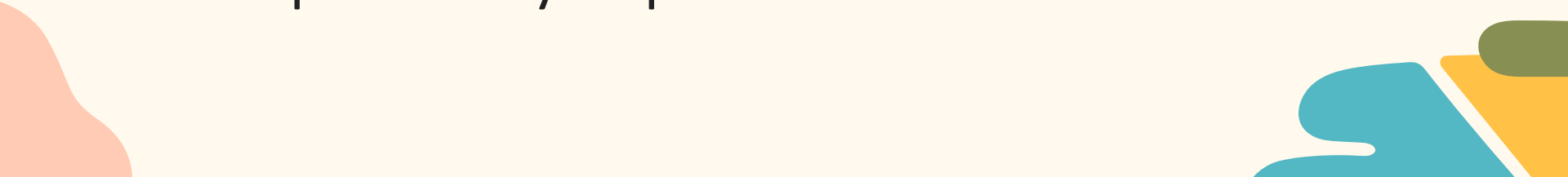


# Core Values of 3Rs

- • Rights: Honest, accurate sexual health info
  - • Respect: Diversity of experiences, identities, families
  - • Responsibility: Support students to make healthy choices
- 
- 





# Students' Rights & Responsibilities

- • Right to ask questions about puberty, reproduction, relationships
  - • Right to accurate, age-appropriate information
  - • Responsibility to communicate openly & respect boundaries
  - • Responsibility to protect themselves and others
- 

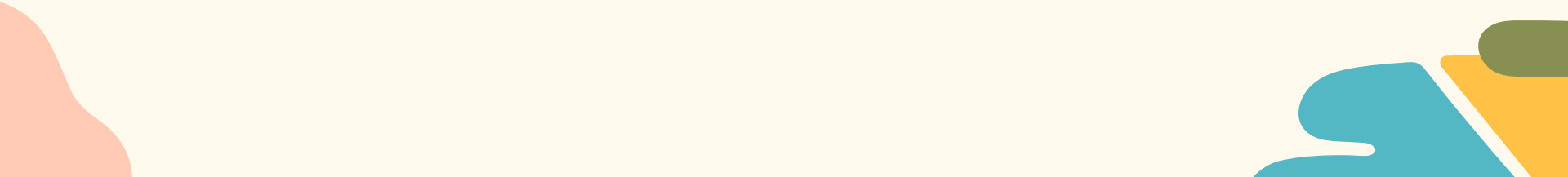


# Creating a Safe Classroom

- • Establish ground rules: respect, confidentiality, right to pass
  - • Use Climate Setting lessons to co-create agreements
  - • Post/revisit rules regularly
- 
- 





# Answering Student Questions

- • Types: Knowledge, Values, Reassurance, Personal, Complicated, Shock-value
  - • Use anonymous question box
  - • Respond factually, avoid personal disclosure
- 



# Inclusivity & Language

- • Use inclusive terms (e.g., 'most girls...', 'partner')
  - • Avoid separating by gender
  - • Normalize diversity in families, gender identity, orientation
- 
- 

# Trauma-Informed Teaching

- • Recognize some students may have experienced trauma
- • Offer content gently, right to pass
- • Provide safe referrals to counselors/admin
- • Know mandated reporting responsibilities



# Handling Student Disclosures

- • Expect possible disclosures of abuse/assault
- • Listen, stay calm, don't probe
- • Report immediately per school/state policy
- • Have counselor/admin support present

# Instructional Strategies

- • 50-minute lessons with objectives, prep, family homework
- • Use interactive strategies (discussion, role play, reflection)
- • Balance knowledge + skills (decision-making, communication)

# Cultural Responsiveness & Equity

- • Address bias, racism, inequity in sexual health
- • Build cross-cultural communication
- • Respect and affirm all student identities

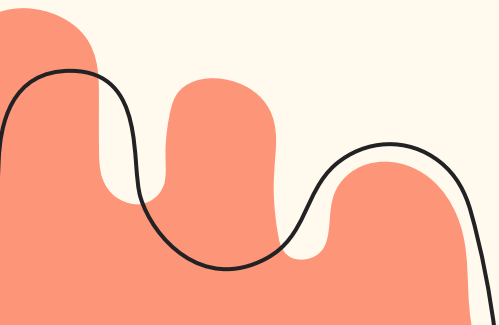


# Resources for Teachers

- • Advocates for Youth (3Rs curriculum, free PD modules)
- • Planned Parenthood: Sex Ed To-Go
- • Healthy Teen Network: Teacher's Guide to Sex Ed
- • School counselors/admin support



# Reflection & Next Steps

- • What excites you most about teaching?
  - • What feels most challenging?
  - • Identify one strategy you'll use to build comfort
- 
- 