

HUMAN GROWTH & DEVELOPMENT, SEXUAL HEALTH
Grades 9-12

Essential Learning 1	
<i>Students will understand human growth and development regarding sexual health.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> Define and understand sexual growth and development including the anatomy and physiology of reproduction. Understand puberty and menstruation and their role in conception. 	<ul style="list-style-type: none"> Describe medically accurate anatomy and physiology of sexual and reproductive organs. Describe changes experienced by self and others during childhood and adolescence
Example activities or lesson topics: -	

Essential Learning 2	
<i>Students will understand healthy and safe relationship characteristics and differentiate from unhealthy relationship characteristics.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> Understand factors that protect against or contribute to sexual risk behaviors. Learn the signs of intimate partner violence and the importance of safely getting help for self and others. 	<ul style="list-style-type: none"> Describe healthy and safe relationship characteristics. Summarize the differences between healthy and unhealthy relationships. Demonstrate strategies to manage conflict in respectful and nonviolent ways. Communicate how to safely get help for self or others if involved in an unhealthy relationship. Explain the importance of respecting individual differences in sexuality, including being an ally.
Example activities or lesson topics: -	

Essential Learning 3	
<i>Students will understand consent.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> Understand safe and consensual practices in situations that may involve alcohol, drugs, or other risk factors for sexual violence. Understand City, State, and federal laws regarding consent. 	<ul style="list-style-type: none"> Practice types of verbal and nonverbal affirmative consent. Demonstrate asking for consent in a variety of scenarios. Demonstrate giving and refusing consent in a variety of scenarios. Demonstrate the ability to use decision-making skills to be sexually responsible. Demonstrate effective communication skills to promote sexual health and healthy relationships.
Example activities or lesson topics: -	

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Essential Learning 4	
<i>Students will understand safe sex practices.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> • Understand abstinence as an effective method of protection from STIs and unintended pregnancy. • Understand methods to prevent unintended pregnancy and STIs, including HIV (e.g., internal and external condoms, dental dams), and their effectiveness, and risks. • Understand signs of pregnancy, the importance of pre- and post-natal care (FASD, NAS, SIDS) • Learn the myths and facts surrounding pregnancy and birth control. • Understand types of emergency contraception including abortion.* 	<ul style="list-style-type: none"> • Summarize the benefit of abstinence as the most effective method of protection from STIs and unintended pregnancy. • Summarize ways to prevent STIs and unintended pregnancy. • Explain where to find health services for obtaining tests for STIs and HIV. • Discuss the risk factors and warning signs of STIs. • Recognize early signs of pregnancy and importance of pre- and post-natal care. • Identify the benefits of talking with parents and other trusted adults about sexual health. • Demonstrate an understanding of the local agencies that can assist with sexual health, safe sex practices, contraception, etc.
<p>Example activities or lesson topics:</p> <ul style="list-style-type: none"> - Public Health presentations 	

**There was not unanimous consensus on this item. KIBSD Board of Education will have ultimate decision-making authority on the inclusion/exclusion of this item in the final curriculum document. See "Curriculum Process" document for more information about the consensus-building process utilized by the committee.*