



High School Family Life Education Instructional Topics

Health I - Reducing the Risk (8-day unit)

- Review of male and female reproductive systems
- Breast/testicular self-examination
- Consequences of sexting and appropriate online behavior
- Advantages of abstinence and postponing sexual activity
- Characteristics of a healthy dating relationship
- Importance of consent and respect in a relationship
- Verbal and non-verbal refusal skills
- Identifying delay tactics in a relationship
- Contraception categories, options, and use
- Transmission, prevention and treatment of STIs, HIV/AIDS

Health II - The Power to Decide: Your Life, Your Call (5-day unit)

- Goal setting and decision-making
- Consequences of sexting and appropriate online behavior
- Advantages of abstinence and postponing sexual activity
- Identify the impact of media on relationships
- Characteristics of healthy and unhealthy relationships
- Strategies to identify and prevent abusive relationships
- Identify dating violence resources in the community
- Transmission, prevention and treatment of STIs, HIV/AIDS
- Recognize and use refusal and negotiation skills
- Identify the signs of pregnancy
- Understand the process of fetal development, labor, and birth
- Identify reasons to delay parenting until adulthood
- Identify the impact of becoming a parent financially, emotionally, physically