

Rights, Respect, Responsibility Scope and Sequence

All of the following comprehensive sexual health lessons align with these CA Healthy Youth Act Education Code requirements: §51930(a),(b)(4); §§51931(a-g); §§51932(a-b); §§51933(a-c),(d)(1-4),(i); §51934(b). Additional CA Ed Code alignments are listed below. The Sexual Health Education Program collaborates directly with school sites and teachers to ensure implementation of CA Ed Code requirements §§51935-51939. All lessons are 50 minutes in duration.

GRADE 6*			
Lesson	Lesson Title	Topic(s)	CA Ed Code §§
1	Gender Roles, Gender Expectations	Gender, range of gender roles	51930(b)(2); 51933(d)(6)
2	Change Is Good	Puberty, adolescent development, human sexuality	51930(b)(2-3); 51933(e)
3	Sexual and Reproductive Anatomy	Reproductive anatomy	51930(b)(2-3); 51933(e)
4	Puberty and Reproduction	Puberty, sexual reproduction	51930(b)(2-3)
5	I Am Who I Am	Gender identity, gender expression, sexual orientation	51930(b)(2); 51933(d)(5-6); 51933(e)
6	Liking and Loving – Now and When I’m Older	Abstinence and its relationship to STI/HIV/pregnancy prevention, non-sexual ways to express affection	51930(b)(1-3,5); 51933(d)(5); 51933(e-h); 51934(a)(3)
7	Learning about HIV	HIV transmission, prevention, treatment	51930(b)(1); 51934(a)(1-7)
8	Protecting Your Health: Understanding and Preventing STIs	STIs, HIV, how they are and are not transmitted, protecting oneself from HIV and STI transmission	51930(b)(1,5); 51934(a)(1-4,8)
9	Understanding Boundaries	Communicating personal boundaries, respecting boundaries of others, identifying and reporting sexual harassment and assault	51930(b)(1-2,5); 51933(d)(5); 51933(e,g-h); 51934(8),10
10	Being Smart, Staying Safe Online	Using social media safely, legally, and respectfully	51930(b)(1-2,5); 51933(g-h); 51934(a)(10)
GRADE 8*			
Lesson	Lesson Title	Topic(s)	CA Ed Code
1	Blue Is for Boys, Pink Is for Girls ... or Are They?	External influences on attitudes towards gender, gender identity, and sexual orientation	51930(b)(2); 51933(d)(6)
2	Sexual Orientation, Behavior, and Identity: How I Feel, What I Do, and Who I Am	Distinguish between sexual orientation, identity, and behavior	51930(b)(2-3); 51933(d)(5-6); 51934(a)(7)
3	Everybody's Got Body Parts	Female and male sexual and reproductive systems	51930(b)(2-3)
4	Reproduction Basics	Sexual intercourse, human reproduction	51930(b)(1-3); 51933(e); 51934(a)(3)

5	STI Smarts	Symptoms, treatment, and prevention of STIs/HIV; accessing medically accurate STI/HIV information	51930(b)(1,5); 51934(a)(1-8)
6	Birth Control Basics	Medically accurate information about contraception, including abstinence, condoms, and emergency contraception	51930(b)(1,2,5); 51933(e-f); 51934(a)(3,8,9)
7	What If ...?	Signs of pregnancy, pregnancy options, accessing medically accurate pregnancy information	51930(b)(5); 51934(a)(3,8); 51934(a)(9)(A,B,C)
8	Warning Signs: Understanding Sexual Abuse and Assault	Warning signs and impacts of sexual abuse, sexual assault, relationship violence, sexual harassment, and sex trafficking	51930(b)(2,5); 51933(d)(6); 51933(g); 51934(a)(8,10)
9	Making SMART Choices	Decision-making model to support effective decision-making skills to avoid high-risk activities	51930(b)(1,2,5); 51933(e,h)
10	Let's Talk about Sex	Communication and negotiation skills to reduce sexual health risks	51930(b)(1,5); 51933(d)(5); 51933(f-h)

GRADE 10/BIOLOGY*

Lesson #	Lesson Title	Topic(s)	CA Ed Code
1	Understanding Gender	Gender, gender identity, sexual orientation	51930(b)(2); 51933(d)(5-6)
2	Sexual Decision Making	Decision-making skills, analyzing influences	51930(b)(2,5); 51933(d)(5); 51933(f-h); 51934(a)(3)
3	Rights, Respect, Responsibility: Don't Have Sex Without Them	Consent, coercion, respectful relationships, negotiation and refusal skills	51930(b)(1); 51933(g-h);
4	Planning and Protection: Avoiding or Managing STIs	Reducing risk of STI/HIV infection, effectively communicating with others about STIs/HIV	51930(b)(1); 51933(e); 51934(a)(1-3)
5	Getting Savvy about STI Testing	STI/HIV testing, treatment, and prevention; accessing local testing and treatment resources; investigating HIV stigma	51930(b)(1-3); 51933(d)(5); 51933(e); 51934(a)(1-8)
6	Know Your Options	Pregnancy prevention including abstinence and all other FDA-approved contraceptive methods	51930(b)(1-3,5); 51933(d)(5); 51934(a)(3,9)
7	Using Condoms Effectively	Correct external and internal condom use	51930(b)(1,5); 51933(d)(5); 51933(h); 51934(a)(3,4,8,9)
8	What Are My Reproductive Rights?	Laws pertaining to reproductive decision-making and unplanned pregnancies	51930(b)(1); 51933(e); 51934(a)(8); 51934(a)(9)(A-C)

9	Is It Abuse If...?	Characteristics of different types of relationship abuse, how to identify and respond, resources for teens	51933(f-h); 51934(a)(8,10)
10	My Life, My Decisions	Identifying external messages that impact sexual decision-making; identifying who to talk to about sex and sexuality	51930(b)(1-3,5); 51933(e,f,h)
HIGH SCHOOL **			
Grade	Lesson Title	Topic(s)	CA Ed Code
9	<i>Gender and Sexual Orientation:</i> Being the Change You Want To See in the World	Treating others with dignity, respecting people with different genders and sexual orientations	51930(b)(2,5); 51933(d)(5-6); 51933(g); 51934(a)(8)
11	<i>STI and HIV Prevention:</i> How To Prevent HIV ... and STIs!	STI/HIV prevention and treatment	51930(b)(1,5); 51933(h); 51934(a)(1-8)
12	<i>Consent and Relationship Rights:</i> Sexual Rights: Who Decides?	Laws and messaging pertaining to sexual consent and abuse; resources for teens	51930(b)(1,5); 51933(e,g); 51934(a)(8,10)

**** These lessons are taught by trained classroom teachers (typically science teachers) within their regular classroom setting.***

***** These one-hour lessons are organized and taught by SHEP staff or community health educators within specific grade-level content area classes. At this time, due to limited program resources, these lessons will be not implemented within every high school every school year; however, SHEP will do their best to reach as many students as possible. If these lessons are implemented at a site, separate Parent Notification letters will be sent home at least 14 days prior to instruction.***