

Appendix B: Health Education Content Standards Alignment

Growth, Development, and Sexual Health: Grades 9-12

Note to Instructor: Teen Talk HS aligns with the “Growth, Development, and Sexual Health” content standards for High School (Grades 9-12) as published by the California Department of Education in March 2008.³⁰⁰

Lessons & Activities	Content Standards
<p>Lesson 1: Values and Resources</p> <ul style="list-style-type: none"> 1.1 Group Norms 1.2 Anonymous Question Box 1.3 Intro Survey 1.4 Think About It: Clarifying Values 1.5 Clinics and Resources 1.6 Let's Talk 	<ul style="list-style-type: none"> 1.3.G Discuss the characteristics of healthy relationships, dating, committed relationships, and marriage. 2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. 2.2.G Evaluate how growth and development, relationships, and sexual behaviors are affected by internal and external influences. 3.1.G Analyze the validity of health information, products, and services related to reproductive and sexual health. 3.2.G Identify local resources concerning reproductive and sexual health, including all FDA-approved contraceptives, HIV/STD testing, and medical care.
<p>Lesson 2: Human Bodies</p> <ul style="list-style-type: none"> Lesson 2 Intro to Body Systems 2.1 Sexual and Reproductive Systems 2.2 Stages of Human Reproduction 2.3 What's the Story? <i>Extra:</i> Anatomy Coloring <i>Extra:</i> Anatomy Race <i>Extra:</i> Anatomy Head's Up 	<ul style="list-style-type: none"> 1.1.G Describe physical, social, and emotional changes associated with being a young adult. 1.2.G Describe how conception occurs, the stages of pregnancy, and the responsibilities of parenting. 1.5.G Summarize fertilization, fetal development, and childbirth. 1.10.G Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation.
<p>Lesson 3: Identifies</p> <ul style="list-style-type: none"> Lesson 3 Intro to Identity 3.1 Identity Iceberg 3.2 Gender and Sexual Identities <i>Extra:</i> “The Gender Tag” – TEDx Talk & Discussion 	<ul style="list-style-type: none"> 1.10.G Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation. 5.5.G Use a decision-making process to analyze the benefits of respecting individual differences in growth and development, physical appearance, gender roles, and sexual orientation.

³⁰⁰ California Department of Public Health. (2008). Health education content standards for California public schools: High school (grades nine through twelve): Growth, development, and sexual health. www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf

<p>Lesson 4: Abstinence, Consent, and Intimacy</p> <p>Lesson 4 Intro to Sexual Agency</p> <p>4.1 Comprehending Consent</p> <p>4.2 Intimate Behaviors</p> <p><i>Extra: Consent Cues</i></p>	<p>1.4.G Identify why abstinence is the most effective method for the prevention of HIV, other STDs, and pregnancy.</p> <p>1.9.G Explain laws related to sexual behavior and the involvement of minors.</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity.</p> <p>2.2.G Evaluate how growth and development, relationships, and sexual behaviors are affected by internal and external influences.</p> <p>2.3.G Assess the discrepancies between actual and perceived social norms related to sexual activity among teenagers.</p> <p>4.1.G Analyze how interpersonal communication affects relationships.</p> <p>4.2.G Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and pregnancy.</p> <p>5.1.G Use a decision-making process to evaluate the physical, emotional, and social benefits of abstinence, monogamy, and the avoidance of multiple sexual partners.</p> <p>5.4.G Evaluate the risks and consequences associated with sexual activities, including HIV, other STDs, and pregnancy.</p> <p>8.1.G Encourage and support safe, respectful, and responsible relationships.</p>
<p>Lesson 5: Birth Control</p> <p>Lesson 5 Intro to Alternative Uses for Contraception</p> <p>5.1 Birth Control Stations</p> <p>5.2 It Depends on the Situation</p> <p><i>Extra: Birth Control Ads</i></p> <p><i>Extra: Birth Control Skits</i></p> <p><i>Extra: What's My Method?</i></p>	<p>1.12.G Evaluate the safety and effectiveness (including success and failure rates) of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy.</p> <p>3.3.G Compare the success and failure rates of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy.</p> <p>5.7.G Use a decision-making process to evaluate the use of FDA-approved condoms and other contraceptives for pregnancy and STD prevention.</p> <p>8.3.G Support others in making positive and healthful choices about sexual behavior.</p>
<p>Lesson 6: Pregnancy Options</p> <p>Lesson 6 Intro to Reproductive Justice</p> <p>6.1 Pregnancy Options Flowchart</p> <p>6.2 Exploring Their Options</p>	<p>1.2.G Describe how conception occurs, the stages of pregnancy, and the responsibilities of parenting.</p> <p>1.6.G Explain responsible prenatal and perinatal care and parenting, including California's Safely Surrendered Baby Law.</p> <p>1.11.G Evaluate the benefits to mother, father, and child when teenagers wait until adulthood to become parents.</p>

	<p>5.6.G Use a decision-making process to evaluate the social, emotional, physical, and economic effects of teen pregnancy on the child, the teen parent, the family, and society.</p> <p>6.1.G Evaluate how HIV, AIDS, other STDs, or pregnancy could impact life goals.</p> <p>8.3.G Support others in making positive and healthful choices about sexual behavior.</p>
<p>Lesson 7: Sexually Transmitted Infections</p> <p>Lesson 7 Intro to Harm Reduction</p> <p>7.1 STI Mystery Diagnosis</p> <p>7.2 All About STIs</p> <p>7.3 Quick Facts About HIV</p> <p>7.4 Condom Demonstration</p> <p><i>Extra: "HIV: The Neglected Pandemic" – Documentary & Discussion</i></p> <p><i>Extra: Clinic Quiz</i></p> <p><i>Extra: Clinic Adventure</i></p> <p><i>Extra: ABCs of Viral Hepatitis</i></p>	<p>1.7.G Describe the short- and long-term effects of HIV, AIDS, and other STDs.</p> <p>1.8.G Analyze STD rates among teens.</p> <p>1.12.G Evaluate the safety and effectiveness (including success and failure rates) of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy.</p> <p>3.3.G Compare the success and failure rates of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy.</p> <p>6.1.G Evaluate how HIV, AIDS, other STDs, or pregnancy could impact life goals.</p> <p>7.1.G Describe personal actions that can protect sexual and reproductive health (including one's ability to deliver a healthy baby in adulthood).</p> <p>8.2.G Advocate for the respect and dignity of persons living with HIV or AIDS.</p>
<p>Lesson 8: Sexual Violence Prevention</p> <p>Lesson 8 Intro to Power Dynamics</p> <p>8.1 Our Sexual Bill of Rights</p> <p>8.2 Zoe and Leo's Story</p> <p>8.3 Cam's Story</p>	<p>1.9.G Explain laws related to sexual behavior and the involvement of minors.</p> <p>3.4.G Evaluate laws related to sexual involvement with minors.</p> <p>8.1.G Encourage and support safe, respectful, and responsible relationships.</p>
<p>Lesson 9: Relationships</p> <p>Lesson 9 Intro to Healthy Relationships</p> <p>9.1 Love is Learned</p> <p>9.2 Brenton's Story</p> <p><i>Extra: Relationship Realities</i></p> <p><i>Extra: We Interrupt This Relationship</i></p>	<p>1.3.G Discuss the characteristics of healthy relationships, dating, committed relationships, and marriage.</p> <p>4.1.G Analyze how interpersonal communication affects relationships.</p> <p>4.3.G Demonstrate effective communication skills within healthy dating relationships.</p> <p>5.2.G Use a decision-making process to examine barriers to making healthy decisions about relationships and sexual health.</p> <p>5.3.G Use a decision-making process to analyze when it is necessary to seek help with or leave an unhealthy situation.</p> <p>8.1.G Encourage and support safe, respectful, and responsible relationships.</p>

<p>Lesson 10: Media and Body Image</p> <p>Lesson 10 Intro to Media Literacy 10.1 Behind the Scenes: Media Analysis 10.2 Sex, Love, Rock & Roll 10.3 Affirmation Creations</p> <p><i>Extra: Porn Puzzles</i></p>	<p>2.2.G Evaluate how growth and development, relationships, and sexual behaviors are affected by internal and external influences.</p> <p>2.5.G Evaluate how culture, media, and other people influence perceptions about body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation.</p>
<p>Lesson 11: Decision-Making and Communication</p> <p>Lesson 11 Intro to Advocacy 11.1 What Gives?: Refusal & Rejection Skills 11.2 What Would You Say?</p> <p><i>Extra: Dear Dr. Lupe</i> <i>Extra: Talk It Out</i></p>	<p>2.4.G Assess situations that could lead to pressure for sexual activity and to the risk of HIV, other STDs, and pregnancy.</p> <p>4.1.G Analyze how interpersonal communication affects relationships.</p> <p>4.2.G Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and pregnancy.</p> <p>4.3.G Demonstrate effective communication skills within healthy dating relationships.</p> <p>5.1.G Use a decision-making process to evaluate the physical, emotional, and social benefits of abstinence, monogamy, and the avoidance of multiple sexual partners.</p> <p>5.2.G Use a decision-making process to examine barriers to making healthy decisions about relationships and sexual health.</p> <p>5.3.G Use a decision-making process to analyze when it is necessary to seek help with or leave an unhealthy situation.</p> <p>5.7.G Use a decision-making process to evaluate the use of FDA-approved condoms and other contraceptives for pregnancy and STD prevention.</p> <p>8.1.G Encourage and support safe, respectful, and responsible relationships.</p> <p>8.3.G Support others in making positive and healthful choices about sexual behavior.</p>
<p>Lesson 12: Review and Wrap-Up</p> <p>Lesson 12 Intro to Goal Setting 12.1 Let's Talk Wrap-Up 12.2 Mapping My Future 12.3 Teen Talk Jeopardy! 12.4 Exit Survey</p> <p><i>Extra: Teen Talk Kahoot!</i> <i>Extra: Teen Talk Poetry</i></p>	<p>6.1.G Evaluate how HIV, AIDS, other STDs, or pregnancy could impact life goals.</p> <p>6.2.G Identify short- and long-term goals related to abstinence and maintaining reproductive and sexual health, including the use of FDA-approved condoms and other contraceptives for pregnancy and STD prevention.</p> <p>7.1.G Describe personal actions that can protect sexual and reproductive health (including one's ability to deliver a healthy baby in adulthood).</p>