

Buncombe County Schools
Reproductive Health and Safety Education
9th Grade Outline

Day 1 – Topics include: Abstinence, Decision Making Skills, Boundaries and Limits, Refusal Skills, and Peer Pressure

Essential Standards/Objectives:

- Classify negotiation and collaboration skills as helpful or harmful in solving problems or resolving conflicts.
- Explain the consequences of early and unprotected sexual behaviors.
- Critique skills and strategies that are used to promote abstinence from sexual activity in terms of their effectiveness.

Video – “Thinking About Abstinence”

Activities/Handouts:

Decision Making Worksheet – (Steps involved in making a good decision)

Reasons to Practice Abstinence

Committing to Abstinence

Why Wait until Marriage to have Sex

Setting Limits

Refusal/ Resistance Skills

How Much Does a Baby Cost?

Assessment – Decision Making Scenario – (Work through Decision Making Steps)

Mack is pressuring his girlfriend Angela to have sex. Angela doesn't want to. She promised her parents that she would wait until she was married, but she loves Mack. Mack has threatened to break up with Angela if she doesn't do what he wants. What should Angela do?

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Day 2 – Topics include: Reproductive System – Anatomy and Functions, Dating and Relationships, Monogamy, and Marriage

Essential Standards/Objectives:

- Summarize principles for healthy dating.
- Explain the consequences of early and unprotected sexual behaviors.
- Critique skills and strategies that are used to promote abstinence from sexual activity in terms of their effectiveness.

Activities/Handouts:

Female Anatomy Diagram (Functions)

Male Anatomy Diagram (Functions)

Ways I Want to be Treated by a Dating Partner

Ways I Want To Treat a Dating Partner

Equality in a Healthy Relationship

“The Perfect Date”

Video – “Miracle of Life”

Assessment: Reproductive System Anatomy and Functions

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9th Grade: Day 3

Topics: Risks and Consequences of Teen Pregnancy; FDA Approved Methods of Contraception

Essential Standards/Objectives:

- 9.ICR.2.2 - Explain the consequences of early and unprotected sexual behaviors.
- 9.ICR.3.4 – Exemplify decision-making skills and problem solving regarding safe and effective methods to prevent unintended pregnancy.

I. A review of human reproduction and the risks and consequences associated with teen pregnancy

- Power point slides illustrating the male and female reproductive system and pregnancy
- Video “Too Young” (National Campaign to Prevent Teen Pregnancy) followed by class discussion

II. Overview of contraceptive methods and effectiveness rates

- Show FDA approved products (hormonal, barrier, OTC/prescription) and explain how they work, including effectiveness in preventing pregnancy. Emphasize that condoms are the only method of birth control that also reduce the risk of sexually transmitted infection.
- Contrast with common myths and misconceptions about pregnancy prevention.
- Discuss access/cost factors and provide Buncombe County Department of Health information cards.
- Provide pamphlets outlining how to talk to parents about sexual decision making and birth control.
- Emphasize that abstinence is the only 100% effective way to prevent STIs or unintended pregnancy.
- Discuss Plan B and emergency contraception, which can prevent pregnancy in situations when people have failed to use contraception, or in cases of rape/sexual assault.

II. Activity (if time permits): Perception Poll - illuminate views on contraception

- Benefits of Abstinence
- Relationships
- Communication
- Decision-making (as an individual/with a partner)
- “Where to Draw the Line”

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9th Grade: Day 4

Topics: Sexually Transmitted Infections and Personal Reproductive Health

Essential Standards/Objectives:

- 9.ICR.3.3 - Illustrate skills related to safe and effective use of methods to prevent STIs, as well as access resources for testing and treatment.
- 9.PCH.1.3 - Explain the procedures for health screenings, check-ups, and other early detection measures in terms of their health-related benefits.

I. Follow-up thoughts/questions from yesterday

II. Sexually Transmitted Infections

- Students distinguish between sexually transmitted and other communicable diseases/ infections and evaluate levels of risk.
- Power point review of STIs (Viral/Bacterial/Parasitic)
- Symptoms/medical photos
- Correct use of condoms, including an activity in which students arrange cards listing the steps in order.

II. Personal Reproductive Health

- STI screening and testing procedures
- TSE instruction – boys will use health training models to learn to identify testicular tumors.
- BSE instruction – girls will use health training models to learn to identify breast tumors.

IV. Questions/Answers

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DAY 5 - Topic: HIV/AIDS

Essential Standards/Objectives:

- Explain the consequences of early and unprotected sexual behaviors.
- Critique skills and strategies that are used to promote abstinence from sexual activity in terms of their effectiveness..

Video: “AIDS Update – The Latest Facts about HIV and AIDS”

Activities/Handouts:

High, Low, No Risk Sheet – Goes along with AIDS Update video
Handshake Game
CDC Current Stats
How to Reduce the Risk of HIV Infection

Assessment – STD/HIV-AIDS – Chart

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DAY 6 - Topics: Dating Violence , Sexual Assault, and Rape Prevention

Essential Standards/Objectives:

- Contrast the myths, misconceptions, and stereotypes pertaining to sexual assault and sexual abuse with what is known on law and research.
- Classify negotiation and collaboration skills as helpful or harmful in solving problems or resolving conflicts.
- Illustrate strategies for resolving interpersonal conflict without harming self or others.
- Explain how power and control in relationships can contribute to aggression and violence.
- Design safe plans for the prevention of sexual assault and abuse that includes appropriate resources and needed skills.

Video – “Teen Dating Violence – Ten Signs of Relationship Abuse”

Activities/Handouts:

Early Warning Signs of Teen Dating Violence

Helping A Friend

Community Resources

Assessment:

Open Ended Scenarios – Students use decision making model to solve dating and relationship problems.