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| “Choosing the Best Life” Eighth Grade Sex-Related Education Curriculum |
| Lesson & Title | Topics  |
| Lesson 1:Sex – Emotions and Self-Respect | * Girls and Guys can view sex differently
* Misusing sex to meet emotional needs
* Negative emotions consequences of premarital sex
* Abstinence and self-respect
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| Lesson 2:Sex, Alcohol, and Respect | * Alcohol increases the risk of casual or unwanted sex
* Alcohol creates unique risks for teens
* Alcohol can kill – now or later
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| Lesson 3:Sex, STDs, and Honesty | * Health consequences of STDs
* The risk of STDs while being sexually active
* “Safe sex” does not eliminate the risk of STDs
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| Lesson 4: Sex, Pregnancy, and Responsibility | * The problem of teen pregnancy
* Abstinence and teen pregnancy
* The consequences of teen pregnancy
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| Lesson 5:Sex, HIV/AIDS, and Compassion | * HIV/AIDS has no cure
* HIV/AIDS can be contracted through sexual activity
* Abstinence eliminates the risk of contracting HIV/AIDS sexually
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| Lesson 6: Sex, Love, and Choices | * All choices have consequences
* Abstinence brings freedom
* The difference between infatuation and love
* Abstinence helps teens reach their goals
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| Lesson 7:Sex, Limits, and Self-discipline | * The five primary sources of pressure for teens
* “Set It! Say It! Shout It!” to become pressure proof
* Learn how to respond to sexual pressure
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| Lesson 8:Sex, Saying “No”, and Courage | * Teens *can* stand up to sexual pressure
* Teens can say “no” with positive results
* Practice helps teen learn to handle pressure-filled situations
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| Important Information |
| Topics that will not be included in the class:1. The teaching of abortion as a means to prevent birth.
2. The demonstration of how to apply contraceptives
 | Law requires that:1. Classes are separated by sex.
2. Written notice of inclusion or exclusion into the program.
3. All discussions include only factual information, not opinion or hearsay.
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