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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 | |
| 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 | |
| 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 | |
| Lesson 4:  Sex, Pregnancy, and Responsibility | * The problem of teen pregnancy * Abstinence and teen pregnancy * The consequences of teen pregnancy | |
| 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 | |
| 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 | |
| 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 | |
| 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 | |
| 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. |