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| “Choosing the Best Path” Seventh Grade Sex-Related Education Curriculum |
| Lesson & Title | Topics (the students will) |
| Lesson 1:Sex – Everybody’s Talking About It | * Identify risks of being sexually active
* Learn about the possible negative emotional consequences of premarital sexual activity
* Discuss self-respect and its role in abstinence
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| Lesson 2:The Risks of STDs and HIV/AIDS | * Learn about the most commonly sexually transmitted diseases
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| Lesson 3:Teen Pregnancy and “Safe Sex”? | * Learn about teen pregnancy
* Learn about he circumstances of a couple who becomes pregnant
* Discuss if “safe sex” is really safe enough
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| Lesson 4: Pressures to Be Sexually Active | * Identify the four major pressures to have sex
* Understand the role of alcohol in influencing teenagers
* Discuss respect and how it relates to not pressuring others
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| Lesson 5:Choosing the Best Path | * Discuss Abstinence
* Consider the reasons to be abstinent until marriage
* Have an opportunity to sign an abstinence pledge
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| Lesson 6: Set It! The Need for Boundaries | * Discuss the difference between love and sex
* Discover the difference between love and infatuation
* Learn about and learn how to set boundaries
* Discuss the trait of self-discipline and how it relates to setting boundaries
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| Lesson 7:Say It! The need to Speak Up | * Discuss how “lines” are used to influence others
* Learn four skills to help say NO
* Explore the role of courage in choosing abstinence
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| Lesson 8:Shout It! The Need to Be Assertive | * Discuss how teenagers respond to pressure
* Learn what it means to be assertive
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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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