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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 |
| Lesson 2:  The Risks of STDs and HIV/AIDS | * Learn about the most commonly sexually transmitted diseases |
| 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 |
| 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 |
| Lesson 5:  Choosing the Best Path | * Discuss Abstinence * Consider the reasons to be abstinent until marriage * Have an opportunity to sign an abstinence pledge |
| 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 |
| 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 |
| Lesson 8:  Shout It! The Need to Be Assertive | * Discuss how teenagers respond to pressure * Learn what it means to be assertive |
| 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. |