

# Being a Sex Ed Sleuth

## A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum

Fostering respect and responsibility through age-appropriate sexuality education.

### NSES ALIGNMENT:

By the end of 8th grade, students will be able to:

**AP.8.AI.1** – Identify accurate and credible sources of information about sexual health.

**PR.8.AI.3** – Identify medically-accurate sources of pregnancy-related information and support including pregnancy options, safe surrender policies and prenatal care.

**PR.8.AI.1** – Identify medically-accurate resources about pregnancy prevention and reproductive health care.

**SH.8.AI.1** – Identify medically-accurate information about STDs, including HIV.

**TARGET GRADE:** Grade 6  
Lesson 7

**TIME:** 50 Minutes

### MATERIALS NEEDED:

- Laptop or desktop computer with PowerPoint on it
- PowerPoint presentation titled, “Sex Ed Sleuth”
- LCD projector and screen
- Internet access
- Copies of four Sex Ed Sleuth assignments, each stapled together, one per group of four (or three)
- Handout: Sexual Health Information Websites – one per student
- Pencils in case students do not

### ADVANCE PREPARATION FOR LESSON:

- Print out the question sheets and screenshots – ideally, in color – and staple the pages for each individual website together. Make enough copies for groups of four (or three) to each have one. It is okay for more than one group to have the same website.
- Ask your IT person to make sure you have access to the four websites listed in the Sex Ed Sleuth activity: [Sexetc.org](http://Sexetc.org), <http://www.greattowait.com>, <http://www.plannedparenthood.org/learn/birth-control> and [bestchoicestl.org](http://bestchoicestl.org).
- Before class, review the content on each of these websites so you are familiar with what is there.
- Before class, open up these four websites so they are ready once the students have done their activity.

### A NOTE ABOUT LANGUAGE:

Language is really important and we’ve intentionally been very careful about our language throughout this curriculum. You may notice language throughout the curriculum that seems less familiar - using the pronoun “they” instead of “her” or “him”, using gender neutral names in scenarios and role-plays and referring to “someone with a vulva” vs. a girl or woman. This is intended to make the curriculum inclusive of all genders and gender identities. You will need to determine for yourself how much and how often you can do this in your own school and classroom, and should make adjustments accordingly.

### LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. Name at least two characteristics of accurate, reliable websites on sexuality and sexual health. [Knowledge]
2. Demonstrate an understanding of how to determine whether a website is medically accurate, age-appropriate and youth-positive. [Knowledge, Skill]

### PROCEDURE:

**STEP 1:** Ask the class, “How many of you have ever gone online to get an answer to a question you had?” After students have raised their hands, ask, “Do any of you have sites you go to for your questions,

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or do you just search for your question and see what comes up in the results?” After a few people have responded, ask, “Whether you go directly to a site, or you just search on your question, how do you determine whether the search results are good ones? There is a lot of misinformation on the internet – and if you rely on sites like YouTube or any of the other sites where people vote on whether they think an answer was good or not, you’re not necessarily going to get reliable information. Even though Wikipedia has improved, it, too, is not always the most reliable resource. What we’re going to do today is talk about how you do find reliable online sources for sexuality-related information – and how you can determine how some sources aren’t particularly interested in getting you the information you need!” (5 minutes)

**STEP 2:** Start the PowerPoint, “Sex Ed Sleuth.” Ask whether students know what a sleuth is, and if they do not, explain that it is like a detective – someone who looks for clues and information to answer a question or solve a problem.

Go through the first three slides. At Slide 4, say to the students, “What if I wanted to know how effective condoms are? I would likely just Google that question. When I did it, here’s what came up.” Go to slide 5, which is a screen shot of the search results. Say, “So I have over a million results to choose from, and these are the top ones. So which one should I look at?”

Go to slide five, where a few things have been highlighted and go through each, saying:

“So, when I read ‘it’s your sex life,’ it makes me feel like that organization wants me to take responsibility for and care of myself. I’d kind of like that as a teen, I think it’d make me feel really capable and mature. What also stands out even before I click on the link is that it refers to the CDC. The CDC is the Centers for Disease Control and Prevention, and it’s the leading national public health organization in the U.S. It’s also a part of the U.S. government. I know this because the ending – the part that comes after ‘CDC’ is ‘.gov.’ So if I see the CDC mentioned, I know they’ve done their homework and that the information is accurate.

Then I look at ‘WebMD’ and I’m not sure until I’ve done more research. Having ‘MD’ in the title of this resource, which is usually very reliable, might make you think it’s a doctor who wrote everything, but it’s not – it’s independent writers who interview various professionals, check their facts and then put that information on the site. So you’d want to do a bit more sleuthing before deciding it was reliable.

Finally, there’s ‘Kids Health.’ What do you think? If I were your age, part of me would say immediately, ‘oh, that’s for me,’ but we won’t know without more information. So why don’t we check that one out and see what’s what?” (5 minutes)

Go the slide 7, which is a screenshot of the Kids Health site mentioned in the search results. Ask the students what stands out to them that would make them think this is a reliable site, and what makes them feel like they’d need more information.

After hearing their responses, go to slide 8 and go through the highlighted portions, saying: “I highlighted ‘from Nemours’ at the top left – does anyone know what they are? Okay, so first, we’d need to find out who they are and whether they have a bias or whether we think they know what they’re talking about. The second thing that stood out for me was this part that reads, ‘Expert Answer.’ Again, according to whom? I could say right now, ‘I’m an expert on American history.’ But just saying that doesn’t necessarily make it true – you’d need to find out what makes me an expert. So I’d want to know who is answering the questions, and

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what makes them an expert instead of just some person who is Googling the answers from another website.

Finally, what stands out to me is this statement, ‘If you and your partner are having sex...’ This implies to me that it’s a health-related site that’s based in what’s going on in the real world. It acknowledges that many people won’t be having sex – and we all know that the only 100% effective way of avoiding STDs and/or pregnancy is by not having sex with someone. But it also seems to acknowledge that most people will have some kind of a sex at some point – and so when they do, using a condom is really effective.”

Go to the 9th slide and say, “By the way, I clicked on the statement, ‘by Nemours,’ and found that it’s a children’s healthcare system, with no religious affiliation and a lot of health-related expertise. So I determined this was a reliable website that I might go back to with other questions I had about sexuality.” (5 minutes)

**STEP 3:** Tell the students they are now going to do the same thing for themselves. Explain that you are going to divide them into groups of 4 and give them a packet that comes from a particular website. Explain that each packet will have a cover sheet with questions on it that they need to go through and answer. At the end, they will need to decide whether this is a reliable website for having that question answered, based on what they see there. Ask if there are any questions, break them into their groups, and distribute the assignments. Tell them they will have 15 minutes in which to do this work. Walk around as they work, providing support as needed. (18 minutes)

***Note to the Teacher:** Depending on the number of students in your class, you may wish to have them break into triads instead. If you have enough computers, you may wish to do this online; however, using the printouts provided ensures you will be able to do the activity if there are any issues with internet access, and also gives a bit more control over the process so that students will not be tempted to go to different parts of each site rather than complete the activity.*

**STEP 4:** Ask each group to report back on their websites. Since there will be duplication with some of the sites, ask any groups that follow to please not repeat what has already been said, but instead to share whatever they may feel differently about, or found in addition to what the other group found. As each group goes, project their websites on the screen. (19 minutes)

**STEP 5:** Congratulate the students on doing a good job. Explain that you are going to distribute a list of websites that are reliable and medically accurate, and ask them to visit one of them for homework with a parent or caregiver. (3 minutes)

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### **RECOMMENDED ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:**

Assessment of both learning objectives can be done during the small group report-backs. Students will also be asked to hand in their worksheets for additional assessment.

### **HOMEWORK:**

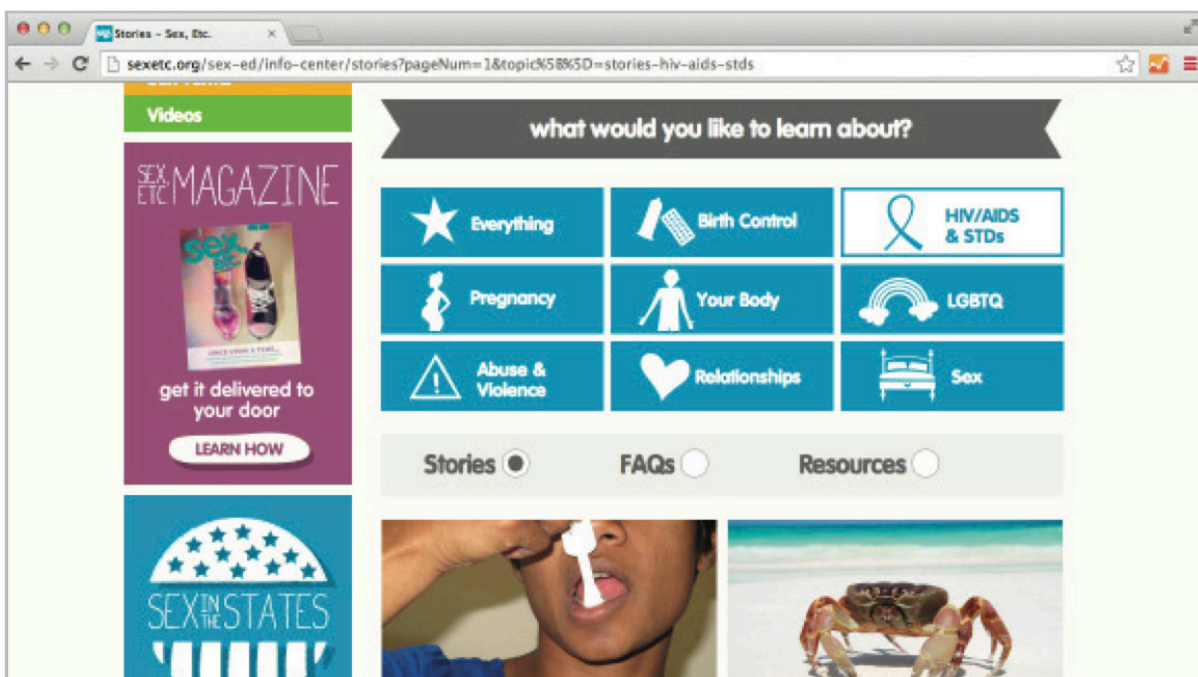
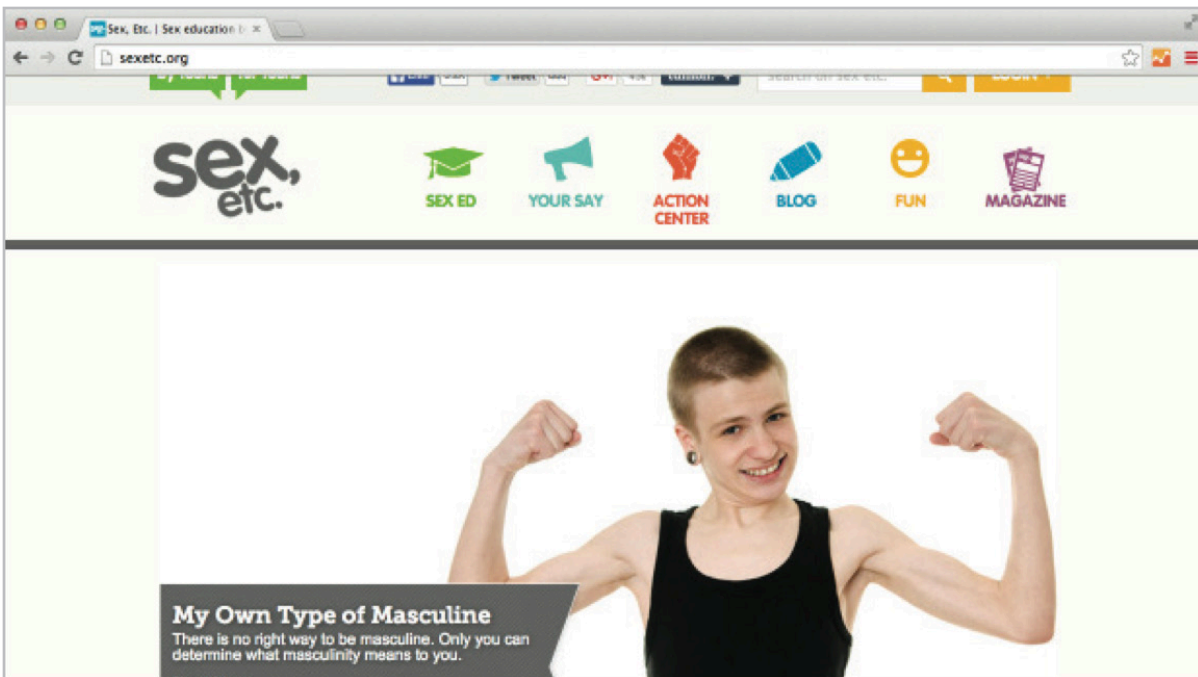
Have students select a website from the list provided by the teacher and ask them to visit at least one with a parent/caregiver and talk about what they saw.

[www.sexetc.org](http://www.sexetc.org)

Group Member Names: \_\_\_\_\_

4. Is this a site you'd visit to get more information about sexuality and sexual health? Why or why not?

Sex Ed Sleuth Assignment A: "Sex, Etc."  
www.sexetc.org





sexetc.org/sex-ed/info-center/faqs

## what would you like to learn about?

Everything	Birth Control	HIV/AIDS & STDs
Pregnancy	Your Body	LGBTQ
Abuse & Violence	Relationships	Sex

Stories ☐ FAQs ☒ Resources ☐

After becoming pregnant how long is too long to wait before you have an abortion? Is it possible to get an abortion after the first trimester?

All my partner wants is sex, and I consider myself a little too young. How can I tell him or her that I don't want to have sex without embarrassing my partner or hurting the

sexetc.org/about

## About Sex, Etc.

Sex, Etc. is on a mission to improve teen sexual health across the country! Each year, five million young people visit Sexetc.org, and over 45,000 read our [magazine](#) to get honest and accurate sexual health information. We've helped teens with answers to their question about sex, relationships, pregnancy, STDs, birth control, sexual orientation and more!

Sexetc.org has comprehensive sex ed information including:

- [Stories written by teen staff writers and national contributors](#)

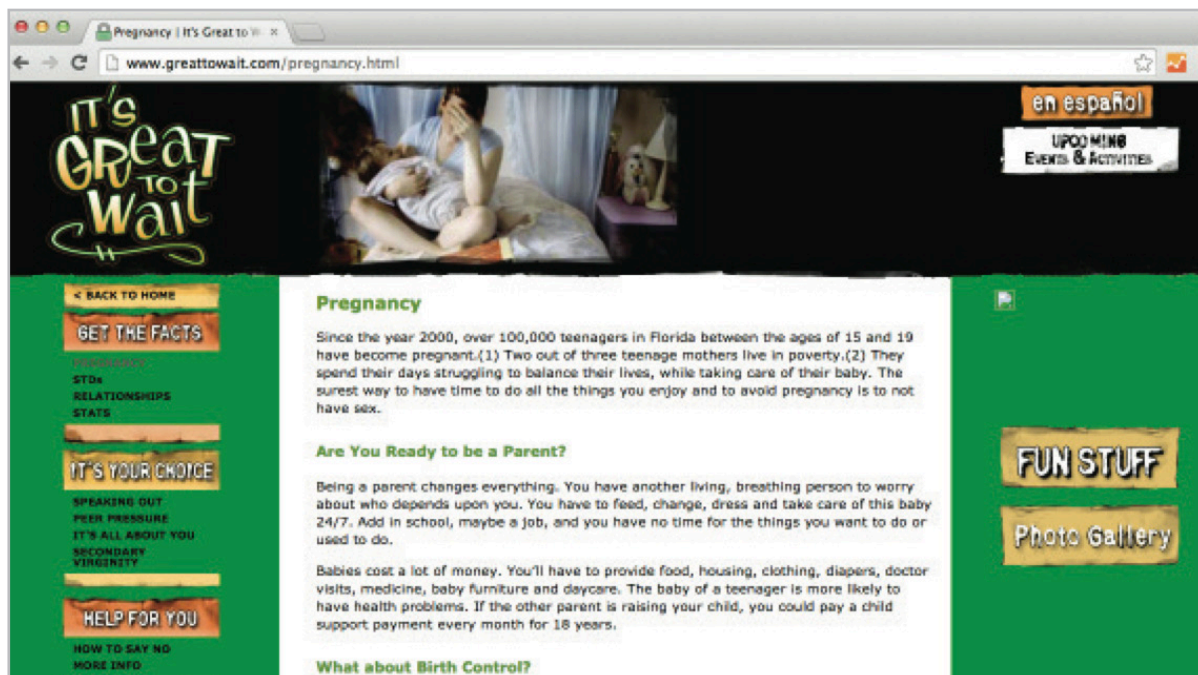
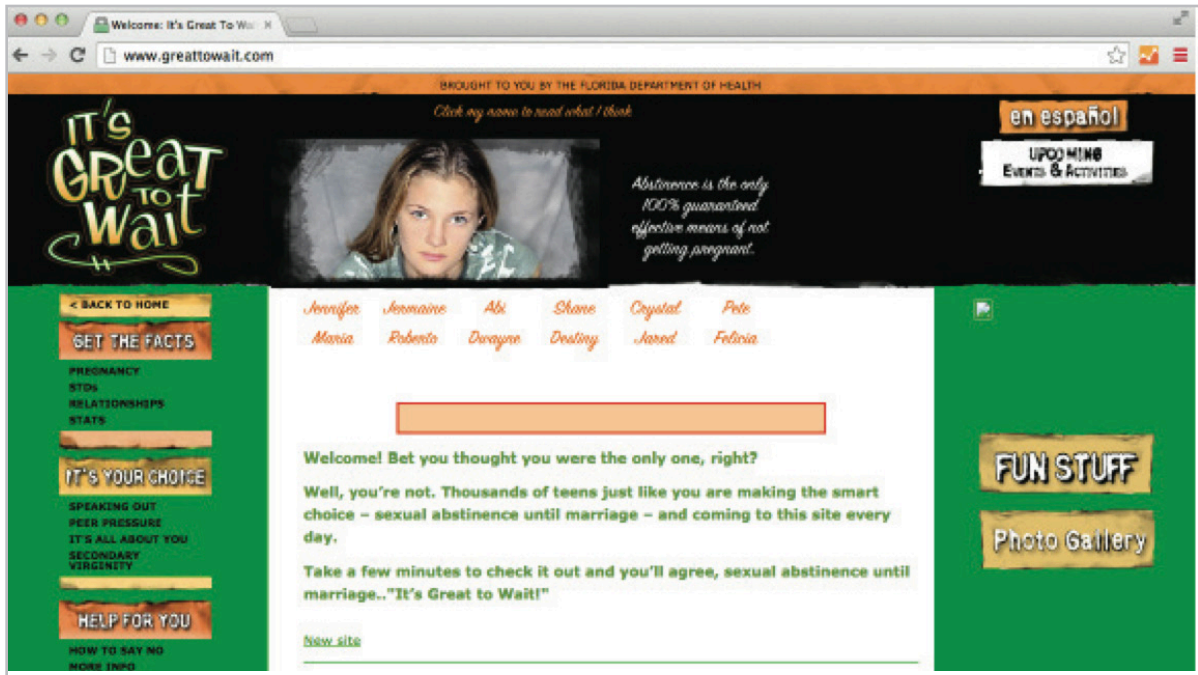
**Sex Ed Sleuth Assignment B: "It's Great to Wait"**  
[www.greattowait.com](http://www.greattowait.com)

Group Member Names: \_\_\_\_\_

1. You need to find information about preventing pregnancy. Does this site seem to have reliable/accurate information? What do you base that on?
2. Who's behind the website? Look at the "about us" link. Does that make the site more or less reliable? Why?
3. Is the website content up to date? How do you know?
4. Is this a site you'd visit to get more information about sexuality and sexual health? Why or why not?



## Sex Ed Sleuth Assignment B: "It's Great to Wait" www.greattowait.com



Stats | It's Great to Wait - X

www.greattowait.com/stats.html

BROUGHT TO YOU BY THE FLORIDA DEPARTMENT OF HEALTH

en español

UPCOMING EVENTS & ACTIVITIES

It's Great to Wait

< BACK TO HOME

GET THE FACTS

RELATIONSHIPS

IT'S YOUR CHOICE

HELP FOR YOU

HOW TO SAY NO

### Stats

- During the year 2007, Florida teenagers between the age of 15-19 accounted for 23,602 cases of sexually transmitted disease.

Florida Department of Health's Bureau of Sexually Transmitted Disease

- During the year 2007, teenagers accounted for over one third of all sexually transmitted disease cases in the state of Florida.

Florida Department of Health's Bureau of Sexually Transmitted Disease

- One in four sexually active female teenagers in Florida acquires a sexually transmitted disease.

Florida Department of Health's Bureau of Sexually Transmitted Disease

- In 2007, Chlamydia cases increased by over 5000.

Florida Department of Health's Bureau of Sexually Transmitted Disease

- In 2007 data displayed that, 14,869 teenagers in Florida between the ages 15 and 19

FUN STUFF

Photo Gallery

It's Great to Wait - Sexual - X

www.greattowait.com/contact.html

### HELP FOR PARENTS AND EDUCATORS

WELCOME PARENTS

TALK TO YOUR KIDS

HELP YOUR TEEN DEVELOP REFUSAL SKILLS

FOR EDUCATORS AND OTHER PROFESSIONALS

PROGRAM INFORMATION

NEWSROOM

CONTACT US

### Optional information

Full Name

Your Organization (if applicable)

Your Title (if applicable)

Address

City

State

Zip code

Your email address

Confirm email address

Would you like to be added to our mailing list?

☒ Yes ☐ No

We appreciate your e-mail concerning your comments, questions or suggestions about sexual abstinence until marriage. Please note however, that this is not a confidential medium. Any e-mail responses received from or sent to our readers are not guaranteed to be private because of public records laws as well as the nature of electronic media and access to e-mail accounts.

[Medicine companies in UK](#)

[www.plannedparenthood.org/learn/birth-control](http://www.plannedparenthood.org/learn/birth-control)

Group Member Names: \_\_\_\_\_

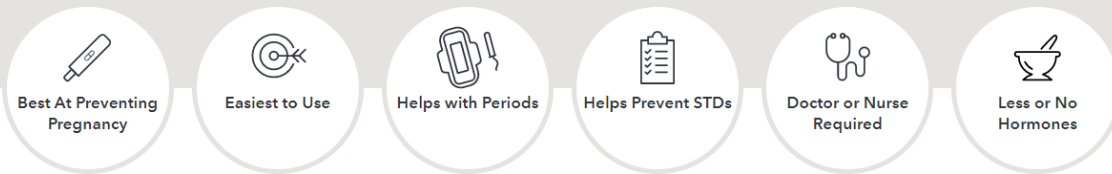
4. Is this a site you'd visit to get more information about sexuality and sexual health? Why or why not?

Sex Ed Sleuth Assignment C: "Planned Parenthood"  
[www.plannedparenthood.org/learn/birth-control](http://www.plannedparenthood.org/learn/birth-control)

## Birth Control

Birth control is how you prevent pregnancy. There are lots of different birth control options out there.  
We're here to help you figure it all out.

Pick what's important to you to find your best birth control method:



Used On a Schedule

### Birth Control Patch

91% Effective  
Can cost \$0 to \$150  
Replace weekly

[LEARN MORE →](#)



Used On a Schedule

### Birth Control Pill

91% Effective  
Can cost \$0 to \$50  
Take daily

[LEARN MORE →](#)



Use Every Time

### Condom

85% Effective  
Can cost \$0 to \$2  
Use every time

[LEARN MORE →](#)



Use Every Time

### Internal Condom

79% Effective  
Can cost \$0 to \$3  
Use every time

[LEARN MORE →](#)



Low Maintenance

### Birth Control Implant

99% Effective  
Can cost \$0 to \$1300  
Lasts Up To 5 years

[LEARN MORE →](#)



Low Maintenance

### IUD

99% Effective  
Can cost \$0 to \$1300  
Lasts Up To 3-12 years

[LEARN MORE →](#)



Used On a Schedule

### Birth Control Shot

94% Effective  
Can cost \$0 to \$150  
Get every 3 months

[LEARN MORE →](#)



Used On a Schedule

### Birth Control Vaginal Ring

91% Effective  
Can cost \$0 to \$200  
Replace monthly

[LEARN MORE →](#)



Use Every Time

## Diaphragm

88% Effective

Can cost \$0 to \$75

Use every time

[LEARN MORE →](#)



Use Every Time

## Birth Control Sponge

76-88% Effective

Can cost \$0 to \$15

Use every time

[LEARN MORE →](#)



Use Every Time

## Cervical Cap

71-86% Effective

Can cost \$0 to \$90

Use every time

[LEARN MORE →](#)



Use Every Time

## Spermicide

71% Effective

Can cost \$0 to \$8

Use every time

[LEARN MORE →](#)



Lifestyle

## Fertility Awareness (FAMs)

76-88% Effective

Can cost \$0 to \$20

Use daily

[LEARN MORE →](#)



Lifestyle

## Withdrawal (Pull Out Method)

78% Effective

Cost \$0

Use Every Time

[LEARN MORE →](#)



Lifestyle

## Breastfeeding as Birth Control

98% Effective

Cost \$0

Do every 4-5 hours

[LEARN MORE →](#)



Lifestyle

## Outercourse and Abstinence

100% Effective

Cost \$0

Used every time

[LEARN MORE →](#)



Permanent

## Sterilization (Tubal Ligation)

99% Effective

Can cost \$0 to \$6000

Lasts for Life

[LEARN MORE →](#)



Permanent

## Vasectomy

99% Effective

Can cost \$0 to \$1000

Lasts for life

[LEARN MORE →](#)

1. You need to find information about preventing pregnancy. Does this site seem to have reliable/accurate information? What do you base that on?
2. Who's behind the website? Look at the "about us" link. Does that make the site more or less reliable? Why?
3. Is the website content up to date? How do you know?
4. Is this a site you'd visit to get more information about sexuality and sexual health? Why or why not?



## Sex Ed Sleuth Assignment D: "Best Choices"

bestchoicestl.org



[ABOUT](#) [TEENS](#) [TEACHERS](#) [PARENTS](#) [EVENTS](#) [FAQ](#) [CURRICULUM](#)

[CONTACT US >](#)

*Free STD Testing!*



### Welcome!

Whether you are a student, parent, teacher, youth coordinator, we are so happy you have taken an interest in Best ChoiceSM Sexual Risk Avoidance program. We are all about experiencing personal freedom to live life to its fullest—so feel free to explore our site and contact us!

The Best ChoiceSM Sexual Risk Avoidance program is designed to empower and equip middle and high school students with the knowledge and skills to make healthy choices regarding sex and other risk behaviors. With a strong focus on healthy relationships and goal orientation, Best ChoiceSM provides medically accurate, culturally sensitive information and activities to young people at a critical time in their development.

Sexual Integrity-expresses the gift of sexuality throughout life in a true, honest, and excellent way.

It is PROTECTION in childhood, DIRECTION in adolescence & CELEBRATION in adulthood.

Best ChoiceSM sexual integrity and sexual risk prevention programs celebrate the complexity of the whole person. By exploring the sexual aspects of our social, physical, intellectual, emotional and spiritual being in a fast-paced, edgy and interactive manner, young people ages 12-18 understand that sex is more than a physical act and are empowered to make the best and healthiest choices.

Best ChoiceSM utilizes a Title V, A-H compliant curriculum designed to serve and empower middle school and high school students with inspiration, motivation, reasons, and skills to support their choice.

Typically presented as a 4-day, 50 minute program, Best Choice SM may be adapted to accommodate different schedules. Topics include sexual integrity, sexually transmitted infections, media influence, goals, risky behaviors, healthy choices, renewed abstinence, and much more.

Best ChoiceSM is available free of charge throughout the greater St. Louis region to public and private high Schools, middle schools, youth groups, churches and other venues.

### Send Us a Message

[SUBMIT >](#)



# Sex 101

Are you a SEXPERT?

[QUIZ HERE >](#)

## Pregnancy 101

Neither condoms nor birth control are 100% effective in preventing pregnancy. So, the more times you have sex, the more likely you are to get pregnant or get someone pregnant. All of a sudden, you're a parent and life becomes a lot more challenging.

Activate Windows  
Go to Settings to activate

## **SEXUAL HEALTH INFORMATION WEBSITES FOR YOUNG PEOPLE**

### **AMERICAN SEXUAL HEALTH ASSOCIATION**

The American Sexual Health Association's youth website, "I Wanna Know," offers information on sexual health for teens. Young people will find the facts, the support, and the resources they need to answer their questions, find referrals, and get access to in-depth information about sexual health, sexually transmitted diseases (STDs), healthy relationships, and more.

<http://www.iwannaknow.org/teens/index.html>

### **KIDSHEALTH/TEENSHEALTH - THE NEMOURS FOUNDATION**

KidsHealth has separate areas for kids, teens, and parents - each with its own design, age-appropriate content, and tone. There are thousands of in-depth features, articles, animations, games, and resources - all original and all developed by experts in the health of children and teens.

<http://www.kidshealth.org/teen/>

### **PLANNED PARENTHOOD**

While Planned Parenthood provides sexual and reproductive healthcare and resources for people of all ages, this site focuses on the needs of younger people.

<http://www.plannedparenthood.org/teens>

### **SEX, ETC.**

This site, sponsored by Answer at Rutgers University, includes content on a wide variety of sexuality-related topics written by teens, for teens.

<http://www.sexetc.org>

### **STAY TEEN**

Power to Decide's website for teens, stayteen.org, contains information on healthy relationships ("What's your Relationship Reality"), and information on abstinence and contraception ("Get Informed").

<http://www.stayteen.org>