

# Rights, Respect, Responsibility

A K-12 SEXUALITY EDUCATION CURRICULUM

**Lesson Selection Guide (GRADES 9-12)**

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The 3R's curriculum was carefully designed to meet all of the National Sexuality Education Standards. The Standards identify the minimum essential core content and skills for sexuality education K-12 given student needs, limited teacher preparation and typically available time and resources. Therefore, teachers and schools are encouraged to teach all of the lessons in the curriculum in their appropriate sequence.

This is not always possible, however. Often teachers are faced with having fewer class sessions available to them to devote to sexuality education than is optimal. In these cases, it can be useful to have some guidance on which sessions to teach. The purpose of this Lesson Selection Guide, therefore, is to assist educators in choosing the most appropriate lessons to teach if they are not able to cover all of them. Individual school districts may have specific curricular needs that should guide their selection of lessons. In particular at the high school level, it would be useful to know what lessons are covered in grades K-5 and 6-8 before planning which lessons to include in grades 9-12 so that all seven topics in the National Sexuality Education Standards are covered and any gaps from the earlier grades can be addressed. The 3Rs curriculum is designed for maximum flexibility with regard to choosing and adapting lesson plans to meet the needs of each district. This guide offers three possible configurations meant to capitalize on the number of hours that are available and provide a strong foundation for future lessons on the seven essential topics identified by the National Sexuality Education Standards. Research suggests that, on average, high schools in the United States spend 10.6 hours, or approximately (13) 50 minute lessons, on topics that are covered in the 3Rs curriculum.<sup>1</sup> Therefore, the guide below is written with those constraints in mind.

In the Grade 9-12 sequence, there are a total of 29 lessons, eleven in 9th grade, seven in 10th grade, five in the 11th grade, and six in 12th grade. These 29 lessons cover all seven topics from the National Sexuality Education Standards. They are designed to build in a developmentally appropriate and sequential way so that lessons in each grade build upon those from previous grade levels. This guide suggests which lessons to teach if one has only 22, 18, or 12 total sessions between 9th and 12th grade. They take into consideration sequencing needs in grades 9-12, as well as which core concepts should be prioritized at this level.

### ***Rights, Respect, Responsibility: A K-12 Sexuality Education Curriculum***

Total number of lessons: **79** (plus 3 supplements)

Number of lessons Grades 9-12: **29**

- 9<sup>th</sup> Grade: **11**
- 10<sup>th</sup> Grade: **7**
- 11<sup>th</sup> Grade: **5**
- 12<sup>th</sup> Grade: **6**

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<sup>1</sup> Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention, Division of Adolescent School Health, SHPPS Topic and Component Specific Fact Sheets. [http://www.cdc.gov/HealthyYouth/shpps/2006/factsheets/topic\\_component.htm](http://www.cdc.gov/HealthyYouth/shpps/2006/factsheets/topic_component.htm)

## COVERAGE OF TOPICS GRADES: FROM THE NATIONAL SEXUALITY EDUCATION STANDARDS IN 3RS GRADES 9-12

| TOPIC                              | 9TH GRADE | 10TH GRADE | 11TH GRADE | 12TH GRADE | TOTAL LESSONS |
|------------------------------------|-----------|------------|------------|------------|---------------|
| Anatomy and Physiology             | 0         | 0          | 0          | 1          | 1             |
| Puberty and Adolescent Development | 1         | 0          | 1          | 1          | 3             |
| Identity                           | 1         | 1          | 1          | 0          | 3             |
| Pregnancy and Reproduction         | 5         | 3          | 1          | 2          | 11            |
| STDS/HIV                           | 4         | 2          | 0          | 1          | 7             |
| Healthy Relationships              | 2         | 2          | 2          | 2          | 8             |
| Personal Safety                    | 2         | 2          | 1          | 1          | 6             |

\* The total number of lessons on the chart is higher than the number of lessons in grades 9-12 because some lessons cover more than one core concept.

### IF YOU ONLY HAVE 22 SESSIONS

| GRADE | LESSON TITLE                                | TOPIC   | NSES INDICATOR(S)  | OTHER KEY CONCEPTS   |
|-------|---|---|--|--|
| 9     | It Wasn't My Fault                          | Personal Safety   | PS.12.AI.1; PS.12.IC.1; PS.12.AI.2; PS.12.CC.4                           | Sexual abuse/assault prevention; Accessing information/support/resources; Consent                            |
| 9     | OBI- Sexual Orientation, Behavior, Identity | Identity  | ID.12.CC.2   | Sexual orientation/LGBQ; Relationships   |
| 9     | Understanding Gender                        | Identity  | D.12.CC.1  | Gender identity/transgender; Gender/gender roles   |
| 9     | Decisions, Decisions                        | Puberty and Adolescent Development; Pregnancy and Reproduction; Sexually Transmitted Diseases and HIV | PD.12.DM.1; PR.12.DM.1; SH.12.DM.1                                       | Decision-making; Relationships   |
| 9     | Sexual Decision-Making                      | Pregnancy and Reproduction; Healthy Relationships   | PR.12.INF.1; HR.12.CC.2; HR.12.IC.2; HR.12.SM.1                          | Decision-making; Abstinence; Condoms and birth control   |
| 9     | What If...?                                 | Pregnancy and Reproduction  | PR.12.CC.4; PR.12.CC.5; PR.12.INF.2; PR.12.INF.3; PR.12.AI.3; PR.12.AI.4 | Pregnancy/ Pregnancy options; Abstinence; Condoms and birth control; Accessing information/support/resources |
| 9     | STD Smarts                                  | Sexually Transmitted Diseases and HIV   | SH.12.CC.1; SH.12.CC.2; SH.12.AI.2                                       | STD/HIV; Condoms and birth control; Abstinence   |

|           |   |  |   |  |
|-----------|---|--|---|--|
| <b>9</b>  | Creating Condom Confidence                                  | Pregnancy and Reproduction;<br>Sexually Transmitted Diseases and HIV | <b>PR.12.SM.1; SH.12.SM.2</b>               | Condoms and Birth Control; Abstinence; STD/ HIV                                  |
| <b>10</b> | Rights, Respect, Responsibility                             | Healthy Relationships;<br>Personal Safety                            | <b>HR.12.CC.3; HR.12.INF.2; PS.12.CC.3</b>  | Sexual abuse/ assault prevention; Decision-making; Relationships                 |
| <b>10</b> | Know Your Options   | Pregnancy and Reproduction;  | <b>PR.12.CC.1; PR.12.CC.2</b>               | Condoms and birth control; Abstinence; Accessing information/ support/ resources |
| <b>10</b> | We All Have Rights  | Pregnancy and Reproduction;<br>STDs/HIV                              | <b>PR.12.CC.3; SH.12.CC.3</b>               | Advocacy; Decision-making; Relationships   |
| <b>10</b> | Let Me Tell You   | STDs/HIV   | <b>SH.12.INF.1; SH.12.IC.1</b>              | Decision-making; STD/HIV; Pregnancy options                                      |
| <b>10</b> | Using Technology Respectfully and Responsibly               | Healthy Relationships  | <b>HR.12.CC.4; HR.12.SM.2</b>               | Relationships; Decision-making; Advocacy   |
| <b>10</b> | Our Space, Safe Space                                       | Identity;<br>Personal Safety   | <b>ID.12.SM.1; ID.12.ADV.1; PS.12.ADV.1</b> | Sexual orientation/ LGBTQ; Gender identity/ transgender; Advocacy                |
| <b>10</b> | Trust It or Trash It? Finding Accurate Sex Ed Info          | Pregnancy and Reproduction   | <b>PR.12.AI.1; PR.12.AI.2</b>               | Accessing information/ support/ resources; Advocacy                              |
| <b>11</b> | How Do You See Me?  | Puberty and Adolescent Development                                   | <b>PD.12.INF.1</b>                          | Relationships; Decision-making; Families   |
| <b>11</b> | My Boundaries   | Healthy Relationships;   | <b>HR.12.IC.1; HR.12.SM.1</b>               | Relationships; Sexual abuse/assault prevention; Consent                          |
| <b>11</b> | Is it Abuse If?   | Healthy Relationships;<br>Personal Safety                            | <b>HR.12.IC.1; PS.12.CC.1; PS.12.IC.2</b>   | Sexual abuse/ assault prevention; Accessing information/support/ resources       |
| <b>11</b> | Gender and Sexual Orientation: Understanding the Difference | Identity   | <b>ID.12.CC.1; ID.12.INF.1</b>              | Sexual orientation/ LGBTQ Advocacy; Decision-making; Pregnancy options           |
| <b>12</b> | What are My Reproductive Rights?                            | Pregnancy and Reproduction   | <b>PR.12.CC.6.</b>                          | Advocacy; Decision-making; Pregnancy options                                     |
| <b>12</b> | Sexual Rights: Who Decides?                                 | Personal Safety  | <b>PS.12.INF;PS.12.INF.2</b>                | Sexual abuse/assault prevention; Advocacy; Condoms and birth control             |
| <b>12</b> | Fantasy or Reality  | Healthy Relationships  | <b>HR.12.INF.1; HR.12.AI.1</b>              | Decision-making; Advocacy; Relationships   |

Although all of the seven National Sexuality Education Standards topics are covered in the 3Rs curriculum at the high school level, the greatest emphasis in grades 9-12 is placed on pregnancy and reproduction, healthy relationship, STDs/HIV, and personal safety while Identity and puberty and adolescent development are well-represented. The high school lessons are intended to build on, reinforce, and expand concepts introduced in elementary and middle school by addressing issues in a developmentally appropriate way in order to build knowledge, healthy dispositions, and skills. The 22 lessons suggested above cover the topics with a commensurate emphasis to each with the overall curriculum. The 22 lesson suggestions above were made to ensure that new knowledge that has not been introduced in earlier grades is included, that each grade level is represented proportionally to the curriculum, and that there is a balance between individually-focused content and lessons with broader application to the world in which students live, including advocacy.

#### IF YOU ONLY HAVE 18 SESSIONS

| GRADE | LESSON TITLE                                | TOPIC   | NSES INDICATOR(S)   | OTHER KEY CONCEPTS   |
|-------|---|---|---|--|
| 9     | It Wasn't My Fault                          | Personal Safety   | PS.12.AI.1; PS.12.IC.1;<br>PS.12.AI.2; PS.12.<br>CC.4                       | Sexual abuse/assault prevention; Accessing information/support/resources; Consent                            |
| 9     | OBI- Sexual Orientation, Behavior, Identity | Identity  | ID.12.CC.2  | Sexual orientation/LGBQ; Relationships   |
| 9     | Decisions, Decisions                        | Puberty and Adolescent Development;<br>Pregnancy and Reproduction;<br>Sexually Transmitted Diseases and HIV | PD.12.DM.1; PR.12.DM.1; SH.12.DM.1  | Decision-making; Relationships   |
| 9     | Sexual Decision-Making                      | APregnancy and Reproduction;<br>Healthy Relationships   | PR.12.INF.1; HR.12.CC.2; HR.12.IC.2;<br>HR.12.SM.1                          | Decision-making; Abstinence; Condoms and birth control   |
| 9     | What If...?                                 | Pregnancy and Reproduction  | PR.12.CC.4; PR.12.CC.5; PR.12.INF.2;<br>PR.12.INF.3; PR.12.AI.3; PR.12.AI.4 | Pregnancy/ Pregnancy options; Abstinence; Condoms and birth control; Accessing information/support/resources |
| 9     | STD Smarts                                  | Sexually Transmitted Diseases and HIV   | SH.12.CC.1; SH.12.CC.2; SH.12.AI.2  | STD/HIV; Condoms and birth control; Abstinence   |
| 9     | Creating Condom Confidence                  | Pregnancy and Reproduction;<br>Sexually Transmitted Diseases and HIV  | PR.12.SM.1; SH.12.SM.2  | Condoms and Birth Control; Abstinence; STD/HIV   |
| 10    | Rights, Respect, Responsibility             | Healthy Relationships;<br>Personal Safety   | HR.12.CC.3; HR.12.INF.2; PS.12.CC.3   | Sexual abuse/ assault prevention; Decision-making; Relationships   |

|           |   |  |   |   |
|-----------|---|--|---|---|
| <b>10</b> | Know Your Options   | Pregnancy and Reproduction;            | <b>PR.12.CC.1; PR.12.CC.2</b>             | Condoms and birth control; Abstinence; Accessing information/support/ resources |
| <b>10</b> | Let Me Tell You   | STDs/HIV                               | <b>SH.12.INF.1; SH.12.IC.1</b>            | Decision-making; STD/HIV; Pregnancy options                                     |
| <b>10</b> | Using Technology Respectfully and Responsibly               | Healthy Relationships                  | <b>HR.12.CC.4; HR.12.SM.2</b>             | Relationships; Decision-making; Advocacy  |
| <b>10</b> | Trust It or Trash It? Finding Accurate Sex Ed Info          | Pregnancy and Reproduction             | <b>PR.12.AI.1; PR.12.AI.2</b>             | Accessing information/support/ resources; Advocacy                              |
| <b>11</b> | How Do You See Me?  | Puberty and Adolescent Development     | <b>PD.12.INF.1</b>                        | Relationships; Decision-making; Families  |
| <b>11</b> | Is it Abuse If?   | Healthy Relationships; Personal Safety | <b>HR.12.IC.1; PS.12.CC.1; PS.12.IC.2</b> | Sexual abuse/ assault prevention; Accessing information/support/ resources      |
| <b>11</b> | Gender and Sexual Orientation: Understanding the Difference | Identity                               | <b>ID.12.CC.1; ID.12.INF.1</b>            | Sexual orientation/ LGBTQ Advocacy; Decision-making; Pregnancy options          |
| <b>12</b> | What are My Reproductive Rights?                            | Pregnancy and Reproduction             | <b>PR.12.CC.6.</b>                        | Advocacy; Decision-making; Pregnancy options                                    |
| <b>12</b> | Sexual Rights: Who Decides?                                 | Personal Safety                        | <b>PS.12.INF;PS.12.INF.2</b>              | Sexual abuse/assault prevention; Advocacy; Condoms and birth control            |
| <b>12</b> | Fantasy or Reality  | Healthy Relationships                  | <b>HR.12.INF.1; HR.12.AI.1</b>            | Decision-making; Advocacy; Relationships  |

The 18 lessons suggested above continue to represent an emphasis on pregnancy and reproduction, healthy relationships, STDs/HIV and personal safety, as well as Identity, and puberty and adolescent development. They focus on core knowledge and skills including both new content and the developmentally appropriate extension of previously addressed information. The lessons that have been eliminated, while important, cover topics that are either already covered entirely or in part in other lessons or area broader extensions that may be covered elsewhere in a high school curriculum.

#### IF YOU ONLY HAVE 12 SESSIONS

| <b>GRADE</b> | <b>LESSON TITLE</b>                         | <b>TOPIC</b>    | <b>NSES INDICATOR(S)</b>                              | <b>OTHER KEY CONCEPTS</b>  |
|--------------|---|-----------------|---|--|
| <b>9</b>     | It Wasn't My Fault                          | Personal Safety | <b>PS.12.AI.1; PS.12.IC.1; PS.12.AI.2; PS.12.CC.4</b> | Sexual abuse/assault prevention; Accessing information/support/ resources; Consent |
| <b>9</b>     | OBI- Sexual Orientation, Behavior, Identity | Identity        | <b>ID.12.CC.2</b>                                     | Sexual orientation/LGBTQ; Relationships  |

|           |   |   |   |   |
|-----------|---|---|---|---|
| <b>9</b>  | What If...?   | Pregnancy and Reproduction  | <b>PR.12.CC.4; PR.12.CC.5; PR.12.INF.2; PR.12.INF.3; PR.12.AI.3; PR.12.AI.4</b> | Pregnancy/ Pregnancy options; Abstinence; Condoms and birth control; Accessing information/support/ resources |
| <b>9</b>  | STD Smarts  | Sexually Transmitted Diseases and HIV                             | <b>SH.12.CC.1; SH.12.CC.2; SH.12.AI.2</b>                                       | STD/HIV; Condoms and birth control; Abstinence  |
| <b>9</b>  | Creating Condom Confidence                                  | Pregnancy and Reproduction; Sexually Transmitted Diseases and HIV | <b>PR.12.SM.1; SH.12.SM.2</b>   | Condoms and Birth Control; Abstinence; STD/ HIV   |
| <b>10</b> | Rights, Respect, Responsibility                             | Healthy Relationships; Personal Safety                            | <b>HR.12.CC.3; HR.12.INF.2; PS.12.CC.3</b>                                      | Sexual abuse/ assault prevention; Decision-making; Relationships  |
| <b>10</b> | Know Your Options   | Pregnancy and Reproduction;                                       | <b>PR.12.CC.1; PR.12.CC.2</b>   | Condoms and birth control; Abstinence; Accessing information/ support/ resources                              |
| <b>10</b> | Using Technology Respectfully and Responsibly               | Healthy Relationships   | <b>HR.12.CC.4; HR.12.SM.2</b>   | Relationships; Decision-making; Advocacy  |
| <b>11</b> | Is it Abuse If?   | Healthy Relationships; Personal Safety                            | <b>HR.12.IC.1; PS.12.CC.1; PS.12.IC.2</b>                                       | Sexual abuse/ assault prevention; Accessing information/support/ resources                                    |
| <b>11</b> | Gender and Sexual Orientation: Understanding the Difference | Identity  | <b>ID.12.CC.1; ID.12.INF.1</b>  | Sexual orientation/ LGBTQ Advocacy; Decision-making; Pregnancy options  |
| <b>12</b> | Sexual Rights: Who Decides?                                 | Personal Safety   | <b>PS.12.INF;PS.12.INF.2</b>  | Sexual abuse/assault prevention; Advocacy; Condoms and birth control  |

The 12 lessons suggested above represent the essential core concepts and lessons for students in grades 9-12. They cover the topics of Pregnancy and Reproduction, Healthy Relationships, STDs/HIV, and Personal Safety, while also including foundational lessons in Identity and Puberty and Adolescent Development that emphasize new knowledge, skill development, body safety and integrity, and critical thinking related to information and decision-making. When deciding which lessons to include in this list, emphasis was placed on ensuring the most comprehensive coverage of the National Sexuality Education Standards. Thus, all 12 lessons in this group meet at least two different standards each, while some meet as many as six different standards. In addition, the group of 12 lessons together, represent a focus on knowledge, dispositions, and skill-building and includes at least one lesson that focuses on appropriate use of technology.