



Optimal Sexual Health

Public Middle School Presentation Overview

Goal: To provide medically accurate educational interventions that address the whole person: including social, emotional, intellectual, and physical dimensions and to develop positive character and relationship skills.

Time: Two 50-minute class sessions **Level:** 6th – 8th grades

DAY 1 SEX AND RESPONSIBILITY

Learning Objectives

- Students will understand the difference between a sexually transmitted infection and a disease.
- Students will identify chlamydia, gonorrhea, and syphilis, and explain how they are transmitted.
- Students will be able to differentiate between bacterial and viral infections.
- Students will identify herpes and human papillomavirus and explain how they are spread.
- Students will identify stages of HIV and differentiate between HIV and AIDS
- Students will understand their responsibility in choosing to have sexual relations with another person.
- Students will be

Key Topics

- STI vs. STD
- Statistics and Facts
- Infections, Symptoms, Treatment,
- Sexual Risk Elimination vs. Risk Reduction
- Sexual Responsibility
- Benefits of Abstinence

DAY 2 GOALS, CHOICES, AND DECISION MAKING

Learning Objectives

- Students will identify future goals and the steps required to achieve them.
- Students will identify how choices today will impact future goals.
- Students will list personal values and desirable character qualities.
- Students will explore the influencers on sexual decision making.
- Students will list their personal boundaries in relationships.
- Students will contrast healthy communication with unhealthy communication.
- Students will learn steps to establish a strong support system.

Key Topics

- Achieving Goals
- Protecting What You Value
- Valuing People
- Refusal Skills
- Developing Boundaries
- Peer Pressure
- Accountability
- Effective Communication