

Topics discussed are directly related to the Wisconsin and National Health Standards. Topics outlined are aligned with the 'core concepts' Health Standard: Students will comprehend concepts related to health promotion and disease prevention. Topics also are reviewed by the Health Education Curriculum Assessment Tool and have been reviewed by the Osseo-Fairchild school district committee regarding human growth and development.

A. Hormonal Changes of the male (Review)

B. The Male Anatomy (National Health Education Standard 1: Summarize the basic male and female reproductive body parts and their functions, National Health Education Standard 7: Scheduling a doctor appointment and self care).

1. Penis
 - a. Primary sexual organ
 - b. Urinating and sexual intercourse
2. Scrotum
 - a. Protective sack to care for the testicles
 - b. Temperature regulation
3. Vas Deferens
 - a. Passageway for sperm
 - b. Leads toward urethra
 - c. Vasectomy
4. Urethra
 - a. Path that urine takes to exit the body
 - b. Path where semen takes to exit the body
5. Seminal Vesicle
 - a. Nourishes sperm with fructose
 - b. Suspends the sperm so it can swim
6. Epididymis
 - a. Stores mature sperm for 2-3 weeks
 - b. What happens when sperm doesn't get used to fertilize an egg
 - i. Nocturnal Emissions
 - ii. Waste
7. Testis
 - a. Secrete Testosterone (Male Hormone)
 - b. Produces Sperm
1. Care of the Male Reproductive System
 - a. How to schedule an appointment with a doctor
 - i. How a typical sexual health appointment is handled
 - ii. Rights as a patient
 - b. Self Testicular Exams (discussion)
 - c. Basic Hygiene

A. Hormonal Changes of the Female (review)

B. The Female Anatomy (National Health Education Standard 1: Summarize the basic male and female reproductive body parts and their functions, National Health Education Standard 7: Scheduling a doctor appointment and self care)

2. Vulva
 - a. Labia Majora
 - i. Flap of skin to protect vagina
 - b. Labia Minora
 - i. Smaller flap of skin to protect vagina
 - c. Mons Pubis
 - i. Protects uterus
 - d. Clitoris
 - i. Highly sensitive ball of nerve endings
 - ii. Stimulates lubricate excretion
3. Internal Anatomy
 - a. Ovary
 - i. Produces estrogen and progesterone (female hormone)
 - ii. Produces ova
 - b. Urethra
 - i. Path that urine takes to exit the body
 - c. Vagina
 - i. "Birth Canal"
 1. passage way from uterus to outside of the body
 - ii. Place of intercourse
 - iii. Passageway of menstrual flow and arriving sperm
 - d. Uterus
 - i. Organ that prepares itself each month to receive an ova
 1. Where does the egg go if it is not fertilized?
 - a. Menstruation
 - ii. Nourishes a pregnancy
 - iii. Contracts (muscular) during childbirth.
 - e. Fallopian Tubes
 - i. 3-5 inch tubes through which the ova travels to the uterus
 - ii. One week to get from ovary to uterus
 - iii. Ectopic pregnancy
4. Care of the Female Reproductive System
 - a. How to schedule an appointment with a doctor
 - i. How a typical gynecologist appointment is handled
 - ii. Rights as a patient
 - b. Self Breast Exams (discussion)
 - c. Basic Hygiene

C. Conception (National Health Standard 1: Describe conception and its relationship to the menstrual cycle, Identify the responsibilities of parenthood. National Health Education Standard 2: How would having a child at a young age impact your life. National Health Education Standard 5: Goal Setting regarding postponing parenthood.)

1. Fertilization

- a. “conception”
 - b. Union of Egg (from mother) and Sperm (from father)
 - c. Egg is released from Ovary
 - d. Sperm meets egg in Fallopian Tube
 - i. ½ a billion sperm but only a couple hundred survive the swim through the fallopian tubes
2. Implantation
- a. 4-5 days after fertilization
 - b. Blastocyst implants into the uterus wall and is thereafter known as an embryo
 - i. Placenta
 - ii. Umbilical Cord
 - 1. Drugs, tobacco, alcohol
 - iii. Amniotic Sac
3. Would you be able to care for a baby at your age?
- a. Socially
 - i. Loss of friendships
 - ii. Loss of social activities
 - iii. Marrying for the wrong reasons
 - b. Financially
 - i. Inability to complete educational goals
 - ii. Lack of employment skills
 - iii. Low paying employment
 - iv. Use of welfare
 - c. Emotionally
 - i. Low self esteem
 - ii. Depression
 - iii. Forced to act like an adult (job, bills, parenting)
 - iv. Inability to cope with child rearing
 - 1. child abuse
 - 2. neglect
 - 3. adoption
 - 4. other
 - v. Lost adolescence

D. Attitudes about sex (National Health Education Standard 1: Describe appropriate ways to express and deal with emotions and feelings. Summarize the benefits of talking with trusted adults about feelings. Describe impulsive behaviors and strategies for controlling them. Describe healthy ways to express affection, love, friendship and concern. Identify models of healthy relationships. Explain the qualities of a healthy dating relationship. Describe the effective strategies for dealing with difficult relationships with family members, peers and boyfriends or girlfriends. Describe situations that could lead to pressures for sex. Explain why individuals have the right to refuse sexual contact. Recognize that individuals have the right to refuse sexual contact. Recognize techniques that are used to

coerce or pressure someone to have sex. Describe the relationship between using alcohol and other drugs and sexual risk behaviors. Describe the factors that contribute to one engaging in sexual risk behaviors. Explain the importance of setting personal limits to avoid sexual risk behaviors. Describe the factors that protect one against engaging in sexual risk behaviors, National Health Education Standard 2: Students will analyze why students have sex and an early age and repercussions that come along with having sex too early, analyzing why students wait to have sex and why this may be a positive, National Health Education Standard 4: Expressing values regarding sexual health to another person, getting and receiving consent regarding sexual activity, reporting sexual harassment, abuse or assault to an adult, communicating with a reliable and trustworthy adult in an effective way regarding sexual health, National Health Education Standard 5: Decision making about sexual health matching personal values, National Health Education Standard 8: Students will encourage someone who needs help to seek a trusted adult, students will encourage their peers to make healthy choices regarding sexual health)

1. Reasons kids your age (14-18) choose not to have sex. Why abstinence is a smart choice (Define abstinence).
 - a. Pregnancy
 - b. Religion
 - c. Scared
 - d. Waiting until marriage
 - e. Parents
 - f. Respect from others (Role Model)
 - g. STIs
 - h. Reputation
 - i. Think they would feel “used”
 - j. Don’t want people dating them only because they will be physical
 - k. Want relationships to be strong friendships first
 - l. Illegal – Criminal Penalties for engaging in sexual activity involving a child
 - m. Etc.
2. Reasons that kids your age DO have sex (and why they are poor reasons)
 - a. Curious
 - b. Want a baby (someone to love)
 - c. To keep their boy/girlfriend
 - d. They think it’s the next step
 - e. To get dates
 - f. Abuse
 - g. Want someone to love them (associating sex with love)
 - h. Think it will make them cool
 - i. Think it will make them look grown up
 - j. Something to talk about
 - k. “Everyone else is doing it” / Peer Pressure

- 1. Low Self Esteem
 - m. Etc.
 - 3. Other 'safety' Concerns
 - a. Sex and Technology
 - i. Sexting
 - ii. Online Predators
 - b. Creating a Healthy Body Image, Respecting others and Self Respect
 - i. Communication Skills – How to stick with your values / communicate your feelings
 - ii. Respecting and understanding that there are many different values and viewpoints regarding positive sexual health and sexuality
 - c. Establishing Which Adults are Safe and Reliable to Go to For Information Regarding Sex and Sexuality
 - d. Consent and Effective Communication
 - i. Age of Consent
 - ii. Sexual Harassment
 - iii. Sexual Assault
 - iv. Sex Offender Registry
 - v. Mandatory Reporting
- E. Sexually Transmitted Diseases (National Health Standard 1: Explain how HIV and the most common STDs are transmitted. Describe that some STDs are asymptomatic. Describe signs and symptoms of common STDs, including HIV. Explain the short and long-term consequences of HIV and common STDs. Summarize which STDs can be cured and which can be treated. Analyze ways to decrease the spread of germs that cause communicable diseases, such as preventing the spread of HIV by not having sex, not touching blood, and not touching used hypodermic or tattoo needles. Describe why sexual abstinence is the safest, most effective risk avoidance method of protection from HIV, other STDs and pregnancy. Justify why it is safe to be a friend of someone who has HIV or AIDS, National Health Education Standard 3: Students will access reliable information regarding sexual health)
- 1. Talk about how abstinence is the only 100% effective way to prevent STIs.
 - 2. Bacterial Infections (Can be treated and cured)
 - a. Chlamydia
 - b. Gonorrhea
 - c. Syphilis
 - 3. Viral Infections (Can be treated for symptoms but not cured)
 - a. Genital Warts (HPV)
 - b. HIV / AIDS
 - c. Herpes
 - 4. Infestations
 - a. Scabies
 - b. Pubic Lice

F. Contraceptives and Protection (National Health Standard 1: Determine the benefits of being sexually abstinent. Describe how to reduce the risk of pregnancy and the sexual transmission of HIV and other STDs. Describe the effectiveness or lack of effectiveness of condoms in reducing the risk of pregnancy, HIV, and other STDs, including Human Papillomavirus (HPV). Describe the effectiveness or lack of effectiveness of common contraceptive methods in reducing the risk of pregnancy. National Health Education Standard 3: Students will access reliable information regarding sexual health

1. Abstinence as the only 100% effective way of pregnancy prevention and STI protection
2. Periodic abstinence (rhythm method)
3. Withdrawal
4. Barrier methods
 - a. Spermicidal preparations
 - i. Foams, jellies, creams
 - b. condom
 - i. male
 - ii. female
 - c. Diaphragm
 - d. Cervical Cap
5. Birth Control Pills
6. Implantable Hormone
7. Injectable Hormone
8. Intra Uterine Devices
9. Surgical Methods
 - a. Sterilization