

Healthy Choices, Healthy Relationships

National Sexuality Education Standards – *Second Edition 2020*

GRADES 9, 10, 11, 12

<https://advocatesforyouth.org/wp-content/uploads/2020/03/NSES-2020-web.pdf>

Lesson 1: The Teen Brain

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 2: Media Messages

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.CC.3 Explain the impact media, including sexually explicit media, can have on one's perceptions of, and expectations for, a healthy relationship

CHR.12.INF.1 Analyze how media portrayals of healthy and unhealthy relationships impact societal norms about romantic and/or sexual relationships and pleasure*

PD.10.INF.1 Analyze how peers, media, family, society, culture, and a person's intersecting identities can influence self-concept, body image, and self-esteem

GI.10.INF.1 Analyze how media, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about gender, gender identity, gender roles, and gender expression

IV.12.INF.1 Analyze how peers, family, media, society, culture, and a person's intersecting identities can influence attitudes and beliefs about interpersonal and sexual violence*

Lesson 3: Peer and Family Influence

PD.10.INF.1 Analyze how peers, media, family, society, culture, and a person's intersecting identities can influence self-concept, body image, and self-esteem

SO.10.INF.1 Analyze how peers, media, family, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about sexual orientation and sexual identity

SO.12.INF.1 Explain how support from peers, families, schools, and communities can improve a person's health and wellbeing as it relates to sexual orientation and sexual identity*

IV.12.INF.1 Analyze how peers, family, media, society, culture, and a person's intersecting identities can influence attitudes and beliefs about interpersonal and sexual violence*

Lesson 4: Abuse and Excuses

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.CC.2 Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent*

CHR.10.INF.3 Analyze factors (e.g., body image, self-esteem, alcohol and other substances) that can affect the ability to give and receive sexual consent*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

CHR.12.INF.4 Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship*

GI.12.ADV.1 Advocate for school and community policies and programs that promote dignity and respect for people of all genders, gender expressions, and gender identities*

IV.10.CC.1 Identify the state and federal laws related to intimate partner and sexual violence (e.g., sexual harassment, sexual abuse, sexual assault, domestic violence)

IV.10.CC.2 Describe the types of abuse (e.g., physical, emotional, psychological, financial, and sexual) and the cycle of violence as it relates to sexual abuse, domestic violence, dating violence, and gender-based violence*

IV.10.CC.3 Explain why a victim/survivor of interpersonal violence, including sexual violence, is never to blame for the actions of the perpetrator

IV.10.IC.1 Demonstrate ways to support a fellow student who is being sexually harassed or abused, or is perpetuating unhealthy or coercive behaviors

IV.12.INF.1 Analyze how peers, family, media, society, culture, and a person's intersecting identities can influence attitudes and beliefs about interpersonal and sexual violence*

Lesson 5: I-Messages

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.IC.1 Describe effective ways to communicate consent, personal boundaries, and desires as they relate to intimacy, pleasure, and sexual behavior*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

Lesson 6: Smart and Safe

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.CC.2 Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent*

CHR.10.CC.3 Explain the impact media, including sexually explicit media, can have on one's perceptions of, and expectations for, a healthy relationship

CHR.10.INF.1 Evaluate strategies to end an unhealthy relationship, including when situations may require adult and/or professional support

CHR.10.INF.3 Analyze factors (e.g., body image, self-esteem, alcohol and other substances) that can affect the ability to give and receive sexual consent*

CHR.10.IC.1 Describe effective ways to communicate consent, personal boundaries, and desires as they relate to intimacy, pleasure, and sexual behavior*

CHR.10.GS.1 Develop a plan to get out of an unsafe or unhealthy relationship*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

CHR.12.SM.1 Evaluate strategies to use social media safely, legally, and respectfully

Lesson 7: Bullying and the Bystander

CHR.10.GS.1 Develop a plan to get out of an unsafe or unhealthy relationship*

IV.10.IC.1 Demonstrate ways to support a fellow student who is being sexually harassed or abused, or is perpetuating unhealthy or coercive behaviors

Lesson 8: Care, Consideration, and Respect

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

CHR.12.SM.1 Evaluate strategies to use social media safely, legally, and respectfully

- GI.12.ADV.1** Advocate for school and community policies and programs that promote dignity and respect for people of all genders, gender expressions, and gender identities*
- SO.12.ADV.1** Advocate for school and community policies and programs that promote dignity and respect for people of all sexual orientations*
- IV.12.ADV.1** Advocate for school and community policies that promote safety, respect, and equity for all people (e.g., race, ethnicity, socio-economic status, differing abilities, immigration status, family configuration)

Lesson 9: Thinking it Through

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.12.DM.1** Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship

Lesson 10: Pulling Things Together

- CHR.12.DM.1** Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship

Lesson 11: Setting a Course

- CHR.10.GS.1** Develop a plan to get out of an unsafe or unhealthy relationship*
- CHR.10.SM.1** Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior
- CHR.12.DM.1** Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship

Topic Key

CHR – Consent and Healthy Relationships

AP – Anatomy and Physiology

PD – Puberty and Adolescent Sexual Development

GI – Gender Identity and Expression

SO – Sexual Orientation and Identity

SH – Sexual Health

IV – Interpersonal Violence

National Health Education Standards and Indicators Key

CC – Core Concepts

INF – Analyzing Influences

AI – Accessing Information
IC – Interpersonal Communication
DM – Decision Making
GS – Goal-Setting
SM – Self-Management
ADV – Advocacy