

Love Notes

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: Relationships Today

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

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.12.INF.4** Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship*
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- 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
- 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: My Expectations – My Future

- 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.10.INF.2 Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within 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.INF.4 Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship*

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

SH.12.SM.1 Assess individuals' responsibility to test for and inform partners about STDs (including HIV) status*

Lesson 4: Attractions and Starting Relationships

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

CHR.10.DM.1 Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important

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

Lesson 5: Principles of Smart Relationships

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

Lesson 6: Is It a Healthy Relationship?

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

CHR.10.DM.1 Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important

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.CC.1** Describe the characteristics of unhealthy relationships that media, including sexually explicit media, may perpetuate (e.g., inequality between partners, lack of communication and consent, strict gender stereotypes)
- CHR.12.INF.4** Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship*
- CHR.12.DM.1** Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship

Lesson 7: Dangerous Love

- CHR.10.CC.2** **Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent***
- 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.INF.1** Analyze how media portrayals of healthy and unhealthy relationships impact societal norms about romantic and/or sexual relationships and pleasure*
- CHR.12.INF.4** Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship*
- CHR.12.DM.1** Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship
- 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.AI.2** Identify credible resources related to sex trafficking and sexual violence prevention and intervention
- 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: Decide, Don't Slide!

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.12.INF.4** Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship*
- CHR.12.DM.1** Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship
- 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 9: What's Communication Got to Do With It?

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.12.CC.1** Describe the characteristics of unhealthy relationships that media, including sexually explicit media, may perpetuate (e.g., inequality between partners, lack of communication and consent, strict gender stereotypes)
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 10: Communication Challenges and More Skills

- 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.12.CC.1** Describe the characteristics of unhealthy relationships that media, including sexually explicit media, may perpetuate (e.g., inequality between partners, lack of communication and consent, strict gender stereotypes)
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- SH.10.IC.1** Demonstrate the ability to effectively communicate with a partner about abstaining from sexual behavior, using condoms and/or contraception, and preventing, getting testing, and seeking treatment for STDs (including HIV)*

SH.12.IC.1 Analyze societal factors that might inhibit honest discussion between sexual and/or romantic partners about their sexual histories, including STDs and HIV status, and identify ways to begin such conversations

Lesson 11: Let's Talk About Sex

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.DM.1 Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important

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

CHR.12.CC.1 Describe the characteristics of unhealthy relationships that media, including sexually explicit media, may perpetuate (e.g., inequality between partners, lack of communication and consent, strict gender stereotypes)

AP.10.CC.1 Explain the human reproductive and sexual response systems, including differentiating between internal and external body parts and their functions, and that there are naturally occurring variations in human bodies (e.g., intersex)

AP.12.CC.1 Describe the human sexual response cycle, including the role of hormones and pleasure

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

SH.12.IC.1 Analyze societal factors that might inhibit honest discussion between sexual and/or romantic partners about their sexual histories, including STDs and HIV status, and identify ways to begin such conversations

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 12: Let's Plan for Choices

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

SH.10.CC.1 Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception)

- SH.10.CC.2** Identify factors that impact the risk of unintended pregnancy and potential transmission of STDs, including HIV, from a variety of sexual behaviors, including vaginal, oral, and anal sex
- SH.10.CC.3** Describe common symptoms, or lack thereof, and treatments for STDs, including HIV
- SH.10.IC.1** Demonstrate the ability to effectively communicate with a partner about abstaining from sexual behavior, using condoms and/or contraception, and preventing, getting testing, and seeking treatment for STDs (including HIV)*
- SH.10.DM.1** Apply a decision-making model to choices about contraceptive use, including abstinence and condoms
- SH.12.IC.1** Analyze societal factors that might inhibit honest discussion between sexual and/or romantic partners about their sexual histories, including STDs and HIV status, and identify ways to begin such conversations
- SH.12.GS.1** Develop a plan to access local resources and services related to reducing the risk of pregnancy and/or STDs (including HIV) transmission, including ways to overcome potential barriers to access
- SH.12.SM.1** Assess individuals' responsibility to test for and inform partners about STDs (including HIV) status*

Lesson 13: Through the Eyes of a Child

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.10.INF.1** Evaluate strategies to end an unhealthy relationship, including when situations may require adult and/or professional support
- 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.DM.1** Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important
- CHR.10.GS.1** Develop a plan to get out of an unsafe or unhealthy relationship*
- CHR.12.INF.4** Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship*
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- SH.10.DM.1** Apply a decision-making model to choices about contraceptive use, including abstinence and condoms
- SH.12.DM.1** Assess the skills needed to be an effective parent

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*

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