

***Love Notes 4.0* Alignment  
With  
The National Sex Ed Standards  
Grades 9-12**

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## **Grades 9-10**

### **CONSENT & HEALTHY RELATIONSHIPS**

#### **Core Concepts**

- CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/ or sexual relationships. [Lessons 4, 5, 6, 8, 9, 10, 11, 12, 13]
- CHR.10.CC.2 Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent [Lessons 7, 11]
- 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. [Lessons 11, 12]

#### **Analyzing Influences**

- CHR.10.INF.1 Evaluate strategies to end an unhealthy relationship, including when situations may require adult and/ or professional support. [Lesson 6]
- 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. [Lessons 7, 9, 10, 11, 12]
- 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. [Lessons 7, 11, 12]

#### **Interpersonal Communication**

- CHR.10.IC.1 Describe effective ways to communicate consent, personal boundaries, and desires as they relate to intimacy, pleasure, and sexual behavior. [Lessons 7, 11]

#### **Decision-Making**

- CHR.10.DM.1 Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important. [Lessons 1, 2, 5, 8, 13]

#### **Goal Setting**

CHR.10.GS.1      Develop a plan to get out of an unsafe or unhealthy relationship  
[Lessons 6, 7]

### **Self Management**

CHR.10.SM.1      Demonstrate ways to show respect for the boundaries of others as  
they relate to intimacy and sexual behavior [Lessons 7, 8, 11]

## **ANATOMY & PHYSIOLOGY**

### **Core Concepts**

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) [Not Included]

## **PUBERTY & ADOLESCENT SEXUAL DEVELOPMENT**

### **Core Concepts**

PD.10.CC.1      Describe the cognitive, social, and emotional changes of  
adolescence and early adulthood [Not Included]

### **Analyzing Influences**

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 [Lessons 1, 2, 7, 10, 12]

## **GENDER IDENTITY & EXPRESSION**

### **Core Concepts**

GI.10.CC.1      Differentiate between sex assigned at birth, gender identity, and  
gender expression [Not Included]

### **Analyzing Influences**

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  
[Not Included]

## **SEXUAL ORIENTATION & IDENTITY**

### **Core Concepts**

SO.10.CC.1 Differentiate between sexual orientation, sexual behavior, and sexual identity [Not Included]

### **Analyzing Influences**

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 [Lesson 2]

### **Accessing Information**

SO.10.AI.1 Access credible sources of information about sexual orientation  
[Not Included]

## **SEXUAL HEALTH**

### **Core Concepts**

SH.10.CC.1 Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception) [Lesson 12]

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 [Lesson 12]

SH.10.CC.3 Describe common symptoms, or lack thereof, and treatments for STDs, including HIV [Lesson 12]

SH.10.CC.4 List the major milestones of each trimester of fetal development utilizing medically accurate information [Not Included]

SH.10.CC.5 Explain the state and federal laws related to safe haven, parenting, and sterilization, including their impacts on oppressed communities  
[Not Included]

SH.10.CC.6 Define reproductive justice and explain its history and how it relates to sexual health  
[Not Included]

### Analyzing Influences

SH.10.INF.1 Describe the impact of racism and inequality on sexual health  
[Not Included]

SH.10.INF.2 Analyze state and federal laws and guidelines (e.g., CDC) that address sexual healthcare services for minors (e.g., contraception, emergency contraception, prenatal care, adoption, abortion, STD, including HIV, prevention, testing, and treatment)\* [Not Included]

SH.10.INF.3 Explain the federal and states laws that prohibit the creation, sharing, and viewing of sexually explicit media by minors (e.g., sexting) [Lesson 11]

### Accessing Information

SH.10.AI.1 Demonstrate the ability to determine whether a resource or service is medically accurate or credible [Lesson 11]

SH.10.AI.2 Identify medically accurate sources of information about and local services that provide contraceptive methods (including emergency contraception and condoms) and pregnancy options (including parenting, abortion, adoption, and prenatal care) [Lesson 12]

SH.10.AI.3 Identify medically accurate sources of information about and local services that provide prevention, testing, care, and treatment of STDs, including HIV, including the steps to obtain PrEP and PEP [Lesson 11]

### Interpersonal Communication

SH.10.IC. 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) [Lessons 8, 12]

### Decision-Making

SH.10.DM.1 Apply a decision-making model to choices about contraceptive use, including abstinence and condoms [Lessons 8, 12]

**Goal Setting**

- SH.10.GS.1 Develop a plan to eliminate or reduce risk for unintended pregnancy and/ or STDs (including HIV) and identify ways to overcome potential barriers to prevention [Lessons 8, 12]
- SH.10.GS.2 Describe the steps for how a person living with HIV can remain healthy [Lesson 12]

**Self Management**

- SH.10.SM.1 Demonstrate the steps to using barrier methods correctly (e.g., external and internal condoms, dental dams) [Not Included]

**INTERPERSONAL VIOLENCE****Core Concepts**

- 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) [Lesson 7]
- 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 [Lesson 7]
- 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 [Lesson 7]
- IV.10.CC.4 Explain sex trafficking, including recruitment tactics that sex traffickers/ exploiters use to exploit vulnerabilities and recruit youth [Lesson 7]

**Accessing Information**

- IV.10.AI.1 Demonstrate how to access credible sources of information and resources for survivors of interpersonal violence, including sexual violence [Lesson 7]
- IV.10.AI.2 Identify credible resources related to sex trafficking and sexual violence prevention and intervention [Lesson 7]

## Interpersonal Communication

- 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 7]
- IV.10.IC.2 Identify ways to reduce risk in physical and digital settings related to sex trafficking and other potentially harmful situations [Lesson 7]

## Grades 11-12

### CONSENT & HEALTHY RELATIONSHIPS

#### Core Concepts

- 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) [Lesson 12]

#### Analyzing Influences

- CHR.12.INF.1 Analyze how media portrayals of healthy and unhealthy relationships impact societal norms about romantic and/ or sexual relationships and pleasure [Lesson 12]
- CHR.12.INF.2 Analyze cultural and social factors (e.g., sexism, homophobia, transphobia, racism, ableism, classism) that can influence decisions regarding sexual behaviors [Not Included]
- CHR.12.INF.3 Describe the potential impacts of power and privilege within romantic or sexual relationships (e.g., age, race, ethnicity, sexual orientation, gender, gender identity, socioeconomic status, immigration status, ability) [Lesson 7, 12]
- CHR.12.INF.4 Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship [Lessons 2, 7, 11]

#### Decision-Making

- CHR.12.DM.1 Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship [Lessons 1, 7, 8, 10, 11, 12, 13]

#### Self Management

CHR.12.SM.1 Evaluate strategies to use social media safely, legally, and respectfully [Lesson 11]

## **ANATOMY & PHYSIOLOGY**

### **Core Concepts**

AP.12.CC.1 Describe the human sexual response cycle, including the role of hormones and pleasure [Lesson 4]

## **GENDER IDENTITY & EXPRESSION**

### **Core Concepts**

GI.12.INF.1 Explain how support from peers, families, schools, and communities can improve a person's health and wellbeing as it relates to gender identity and gender expression [Not Included]

### **Advocacy**

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 [Lessons 1-13]

## **SEXUAL ORIENTATION & IDENTITY**

### **Core Concepts**

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 [Not Included]

### **Advocacy**

SO.12.ADV.1 Advocate for school and community policies and programs that promote dignity and respect for people of all sexual orientations [Lessons 1-13]

## **SEXUAL HEALTH**

### **Core Concepts**

- SH.12.CC.1 Evaluate the benefits of biomedical approaches to prevent STDs (e.g., hepatitis B vaccine, HPV vaccine) and HIV (e.g., PrEP, PEP) [Lesson 12]
- SH.12.CC.2 Explain the importance of lowering the viral load of a person living with HIV to undetectable and maintaining viral suppression [Lesson 12]

### Analyzing Influences

- SH.12.INF.1 Analyze personal and societal factors that can influence decisions about pregnancy options, including parenting, abortion, and adoption [Not Included]
- SH.12.INF.2 Analyze factors that can influence condom use and other safer sex decisions (e.g., availability, affordability, perception of risk, pleasure) [Lesson 12]
- SH.12.INF.3 Analyze the impact of stigma and conscious and unconscious biases on pregnancy and STD, including HIV, prevention, testing, and treatment [Lesson 12]
- SH.12.INF.4 Analyze the state and federal laws related to minors' ability to give and receive sexual consent and their association with sexually explicit media [Lesson 7]
- SH.12.INF.5 Analyze ways systemic oppression and intersectionality impact the sexual agency of communities of color and other marginalized communities [Not Included]

### Accessing Information

- SH.12.AI.1 Access medically accurate and credible information about pregnancy options, including parenting, abortion, and adoption [Not Included]

### Interpersonal Communication

- 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 12]

### Decision-Making

SH.12.DM.1 Assess the skills needed to be an effective parent [Lesson 13]

### **Goal Setting**

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 [Not Included]

### **Self Management**

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

## **INTERPERSONAL VIOLENCE**

### **Core Concepts**

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]

### **Advocacy**

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 7]