



# What is sex education?

Planned Parenthood believes that sex education should include a wide variety of age-appropriate social, mental, and sexual health topics, which build on each other like blocks as kids go through K-12 education. **Here's what that can look like:**



TOPIC	ELEMENTARY SCHOOL	MIDDLE SCHOOL	HIGH SCHOOL
<b>Consent</b>	Asking before taking, how to say "no" if they don't want to hug someone	Setting personal boundaries and respecting other people's boundaries	Consent in sex and dating
<b>Social Relationships</b>	Healthy friendships	Peer pressure and bullying	Healthy relationships and dating violence prevention
<b>Understanding Our Bodies</b>	What body parts do and what they're called	<ul style="list-style-type: none"> <li>• Puberty</li> <li>• Internal and external reproductive anatomy</li> </ul>	
<b>Respecting Diversity</b>	Acknowledging all kinds of families (single parents, LGBTQ+ families, blended families, adoption, etc.)	Including, and respecting people of all genders, sexual orientations, races/ethnicities, abilities, bodies, religions, etc.	
<b>Gender &amp; Orientation</b>	How to be yourself and not be pressured to act a certain way because of your gender	<ul style="list-style-type: none"> <li>• Sexual orientation (who you like)</li> <li>• Gender identity and expression (who you are)</li> </ul>	
<b>Self Esteem</b>	Learning that everyone is unique and this is a good thing	Learning to love and care for your body	How to advocate and care for yourself and others
<b>Media &amp; Culture</b>	Learning about different cultures and the different ideas people may have about relationships, identity, etc.	<ul style="list-style-type: none"> <li>• Understanding the underlying messages the media sends about sex, bodies, and relationships</li> <li>• How to stay safe online</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding how society shapes our ideas about sex, gender, and race</li> <li>• Forming your own opinions about what you consume online</li> </ul>
<b>Healthy Decisions &amp; Goals</b>	Learning how to make thoughtful plans, knowing what you need to do to achieve them, and following through on them	Learning and practicing how to make big decisions (ex: weighing pros and cons and thinking of possible outcomes)	How to make thoughtful and informed decisions about sex based on your values
<b>Sexually Transmitted Infections</b>		What sexually transmitted infections are	Ways to prevent sexually transmitted infections
<b>Pregnancy</b>	Where babies come from	How pregnancy happens and ways it can be prevented	<ul style="list-style-type: none"> <li>• Birth control and pregnancy options</li> <li>• How to get reproductive health care</li> </ul>