

We've got you covered.



After School Sex Ed

Level 1: Human Growth and Development
Lesson Overviews

Lesson 1: Reproductive Anatomy and Physiology, Part 1

Students will build an understanding of and comfort with the reproductive system of someone with a penis, including body parts and their functions. Students will identify medically accurate information about reproductive anatomy.

Essential questions addressed:

- Why is it important to learn about this reproductive system?
- What are the roles of the different body parts making up the reproductive system of a person with a penis?
- What are the names of the parts of this reproductive system, and how do they work?

Health Education Standards and Performance Indicators:

- **HE.1.5.6** Discuss human reproductive systems, including reproductive anatomy and function.
- **HE.3.5.3** Discuss the sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth.
- **HE.1.5.21** Practice how consent relates to personal boundaries.
- **HE.3.5.6** Discuss the qualities of people at home, school, or in communities who can provide medically accurate information and/or support about healthy sexuality, including sexual orientation and gender identity.

Lesson 2: Reproductive Anatomy and Physiology, Part 2

Students will build an understanding of and comfort with the reproductive system of someone with a uterus, including body parts and their functions. Students will identify medically accurate information about reproductive anatomy and conception.

Essential questions addressed:

- Why is it important to learn about this reproductive system?
- What are the roles of the different body parts making up the reproductive system of a person with a uterus?
- What are the names of the parts of this reproductive system, and how do they work?
- What is one way a pregnancy can happen?

Health Education Standards and Performance Indicators:

- **HE.1.5.6** Discuss human reproductive systems, including reproductive anatomy and function.
- **HE.3.5.3** Discuss the sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth.
- **HE.1.5.21** Practice how consent relates to personal boundaries.
- **HE.3.5.6** Discuss the qualities of people at home, school or in communities who can provide medically accurate information and/or support about healthy sexuality, including sexual orientation and gender identity.

Lesson 3: Puberty

Students will learn that puberty is a time when bodies experience many physical and emotional changes. Bodies change from being a child's body to becoming an adult's body, and these changes happen in stages that a person can predict and prepare for. This session will review these changes, and we will discuss how someone can adjust to and prepare for these changes. We also discuss gender roles and how they can affect thoughts around puberty.

Essential questions addressed:

- Why do bodies change physically and emotionally?
- When will these changes happen to me?
- How am I alike and different from everyone else?

Health Education Standards and Performance Indicators:

- **HE.1.5.9** Identify health care practices related to physical changes during puberty.
- **HE.1.5.11** Identify the physical, social, and emotional changes that occur during puberty and adolescence.
- **HE.3.5.3** Discuss the sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth.
- **HE.3.5.5** Demonstrate how to access resources, including people at home, school or in the community who can provide medically accurate information and/or support about puberty and health care practices during puberty.
- **HE.7.5.5** Explain ways to manage the physical and emotional changes associated with puberty, including personal health care practices.

Lesson 4: Families, Pregnancy, and Boundaries

Students will learn how pregnancies occur and develop over time. Students will explore different ways of creating a family. This lesson builds off the earlier anatomy and physiology sessions to discuss the stages of pregnancy and what body changes a pregnant person may experience as their pregnancy progresses. Students will practice communicating their boundaries and respecting the boundaries of others.

Essential questions addressed:

- What are the ways someone can have a family?
- How do pregnancies happen and develop?
- How do I understand and communicate my boundaries?

Health Education Standards and Performance Indicators:

- **HE.3.5.3** Discuss the sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth.
- **HE.4.5.7** Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others.