



Setting the Right Environment

Establishing Shared Agreements for Learning about Sexual Health





Building Community: What's in a

Essential Questions



How can we practice effective communication skills to make sure we are all safe and respected?

How can we acknowledge that each of us may have different beliefs and values when learning about sexual health?

How do we identify the trusted adults that we can go to for medical advice on sexual health?

If you need resources or support for your sexual health...

Talk to a parent/guardian or other trusted adult

Call 2-1-1

Visit 211sandiego.org

We are often told to be respectful in school and at home, but respect can mean different things to different people.

With a partner, share what it means to you to feel respected and how you demonstrate respect for others (words, actions)

To feel respected means _____.

I show that I respect others by _____.



RESPECT:
Find Out
What It
Means to
Me

Teaching Agreement

It's important to know that. . .

1. I am a mandated reporter, which means I'm required to report suspected abuse or neglect.
2. We will be examining sexual health through research, evidence, and scientific facts.
3. We will be learning and using accurate scientific terms for systems, processes, and anatomy that comes directly from the California Health Standards for 7th and 8th grade.
4. We will not be discussing our personal values or opinions about any of the topics.
5. We will ensure a safe environment that is inclusive for all students
6. We will focus on questions that relate to the science we are learning and encourage you to talk to your parent/guardian at home about your values and opinions when it comes to making choices.



What are our classroom agreements
for safe and respectful learning?

Questions to Discuss



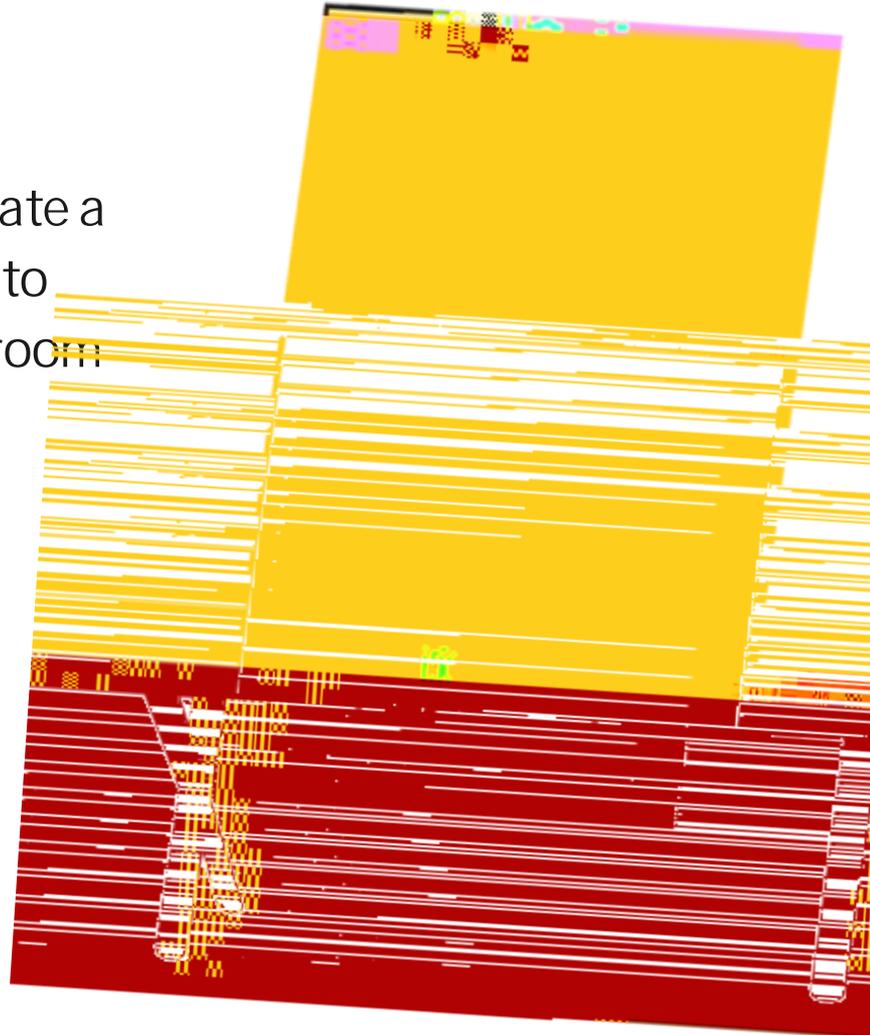
Three large, empty rectangular boxes arranged horizontally, intended for discussion. The left box is light pink, the middle box is light green, and the right box is light blue.





Adding to Our Agreements

Work in small groups to generate a list of anything you feel needs to be added to our existing classroom agreements.



Defining Your Terms

Value: a person's principles or standards of behavior; one's judgment of what is important in life as determined by their family, society, culture, and/or individual beliefs

Opinion: a person's preferences, thoughts, or personal feelings about a given topic

Scientific Fact: a thing that is known or proved to be true by science

Perspective Taking: Understanding that we are all different and that a person's values and opinions may influence how they learn new information



Practicing the Terms

Read each statement and decide whether it represents a (V)alue, an (O)pinion, and/or a scientific (F)act:

Family, honesty, and fairness are important in my culture.

I don't think you should date before you're 18 years old.

Puberty is the time during which adolescents reach sexual maturity.

I plan to marry someone who shares my faith and is the same religion as me.

I feel sort of nervous, but I also feel excited about going to high school.

The production of human offspring is referred to as reproduction.

Who can I go to for advice if I still have questions after a Sexual Health lesson?



Reliable Sources

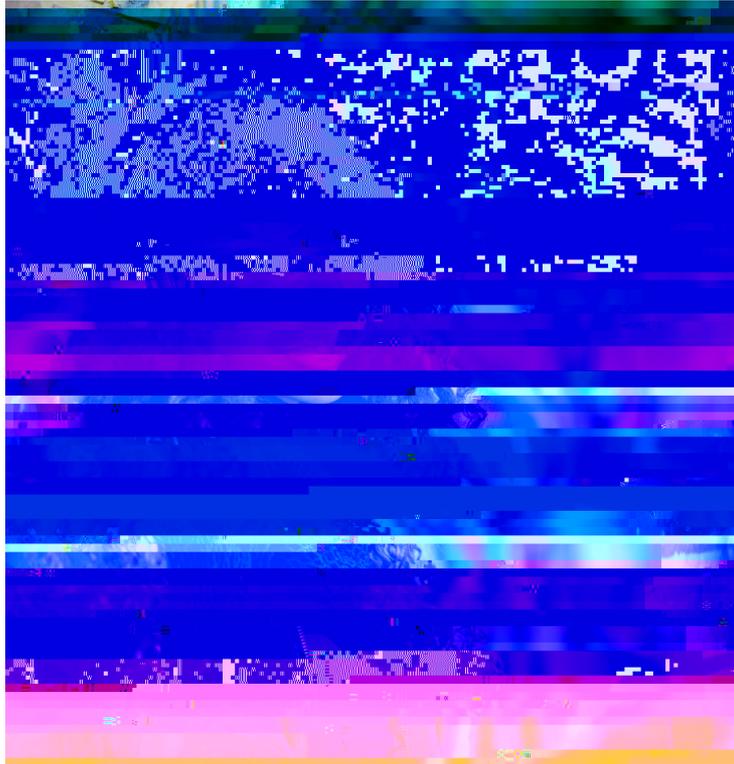
Work in a group. While you analyze each scenario, consider the following questions with your group:

What or who is a trustworthy source for medically accurate and scientific information advice or information?

What types of print and digital sources provide medically accurate and scientific information?

What or who is not a reliable source for medically accurate and scientific information?

Scenario 1



Janette, 13, has a favorite YouTube channel she likes to watch for makeup tutorials. Recently, the YouTube channel announced that she and her husband are expecting their first child, and she has started including tips for how to stay healthy during pregnancy during the makeup tutorials. Janette's older adult sister is also pregnant. Is the YouTube channel the best source for Janette and her sister to learn about maternity health? Why or why not? Who could be a trusted adult for Janette and her sister to consider a good resource for this type of information?



Scenario 2

Recently Pedro has been thinking about what he would like to do once he graduates from high school. He loves coaching Little League and he has always



Scenario 3



Dante and Jamal are working on a team



Scenario 4

Carrie is in an active group chat with other student athlete friends her age in her school district. Someone in the chat mentioned a rumor that the star goalie for the All-County team might be injured and out for the rest of the season. Carrie would love to try out for the goalie position, if it is, in fact, open. Who could Carrie go to for reliable information regarding the situation?



How Can I Practice Effective
Communication When it Comes to My
Health?

Exit Slip





Exit Slip

Make a list of the trusted adults you plan to talk to if you have questions or concerns about your health.

At-Home Connection



With a parent/guardian or other trusted adult:

Share who you listed on your exit slip. Ask them if they have suggestions to add to your network list.

Ask them if there are any ideas about how to make the most of your learning experience.

Sources



[Differing Abilities Archives - Teachers | Teaching Sexual Health](#)

[Talk to Your Kids About Sex and Healthy Relationships - MyHealthfinder | health.gov](#)

