CURRICULUM OUTLINE

Chapter 1  RELATIONSHIPS AND SELF-AWARENESS
  Unit 1 – Responsible Behavior
  Unit 2 – Types of Relationships
  Unit 3 – Trust in Relationships
  Unit 4 – Privacy and Personal Boundaries
  Unit 5 – Identifying and Managing Feelings
  Unit 6 – Self-Esteem and Empathy
  Unit 7 – The Concept of Consent
  Unit 8 – Right and Wrong Touch

Chapter 2  MATURATION
  Unit 9 – A Definition of Sexuality
  Unit 10 – A Definition of Puberty
  Unit 11 – The Female Body and Changes of Puberty
  Unit 12 – The Male Body and Changes of Puberty
  Unit 13 – The Sexually Mature Female
  Unit 14 – The Sexually Mature Male
  Unit 15 – Attractions and Dating

Chapter 3  THE LIFE CYCLE
  Unit 16 – Sexual Commitment and Responsibility
  Unit 17 – Conception
  Unit 18 – Pregnancy
  Unit 19 – Childbirth
  Unit 20 – The Life Cycle

Chapter 4  SEXUAL HEALTH
  Unit 21 – Sexual Behavior and Abstinence
  Unit 22 – Birth Control
  Unit 23 – For Females Only - Breast Health
  Unit 24 – For Females Only - Pelvic Examination
  Unit 25 – For Males Only - Testicular and Prostate Health
  Unit 26 – Sexually Transmitted Infections

Chapter 5  BEING STRONG, STAYING SAFE
  Unit 27 – Recognizing Sexual Exploitation and Abuse
  Unit 28 – Abuse Prevention Strategies
  Unit 29 – Sexual Behavior Mistakes
  Unit 30 – Sexual Acts that Are Against the Law
  Unit 31 – My Personal Goals and Positive Choices