

## CURRICULUM OUTLINE

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- 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