

# 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** – Feeling Good about Yourself and Practicing Empathy
- Unit 7** – The Concept of Consent
- Unit 8** – Right and Wrong Touch

## **Chapter 2: MATURATION**

- Unit 9** – Sex and Sexuality
- Unit 10** – Puberty
- Unit 11** – The Female Body and Puberty
- Unit 12** – The Male Body and 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** – The Life Cycle
- Unit 17** – How Pregnancy Happens
- Unit 18** – Childbirth

## **Chapter 4: TAKING CARE OF YOURSELF AND YOUR SEXUAL HEALTH**

- Unit 19** – Taking Care of Yourself
- Unit 20** – Breast Health
- Unit 21** – The GYN Examination
- Unit 22** – Testicle and Prostate Health
- Unit 23** – Sexual Behavior, Romantic Relationships, and Consent
- Unit 24** – Birth Control
- Unit 25** – Sexually Transmitted Infections

## **Chapter 5: BEING STRONG, STAYING SAFE**

- Unit 26** – Recognizing Sexual Exploitation and Abuse
- Unit 27** – Abuse Prevention Strategies
- Unit 28** – Sexual Behavior Mistakes
- Unit 29** – Sexual Acts that Are Against the Law
- Unit 30** – My Personal Goals and Positive Choices