BIS Sexual Health Education
7th and 8th Grade

Parent Information Meeting
March 6, 2019

- Anne Cildir, District Administrator
- Laura Afshar, Vice Principal, BIS

Instructors:
- Rusty Hopewell, Wellness Coordinator
- Diana Ayllon, District Nurse
CA Healthy Youth Act of 2016

Starting January 1, 2016, requires all public schools to:

- Teach a comprehensive sex education program
- Include topics on sexual orientation and gender identity
- Include topics on relationship safety
  - Dating violence
  - Affirmative consent
  - Human trafficking
CA Education Code: 51933

- HIV/AIDS prevention required
- Sexual health education, now required:
  - Medically accurate
  - Age appropriate
  - Include all students — gender, race, religion, abilities, sexual orientation, ethnic/cultural backgrounds
  - Provide a student/parent opt-out option
  - Not promote religious doctrine or biases
  - Must include — abstinence, all FDA-approved STD and birth control methods, safe surrender laws, skills in responsible decision making, parent communication
### 7th Grade Topic List

**6 Lessons (8 Days)**

<table>
<thead>
<tr>
<th>Topics:</th>
</tr>
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<tbody>
<tr>
<td>1. Parent communication</td>
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<tr>
<td>2. Healthy Relationships and Boundaries</td>
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<tr>
<td>3. Reproductive anatomy and physiology</td>
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<td>4. Sex, conception, and fetal development</td>
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<td>5. Pregnancy prevention - abstinence, birth control options, pregnancy outcomes and options</td>
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<td>6. STI prevention</td>
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<td>7. HIV/AIDS prevention</td>
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**Lesson 1: Sexual Health Education Intro**
- Pre-test (anonymous)
- Agreements and question box
- Parent communication homework
- Teen clinics

**Lesson 2: Healthy Relationships and Reproductive Anatomy and Pregnancy**
- Healthy relationships discussion
- Reproductive anatomy and physiology
- What is sex?

**Lesson 3: Conception, Fetal Development, and Pregnancy**
- Conception and fetal development
- Pregnancy myth and facts
- Pregnancy options and safe surrender

**Lesson 4: All About Birth control**
- Abstinence and other birth control
- Effectiveness of birth control
- Meet the Contraceptives video

**Lesson 5: Facts About STIs and HIV/AIDS**
- STI brainstorm
- STI PPT
- True/False Quiz

**Lesson 6: Healthy Relationships and Q&A**
- Healthy Relationships and Boundaries
- Boy/Girl Breakout Groups
- Question Box Answers

**Lesson 7: Review and Post-Test**
- Review game
- Post-test

### Pre-Lesson: Sexual Health Education Intro
- Pre-test (anonymous)
- Agreements
- Question box

### Lesson 1: Healthy Relationships
- What’s healthy and what’s not
- Setting boundaries
- Human trafficking
- Pornography – it’s impact
- Parent communication homework

### Lesson 2: Sexual Health Education Review
- Anatomy Review
- What is sex? review
- STI/pregnancy prevention review

### Lesson 3: Birth Control Lab
- Birth control lab
- Condom demonstration

### Lesson 4: Consent, Timing, and Starting Relationships
- Affirmative consent
- Statutory and consent laws
- Is It Time? video

### Lesson 5: Sexual Orientation and Gender
- Straight Laced video segments
- A Place in the Middle video segments
- Sexuality and gender discussion

**Post Lesson**
- Post-test (anonymous)

### 8th Grade Topic List

**5 Lessons (6 Days)**

- Healthy Relationships
- Anatomy and Physiology
- Pregnancy
- Fetal Development
- Abstinence & Birth Control
- STI and HIV/AIDS

**8th Grade Topic List**

- Healthy Boundaries
- Anatomy and Physiology
- Pregnancy
- Fetal Development
- Abstinence & Birth Control
- STI and HIV/AIDS
7th Grade Sexual Health Education
Pre Test

Name: ___________________________  Class Period: _______  Date: ___________

Ethnicity/Race: ___________________  Gender: ________  Age: ________

1. Name two CLINICS where a teen can go for a FREE and CONFIDENTIAL birth control, STD (sexually transmitted disease) testing/treatment, and pregnancy testing and counseling:

2. Teens need permission from parents to get reproductive services such as birth control, pregnancy testing, and STD testing at clinics.  True  False

3. Someone can get pregnant or get someone pregnant the first time he/she has vaginal sex.  True  False

4. A person could have an STD and not know it.  True  False

5. It’s important to discuss sexual limits with a partner, before having any sexual activity.  True  False

6. A person can always tell someone is gay by the way they look and act.  True  False

7. A person must be 18 yrs old to buy condoms.  True  False

8. Emergency Contraception is a pill taken AFTER sex to help prevent pregnancy.  True  False

9. HIV can be passed to another person through saliva  True  False

10. Which of the following lowers your risk for STDs AND pregnancy?
    a. Male and Female Condom  b. Birth Control Pills  c. The Ring  d. The Patch

11. What is the only 100% effective way to avoid pregnancy and STDs?
    a. Birth Control Pills  b. Condoms  c. Don’t have sex  d. The Shot

12. Teens who choose to not have sex might be:
    a. Protecting themselves from pregnancy  b. Lowering their risk of getting STDs
    c. Staying true to themselves  d. All of the above

8th Grade Sexual Health Education: Pre-Post Test 2019

1. Certain types of IUDs (Intrauterine Devices) are 99% effective in preventing pregnancy for up to 10 years.  True  False

2. Emergency Contraception is a pill taken AFTER sex to help prevent pregnancy.  True  False

3. HIV can be passed to another person through saliva.  True  False

4. You can tell if a person has an STI by looking at him or her.  True  False

5. A person must be at least 18 years old to buy condoms.  True  False

6. Some birth control methods:
   a. Can be obtained only with a doctor’s prescription
   b. Are available at local health clinics
   c. Can be bought at drug stores without a prescription
   d. All of the previous answers

7. Which of the following lowers your risk for STIs/HIV AND pregnancy?
   a. The Implant
   b. Male or Female Condom
   c. Birth Control Pill
   d. The Patch

8. What is the only 100% effective way to avoid pregnancy and STDs?
   a. Birth Control Pills
   b. Condoms
   c. Don’t have sex or abstinence
   d. The Shot

9. Gay, lesbian, bisexual and transgender teens should be treated with the same respect as heterosexual teens.
   Strongly Agree
   Agree
   Disagree
   Strongly Disagree

10. I feel confident that I could tell a date or partner...  Yes  No
    That I don’t want to have sex with him/her
    Definitely Would
    Probably Would
    Probably Would Not
    Definitely Would Not

11. I would tell my friend to stop if he or she were sexually harassing another person.
    Definitely Would
    Probably Would
    Probably Would Not
    Definitely Would Not

12. When thinking about my own sexuality and gender identity, I feel...
    a. At peace with myself
    b. A little confused, but accepting
    c. Very confused and anxious
    d. I don’t even want to think about it

13. I know the difference between a healthy and unhealthy relationship. True  False

14. Affirmative consent can be as subtle as a wink and a nod? True  False

15. Sex is... (pick your best answer)
    a. No big deal
    b. A way to prove your love to your partner
    c. A special thing to be appreciated
    d. Not something I’m ready to think about right now
Directions: You must interview a parent/guardian or someone who is 18 or OVER for this activity. After the interview, please sign the bottom form and turn in the completion slip.

1. What did you do in your free time when you were my age?
7. What is the one thing you wish you knew about puberty/sexuality when you were my age?
8. Is there anything you wish you would have done differently with relationships and sex?
9. Did you ever feel pressure to have sex? What did you do about it?
10. If someone pressures me to have sex, what would you recommend I say?
11. What age do you think is the right age to have sex?
12. At what age do you think it would be best for me to have kids? Why?
8th Grade: Parent Communication

Cultural & Family Perspectives on Birth Control

PURPOSE: This is a chance to share with one another some of your own (and your family’s or your religion’s) beliefs about sexuality and relationships. It will also give you a chance to get to know one another a little better.

DIRECTIONS: Find a quiet place where the two of you – the student and the trusted adult (parent, guardian, stepparent, adult friend of the family, best friend’s parent, etc.) – can talk privately. Set aside about 10 minutes. During this time, please give full attention to one another ... no texting, watching TV and so on. Now ask one another the following questions

ASK THE ADULT: Tell me about our family’s cultural or religious beliefs about birth control. Research the beliefs about birth control from some part of your identity, for example culture, religion, country where you were born, or country your ancestors are from. Some possible areas to research:
Communication Tips

1. Validate their questions
2. When they ask you a question, ask them “What do you think?”
3. Keep your answers short – 2 sentences
4. Answer truthfully – in an age-appropriate way
5. Identify a number of other trusted adults as resources
Be inclusive, Don’t assume that your child…

• Will get married,
• Is heterosexual,
• Identifies as one specific gender,
• Is sexually active,
• Or is not sexually active,
• Will have children someday.
Clinic Locations

Health Clinics

- Daly City Youth Health Center
- Kaiser Teen Clinic
- Ravenswood Family Health Center
- Planned Parenthood San Mateo
- Planned Parenthood Mountain View
- Sequoia Teen Wellness Center
- Kaiser Teen Clinic
- Planned Parenthood RWC Health Center
- Fair Oaks Health Clinic
7th Grade: Sexual Health Education
7th Grade: Sexual Health Education

**What is Sex?**

<table>
<thead>
<tr>
<th>Types of Sex</th>
<th>Risk of Pregnancy</th>
<th>Risk of STDs</th>
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<tbody>
<tr>
<td>Oral Sex</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Vaginal Sex</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Anal Sex</td>
<td>Yes</td>
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- **NO SEX** is the only 100% effective way to prevent pregnancy and/or lower the risk of STD.
7th Grade ABCDs of STDs

A
ABSTAIN

B
BE INFORMED

C
CONDOMISE

D
DENY DRUGS and ALCOHOL
7th Grade: Sexual Health Education

Birth Control

100%
Deciding to wait

Not Having Sex

99%
“T” shaped plastic devise into woman’s uterus
Leave in for up to 10 years

IUD
Sexually Transmitted Infections

You **CAN** have an STI and Not Know It

70% of People with STIs have **NO** signs or symptoms
What is HIV?

Human – This virus infects human beings

Immunodeficiency – This virus attacks a person’s immune system, causing it to become deficient and not work properly.

Virus – A virus is a type of germ. Viruses need living cells to grow and reproduce.
8th Grade: Sexual Health Education

- 5 Lessons (6 Days)
- STI and HIV/AIDS prevention
- Birth Control Demonstration
- Healthy Relationships
- Sexual Orientation/Identity
- Pornography
8th Grade: STI Prezi
Birth Control Lab

Most Effective
- Sterilization
- Implant
- IUD

Effectiveness:
- Sterilization: 99%
- Implant: 91-94%
- IUD: 91-94%

Less Effective
- Shot
- Pill
- Ring
- Patch
- Diaphragm
- Condoms (Internal/external)
- Sponge
- Cervical Cap
- Spermicide
- Fertility awareness
- Withdrawal

Effectiveness:
- Shot: 76-88%
- Pill: 76-88%
- Ring: 76-88%
- Patch: 76-88%
- Diaphragm: 76-88%
- Condoms (Internal/external): 76-88%
- Sponge: 76-88%
- Cervical Cap: 76-88%
- Spermicide: 76-88%
- Fertility awareness: 76-88%
- Withdrawal: 76-88%
Condom Demonstration
Gender Terms Defined

• Genderless – agender, someone who does not identify with any gender
• Transgender – someone who identifies with the gender that is opposite of the sex
• Third Gender – (third sex) – neither man nor women (third = other); Hawaiian culture (A Place in the Middle)
• Genderqueer - denoting or relating to a person who does not subscribe to conventional gender distinctions but identifies with neither, both, or a combination of male and female genders.
• Bigender - denoting or relating to a person whose sense of personal identity encompasses two genders.
• Binary Gender - also referred to as gender binarism (sometimes shortened to just binarism), is the classification of sex and gender into two distinct, opposite and disconnected forms of masculine and feminine. Gender binary is one general type of a gender system.
• Cisgender - denoting or relating to a person whose sense of personal identity and gender corresponds with their birth sex.
• Gendergluid - denoting or relating to a person who does not identify themselves as having a fixed gender.
The Gender Unicorn

Gender Identity
- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression
- Feminine
- Masculine
- Other

Sex Assigned at Birth
- Female
- Male
- Other/Intersex

Physically Attracted to
- Women
- Men
- Other Gender(s)

Emotionally Attracted to
- Women
- Men
- Other Gender(s)

To learn more, go to: www.transstudent.org/gender

Design by Landyn Pan and Anna Moore
Questions?

Webpage: https://bsd-ca.schoolloop.com/sexeducation

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