



# Setting the Right Environment

Establishing Shared Agreements for Learning about Sexual Health

# Building Community: What's in a Name?

- 1. Write your entire name. Then, write the story of your name below it, include details like:
  - Any history or meaning associated with your name
  - Who you might have been named after
  - If you've ever had a sense of pride in your name
  - Any changes in your name over time
  - Any nicknames you might be known by, etc.
- 2. Pair up with another person.
- 3. Take turns sharing your story in an uninterrupted way while the other listens.
- 4. Find another person and repeat.

### **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





### **Learning Intentions**

- I can define our shared classroom agreements for communicating in a safe and respectful way so that everyone feels included.
- I can identify the trusted adults who can give me guidance if I have questions after the Sexual Health lessons.





# RESPECT: Find Out What It Means to Me

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\_\_\_\_\_.

### 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**

Why do you think it's important for us to be able to learn about the topic of sexual health in a way that everyone can feel comfortable?

What agreements
(norms/ground rules)
have we already
established as a
classroom community
that will help us learn this
information?

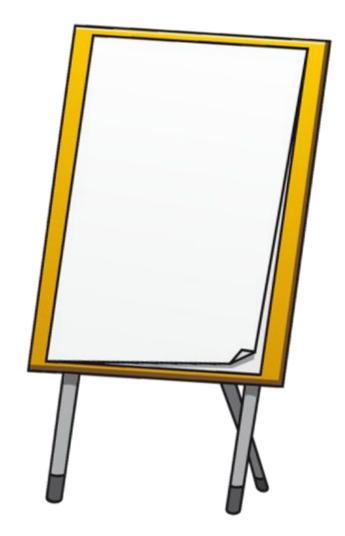
What types of non-verbal communication (tone, body language, facial expressions, eye contact, etc.) are also important to consider when learning together?





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?

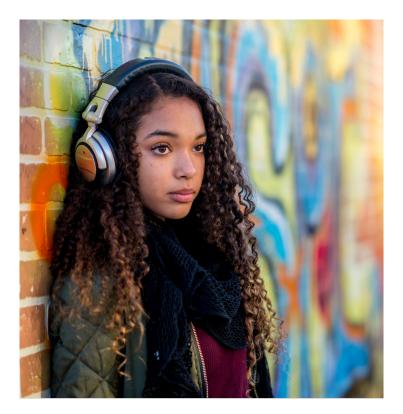
### Reliable Sources

# 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?



Janette, 13, has a favorite YouTuber she likes to watch for makeup tutorials. Recently, the YouTuber 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 YouTuber 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?





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 wanted to have kids of his own, but he knows his dad wants him to go to college first before thinking about starting a family. Who else could Pedro talk to about options for his future after graduation?









Dante and Jamal are working on a team research project on teen mental health for their English class. Their final project must cite academic research, as well as an interview with an expert on the subject. Dante suggests watching one of their favorite YouTuber who often speaks about their own personal struggles with mental health. To get an A on the project, should Dante and Jamal interview the YouTuber for their expert opinion, or is there another trusted person they might interview?





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?

## Ways to Communicate Effectively about Your Health

Keep in mind that everyone has different values and opinions when it comes to their health and that's okay. Identify your network of trusted adults that you can talk to and ask questions about your health.

When researching health information, consult reliable medical and scientific sources rather than relying on social media or peers.

Demonstrate respect and kindness through your words and actions to ensure everyone can feel safe when learning together.

Practice using the scientific and medical terms for your anatomy and your 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





# 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

### At Home

#### 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**

<u>Differing Abilities Archives - Teachers | Teaching Sexual Health</u>

Talk to Your Kids About Sex and Healthy Relationships - MyHealthfinder | health.gov



