Name: Date: Per:

Setting the Right Environment

What's in a name? Write your entire name. Then, they 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.

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?

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:

Adding to Our Agreements
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

Read each statement as a class and decide whether it represents a (V)alue, an (O)pinion, or a (S)cientific fact:

___ 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.

Reliable Sources	For each scenario, answer the questions about reliable sources

Scenario 1	Is the YouTuber the best source for Janette and her sister to learn about maternity health? Why or why not?
  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.	Who could be a trusted adult for Janette and her sister to consider a good resource for this type of information?

Scenario 2 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?	Who else could Pedro talk to about options for his future after graduation? What or who is a trustworthy source for advice in this situation?

Scenario 3

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?

Should Dante and Jamal interview the YouTuber for their expert opinion, why or why not?

Is there another trusted person they might interview for medically accurate and scientific information advice or information for this project?

Scenario 4

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.

What or who is a trustworthy source for advice or information about this?

What or who is not a reliable source for information about this?

Ways to Effectively Communicate About Your Sexual Health

Keep in mind that everyone has _____ values and _____ when it comes to their health and that's okay.	Identify your network of _____ adults that you can talk to and ask questions about your health.	When researching health information, consult _____ _____and _____ sources rather than relying on social media or peers.
Demonstrate _____ and _____ through your words and actions to ensure everyone can feel safe when learning together.	Practice using the _____ and _____ terms for your anatomy and your health.	**If you need resources or support for your sexual health…** ● **Talk to a trusted adult** ● **Call 2-1-1** ● **Visit 211sandiego.org**

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
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.

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**