

Body Talk 1.5 Syllabus

Instructors: Robin Lindsey and Melanie Ware

Students will learn about the changes experienced during puberty in an age appropriate and safe environment. These include the physical, emotional, and social changes experienced by teens. We will also be using a Question Box each week to answer anonymous questions the teens may have about the topics we will be covering.

3/23-Introduction

We will be playing some get to know you games and coming up with Ground Rules on how we will agree to treat each other during Body Talk. We will discuss the difference between the definition of “sex” and “sexuality” and talk about the language we use. We will introduce the Question Box and put our first questions in.

3/30-Family, Friendship, Communication and Consent

We will be exploring the importance of Family and Friends in our lives and how to develop good communication skills in these relationships. We will learn to distinguish among assertive, aggressive, passive, and manipulative behaviors and describe and appreciate the consequences of each behavior in our relationships. We will discuss the importance of consent in ALL relationships.

4/6-Gender Roles and Self Esteem

We will talk about the similarities and differences between expectations our society has for each gender, recognizing that a person’s beliefs about roles can influence decisions. We will talk about the influence of media on our beliefs, expectations and our self-esteem. We will talk about what builds up and what breaks down self-esteem.

4/27-Puberty!! Including Anatomy, Sexual Health and Hygiene

We will learn about male and female anatomy as they relate to puberty and how many of the changes that happen during puberty are the same or similar for both sexes. We will talk about caring for our bodies during puberty and we will be sharing some of the products that teens may use during this time.

5/4-Good Touch, Bad Touch, Secret Touch and Abstinence.

We will talk about touch as a basic human need and how to recognize different kinds of touch (nurturing, affectionate, sexual, violent and exploitive). We will discuss teen’s rights regarding their bodies and talk about how to avoid being victims of violent or exploitive behavior. We will define abstinence and discuss reasons for choosing it.

5/11-Decision Making

We will identify ways we make decisions, actively or passively, and how it affects the choices we make about everyday as well as the choices we make in regard to relationships, touch and abstinence.

5/18 Sexuality and Social Media

Technology has changed the way young people communicate and how they access information. This includes using online pornography for sexuality information. We will discuss how to stay safe and continue our discussion on consent and how it applies to our online lives.

5/25 Last Class!

This class will be about review and answering any last questions the teens may have.