

## **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.

### **3/19-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.

### **3/26-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.

### **4/16-Gender Roles in Society 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.

### **4/23-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.

### **4/30-Touch, Abstinence, and Decision Making.**

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. We will talk about how people make decisions, actively or passively, and how it affects the choices we make about touch and abstinence.

### **5/7-Pregnancy and Birth Control Basics**

We will learn more about the reproductive system and how babies are made. Then we will discuss different methods of birth control available, including abstinence, and their effectiveness. We have a slide show about the different methods and will have some samples so students are familiar with them before they are needed!

### **5/14-Sexually Transmitted Infections**

We will learn the difference between a viral and a bacterial infection as it relates to STIs. We will discuss the most common STIs (we do NOT show pictures!), how to prevent them and what to do if you think you might have one.

### **5/21 Sexuality, Social Media and any last questions!**

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. We will answer any last questions the teens may have.