

Body Talk II Syllabus

Students will learn about the changes experienced during puberty in an age-appropriate, safe environment. These include the physical, emotional, and social changes experienced by teens and will include information on Sexual Health, Pregnancy, Birth Control, Sexually Transmitted Infections, and Communication Skills, including using Social Media safely. We will be using a Question Box each week to answer anonymous questions students may have about the topics we will be covering.

3/31- Introduction

We will be playing some “get to know you” games and coming up with our own Ground Rules. These will be posted each week to remind us of the rules we all agreed on. We will talk about the language we use and put our first questions in the question box!

4/7- Communication and Consent

We will learn to distinguish between assertive, aggressive, passive, and manipulative behaviors/statements and describe and appreciate the consequences of each behavior in relationships with parents and friends. We will discuss the importance of consent in ALL situations and relationships.

4/14- 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 exploitative). 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.

4/28- Puberty Review, Including Anatomy, Sexual Health and Hygiene

We will learn about male and female anatomy and how the many 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 share some of the products that teens may use during this time.

5/5- Reproductive System, Pregnancy and Birth Control Basics

We will learn about how the reproductive system works and about how babies are made! 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 the young people are familiar with them long before they are needed!

5/12- Sexually Transmitted Infections (STI)

We will learn the difference between a viral and a bacterial infection as it relates to STIs. We will then discuss the most common STIs, how to prevent them, and what to do if you think you might have one.

5/19- Sexuality and 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 sexual information. We will discuss how to stay safe and continue our discussions about consent and how it applies to our online lives.