

Get Real Curriculum - Health Skills and Concepts Instruction Aligned to the Oregon Health Education Standards

Core Concepts

Describe physical, social and emotional changes that occur during puberty. (6GR: 6.6)

Define sexual intercourse and its relationship to human reproduction. (6GR: 6.4, 6.5)

Explain how conception occurs, the stages of pregnancy, and responsibility of parenting.

Acknowledge that abstinence is the safest, most effective method of protection from STD/HIV, Hepatitis B and C and pregnancy. (6GR: 6.7 7GR: 7.6)

Identify methods of protection including abstinence, disease reduction measures and contraception, from STD/HIV, Hepatitis B and C and pregnancy. (7GR: 7.6, 7.7, 7.8 8GR: 8.3, 8.4)

Identify possible short and long-term consequences of sexual activity, including what it means to be responsible for the results of one's decisions. (6GR: 6.8 7GR: 7.5 8GR:8.6)

Describe gender roles, gender identity and sexual orientation within healthy sexuality (7GR:7.3)

Identify the impact of alcohol and other drug use on sexual decision-making. (6GR: 6.7 7GR: 7.2, 7.6 8GR:8.3)

Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence. (7GR: 7.4 8GR: 8.2)

Differentiate between biological sex, sexual orientation, and gender identity and expression. (7GR: 7.5)

Compare and contrast the characteristics of healthy and unhealthy relationships. (6GR: 6.3 8GR: 8.2)

Describe a range of ways to people express affection within various types of relationships. (6GR: 6.3)

Define STDs, HIV, Hepatitis B/C and how they are and are not transmitted. (8GR: 8.5)

Describe the consequences of prejudice, discrimination, racism, sexism and hate crimes.

Accessing Information

Identify medically accurate sources of information about puberty, development and sexuality.

Demonstrate the ability to access community resources that provide assistance around sexual health and pregnancy. (8GR: 8.5)

Access appropriate school, home and community resources to meet specific needs for sexual health, including pregnancy and STD/HIV/Hepatitis B and C testing, and contraception. (8GR: 8.4)

Identify medically accurate information about STDs, HIV, and Hepatitis B/C. (8GR: 8.5)

Self- Management

Demonstrate the steps to using a condom. (6GR: 6.4 7GR: 7.8 8GR: 8.4)

Demonstrate ways they can respond when someone is being bullied or harassed. (6GR: 6.3 7GR: 7.4 8GR: 8.2)

Explain how to promote safety, respect, awareness and acceptance. (7GR: 7.3)

Explain the criteria for evaluating the health of a relationship. (6GR: 6.3 8GR: 8.2)

Analyzing Influences

Analyze how friends, family, media, society and culture can influence self-concept and body image. (7GR: 7.2)

Define values and what influences our values, including the media; analyze how our values impact our sexual health related decisions. (6GR: 6.8 7GR: 7.2 8GR: 8.3)

Analyze the role of alcohol and other drug use in sexual violence-related situations. (7GR: 7.6)

Analyze the influence of friends, family, media, society and culture on the expression of gender, sexual orientation and identity.

Interpersonal Communication

Demonstrate the use of effective communication and negotiation skills about the use of contraception including abstinence condoms and other safer sex practices. (7GR: 7.9)

Practice effective communication skills to refuse sexual pressures and communicate the consequences of sexual activity, and consent. (6GR: 6.2 7GR: 7.6 8GR: 8.7)

Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others. (7GR: 7.6, 7.9)

Goal Setting

Set a personal goal to avoid an unintended pregnancy. (8GR: 8.8)

Decision Making

Use a decision making model to choose abstinence or effective contraceptives, other safer sex practices. (7GR: 7.5 8GR: 8.8)

Use a decision making model to avoid sexual activity that may put you and your partner at personal risk. (6GR: 6.8 7GR: 7.5 8GR:8.3, 8.8)

Advocacy

Advocate for the promotion of abstinence as the safest most effective method of protection from STD/HIV, Hepatitis B and C, and pregnancy. (6GR: 6.7 7GR: 7.6)

Advocate for school policies and programs that promote dignity and respect for all (7GR:7.4)

Advocate for the promotion of empathy for individual differences