

# High School Communicating about Sex Lesson

Time: 45-60 minutes

This presentation is designed to help participants learn the importance of effective communication and how to start conversations with the people in their lives about sex.

## Outline

- Introduction (3 mins)
- Activity One: Communication (15 mins)
- Activity Two: Benefits of Communication (5 mins)
- Activity Three: Conversation Tactics (15 mins)
- Optional Activity: Sentence Stems (10-15 mins)
- Conclusion (5 mins)



## National Sexuality Education Standards

- SH.10.IC.1 Demonstrate the ability to effectively communicate with a partner about abstaining from sexual behavior, using condoms and/or contraception, and preventing, getting tested, and seeking treatment for STDs (including HIV).\*
- SH.12.IC.1 Analyze societal factors that might inhibit honest discussion between sexual and/or romantic partners about their sexual histories, including STDs and HIV status, and identify ways to begin such conversations.
- CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships.
- CHR.12.CC.1 Describe the characteristics of unhealthy relationships that media, including sexually explicit media, may perpetuate (e.g., inequality between partners, lack of communication and consent, strict gender stereotypes).
- CHR.10.IC.1 Describe effective ways to communicate consent, personal boundaries, and desires as they relate to intimacy, pleasure, and sexual behavior.\*



## Colorado Comprehensive Health Standards

- 3.1 Analyze the interrelationship of physical, mental, emotional, and social health.
  - Implement effective strategies for dealing with personal and environmental stress.
- 4.5 Analyze the factors that influence community and societal beliefs that underlie violence, and describe relationships, attitudes, behavior, and vulnerability to violence.
  - Demonstrate the ability to take the perspectives of others in a conflict situation.
- 4.7 Identify the emotional and physical consequences of violence, and find strategies to deal with, prevent, and report them.
  - Analyze how media messages normalize violence (e.g., physical, sexual, emotional, relational).
- 4.9 Demonstrate verbal and nonverbal communication skills and strategies to prevent violence.
  - Explain the strategies that could be used to prevent a conflict from starting or escalating.
  - Discuss effective strategies for resolving conflicts with another person in nonviolent ways.



## **New Mexico Health Education Standards**

C1 Students will comprehend concepts related to health promotion and disease prevention.

- B1: analyze how behavior can impact health maintenance and disease prevention (PS3 fully met).

C3 Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

- B1: analyze the role of individual responsibility for enhancing health (PSb fully met).
- B4: develop management strategies to improve or maintain personal, family, peer and community health (PS2 fully met).

C5 Students will demonstrate the ability to use interpersonal communication skills to enhance health.

- B1: demonstrate skills for communicating effectively with family, peers and others (PS1 fully met).
- B3: demonstrate positive ways to express needs, wants and feelings (PS2 fully met).
- B4: demonstrate ways to communicate care, consideration and respect of self and others. (PS1 fully met).

C6 Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

- B4: implement a plan for attaining a personal health goal (PS1 fully met).

C7 Students will demonstrate the ability to advocate for personal, family, peer and community health.

- B3: utilize strategies to overcome barriers when communicating information, ideas, feelings and opinions about health issues (PS1 fully met).

