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 testing, 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).