High School Sex and Tech Lesson

Time: 45-60 minutes
This presentation is designed to help students navigate the risks and benefits of technology in relation to their sexuality.

Outline
- Introduction (3 mins)
- Activity One: Risks & Responsibilities (10 mins)
- Activity Two: Communicating with Tech (25 mins)
- Optional Activity: Snapchat Stories (10 mins)
- Conclusion (5 mins)

National Sexuality Education Standards
- SH.10.INF.3 Explain the federal and state laws that prohibit the creation, sharing, and viewing of sexually explicit media by minors (e.g. sexting).
- SH.10.IC.1 Demonstrate the ability to effectively communicate with a partner about abstaining from sexual behavior, using condoms and/or contraception, getting tested, and seeking treatment for STDs (including HIV).
- CHR.10.CC.3 Explain the impact media, including sexually explicit media, can have on one’s perception of, and expectations for, a healthy relationship.
- CHR.10.INF.2 Analyze the potentially positive and negative roles of technology and social media on one’s sense of self and within relationships.
- CHR.12.SM.1 Evaluate strategies to use social media safely, legally, and respectfully.

Colorado Comprehensive Health Standards
2.4 Use a decision-making process to make healthy decisions about relationships and sexual health.
- Analyze risks of sharing personal information through modern technology.
- Appraise internal and external influences and pressures to become sexually active, and demonstrate strategies to resist those pressures.

4.5 Analyze the factors that influence community and societal beliefs that underlie violence, and describe relationships, attitudes, behavior, and vulnerability to violence.
- Analyze situations that could lead to different types of violence such as bullying, verbal abuse, hazing, physical assault and fighting, dating violence acquaintance rape, sexual assault, and family violence.

4.7 Identify the emotional and physical consequences of violence, and find strategies to deal with, prevent, and report them.
- Identify strategies to deal with, prevent, and or report violence.
New Mexico Health Education Standards

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 (PSa fully met).
   B3: analyze the short-term and long-term consequences of safe, risky and harmful behaviors (PS3 fully met).

C4 Students will analyze the influence of culture, media, technology and other factors on health.
   • B3: evaluate the impact of technology on personal, family, peer and community health (PS1-2 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).

C7 Students will demonstrate the ability to advocate for personal, family, peer and community health.
   • B1: evaluate the effectiveness of communication methods for accurately expressing health information and ideas (PS1 fully met).
   • B3: utilize strategies to overcome barriers when communicating information, ideas, feelings and opinions about health issues (PS1 fully met).