

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).

