

# Middle School Influences on Sexual Decision Making Lesson

Time: 45-60 minutes

This presentation is designed to help students gain an understanding of how the messages that they might be receiving from internal and external influences, including values, can influence the decisions they make about sexual activity and relationships, and how they might use this information to make healthy decisions.

## **Outline**

- Introduction (3 mins)
- Activity One: Simon Says (4 mins)
- Activity Two: Media Literacy (15 mins)
- Activity Three: Influences Worksheet (7 mins)
- Activity Four: Personal Boundaries (4 mins)
- Activity Five: Group Discussion (10 mins)
- Conclusion (5 mins)



## **National Sexuality Education Standards**

- GI.8.INF.1 Analyze how peers, family, and a person's intersecting identities can influence attitudes, beliefs, and expectations about gender, and expectations about gender, gender identity, gender roles, and gender expression.
- SO.8.INF.1 Analyze how peers, media, family, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about sexual orientation.
- SH.8.CC.12 Explain the impact that media, including sexually explicit media, can have on one's body image and self-esteem.
- CHR.8.INF.1 Analyze how peers, family, media, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about relationships.



# Colorado Comprehensive Health Standards

## Sixth Grade

None

## Seventh Grade

2.3 Analyze the internal and external factors that influence sexual decision-making and activity.

- Describe a variety of external influences such as parents, the media, culture, peers, and society that affect sexual decision-making and sexual activity.
- Describe how internal influences such as curiosity, hormones, interests, desires, fears, and feelings affect sexual decision-making and activity.
- Describe how personal, peer, and family values and beliefs influence decisions about sexual and reproductive health.
- Develop strategies that advocate for healthy sexual boundaries and decision-making.

## Eighth Grade

3.2 Analyze internal and external factors that influence mental and emotional health.

- Analyze how culture, media, and others influence personal feelings and behaviors.
- Describe how personal and family values and feelings influence choices.
- Identify internal and external influences on one's body image.



# New Mexico Health Education Standards

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

- B2: describe the interrelationship of mental, emotional, social and physical health during adolescence (PS1-3 partially met).
- B4: describe how family and peers influence the health of adolescents (PS1 fully met).
- B5: analyze how environments and personal health are interrelated (PS1 fully met).

C2 Students will demonstrate the ability to access valid health information and health-promoting products and services.

- B3: analyze how the media influences the selection of health information and products (PS1-3 fully met).

C4 Students will analyze the influence of culture, media, technology and other factors on health.

- B1: describe the influence of cultural beliefs on health behaviors and the use of health services (PS1-4 fully met).
- B2: analyze how messages from media and other sources influence health behaviors (PS1&4 partially met).
- B4: analyze how information from peers influences health (PS2-3 fully met).

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

- B2: analyze how health-related decisions are influenced by individuals, family, peers and community values (PS1-2 fully met).

