Middle School Sex and Tech Lesson

Time: 45-60 minutes

This presentation is designed to help students gain an understanding of the benefits and risks that come with use of different types of technology in relation to sexuality. They will learn about resources for using technology to access information about sexuality and relationships and think about decision making as it pertains to their day-to-day actions in the digital world.

Outline

- Introduction (2 mins)
- Activity One: Identifying Technology (3 mins)
- Activity Two: Cool/Not Cool Quiz Website (10 mins)
- Activity Three: Benefits and Risks (10 mins)
- Activity Four : Tips to Reduce Risks (15 mins)
- Conclusion (1 min)

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National Sexuality Education Standards

- PD.8.AI.1 Define medical accuracy and analyze medically accurate sources of information about puberty, adolescent development, and sexual health.
- SO.8.AI.1 Access credible sources of information about sexual orientation.
- SH.8.INF.2 Describe the state and federal laws related to age of consent, minors' ability to consent to health care, confidentiality in a healthcare setting, child pornography, sexting, safe haven, and sex trafficking.
- CHR.8.CC.1 Compare and contrast the characteristics of healthy and unhealthy relationships.
- CHR.8.INF.2 Evaluate the impact of technology (e.g., use of smart phones, GPS tracking) and social media on relationships (e.g., consent, communication).
- CHR.8.IC.1 Demonstrate communication skills that will support healthy relationships.
- CHR.8.IC.2 Demonstrate strategies to communicate personal boundaries and how to show respect for the boundaries of others.
- CHR.8.SM.2 Demonstrate strategies to use social media safely, legally, and respectfully

Colorado Comprehensive Health Standards

Sixth Grade

3.1 Understand how to be mentally and emotionally healthy.

- Explain how modern technology can have a positive and negative impact on mental and emotional health.

Seventh Grade

None

Eighth Grade

4.5 Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior.

- Identify pro-social behaviors in the school and community.
- Examine the consequences of unaddressed behaviors that do not respect others, the school, or the community environment.
- Advocate for a positive and respectful school environment that supports pro-social behavior.

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New Mexico Health Education Standards

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

- B4: describe how family and peers influence the health of adolescents (PS1 fully met).
- B6: describe ways to reduce risks related to adolescent health issues (PS1-3 fully met).

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

- B6: describe situations requiring professional health services (PS1-2 fully met).

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

- B1: explain the importance of assuming responsibility for personal health behaviors (PS1 fully met).
- B3: distinguish between safe and risky or harmful behavior in relationships (PS1-2 fully met).
- B5: develop injury prevention and management strategies for personal and family health (PS1-3 fully met).
- B6: demonstrate ways to avoid and reduce threatening situations (PS1-3 fully met).

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

- B3: analyze the influence of technology on personal and family health (PS1-2 fully met).

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

- B4: demonstrate ways to communicate care, consideration and respect of self and others (PS1 fully met).
- B5: demonstrate communication skills to build and maintain relationships (PS1-3 fully met).
- B6: demonstrate refusal skills to enhance health (PS1-2 fully met).

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

- B3: predict how decisions regarding health behaviors have consequences for self and others (PS1-3 fully met).