

# **Lynden High School Health Education**

## **Healthy Relationship and Sexual Health Education**

**Grades 9/10**

# Healthy Relationships

## Topics Covered:

- Understanding Love vs. Infatuation
- Signs of Healthy and Unhealthy Relationships
- Healthy Guidelines for Dating
- Types of Relationship Abuse
- The Cycle of Abuse
- The Power and Control Wheel
- Setting Boundaries in Relationships
- Helping and supporting someone in an unhealthy/abusive relationship.
- Understanding consent and laws surrounding consent.

## Resources:

[Student Packet – Healthy Relationship Unit](#)  
[Healthy Relationship Packet - with responses.pdf](#)

- [Difficult Question Protocol](#)
- [One Love Foundation - Signs of Healthy and Unhealthy Relationships](#)
- [TED Talk: The Difference between healthy and unhealthy love](#)
- Book: [The 6 Most Important Decisions You'll Ever Make: A Guide for Teens](#) (just the chapter on Dating)
- [YouTube: 5 Differences Between Crushing & Falling in Love](#)
- [Youtube: What Teens Think About Relationships](#)
- [Youtube: 10 Relationship Red Flags of Abuse](#)
- [Youtube: The Signs: Teen Dating Abuse](#)
- [Youtube: Understanding Consent](#)
- [Youtube: Tea Consent \(clean\)](#)
- [Youtube: Ask. Listen. Respect.](#)
- [Youtube: 2 Minutes will change the way you think about consent.](#)
- Reviving Ophelia – Movie - <http://www.imdb.com/title/tt1690215/>
- Helping a friend - [Things to say and not to say. Things to do and not to do.](#)

## Standards:

[Washington State Health Education K-12 Learning Standards](#)

- Describe characteristics of healthy and unhealthy relationships. H1.Se5.7
- Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships. H1.Se5.HSb
- Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent. H4.Se5.HS
- Define sexual consent and identify ways that consent can be communicated and accepted. H1.Se5.8b
- Analyze factors that can affect the ability to give or recognize consent to sexual activity. H2.Se5.HS
- Identify ways to access accurate information and resources for survivors of sexual offenses. H3.Se5.HS
- Recognize that everyone has the right to set boundaries based on personal values. H1.Se5.6b
- Explain the importance of setting personal boundaries and showing respect for the boundaries and values of others. H4.Se5.7b
- Develop a plan to communicate and maintain personal boundaries and values. H6.Se5.8
- Analyze the impact of technology and social media on friendships and relationships. H2.Se8.8.
- Differentiate between affection, love, commitment, and sexual attraction. H1.Se5.HSa
- Understand the importance of personal and social responsibility for sexual decisions. H7.Se6.HS
- Identify state laws related to sexual offenses, including when a minor is involved. H1.Se6.8b

# Sexual Health Education

## Topics Covered:

- Biological Male and Biological Female Reproductive System/Anatomy
- Sexually Transmitted Diseases/Infections
- HIV/AIDS
- Hormonal/Barrier/Behavioral Birth Control Methods
- Abstinence
- Decision Making regarding sexual health – things to consider.

## Resources:

[Student Packet – Sexual Health Unit](#)  
[Sexual Health Unit Packet - with responses](#)

## FLASH – Comprehensive Sexuality Education Curriculum

<https://www.etr.org/flash/>

[\\*\\*Lynden High School Health and FLASH Curriculum.docx\\*\\*](#)

[Difficult Question Protocol](#)

**Movie: Girl Positive** - <http://www.imdb.com/title/tt0985692/>

## YouTube:

[How Menstruation Works](#)

[How Fertilization Happens](#)

[How Sperm Meets Egg](#)

[Identical and Fraternal Twins](#)

[Sexually Transmitted Diseases, Causes, Signs and Symptoms, diagnosis and treatment](#)

[Putting an End to HIV Stigma](#)

[How do contraceptives work?](#)

## Standards:

### Washington State Health Education K-12 Learning Standards

- Summarize fertilization, fetal development, and childbirth. H1.Se1.HSa
- Summarize reproductive systems and their functions, including the path of an egg during ovulation and the path of sperm during ejaculation. H1.Se1.8a
- Describe behaviors that impact reproductive health. H1.Se1.HSc
- Understand the importance of treating others with respect regarding gender identity. H1.Se5.3b
- Identify physical, emotional, and social effects of sexual activity. H1.Se1.8b
- Explain the role hormones play in sexual behavior and decisionmaking. H5.Se1.HS
- Summarize ways to prevent pregnancy and STDs. H1.Se4.8a
- Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV. H1.Se4.HSa
- Identify medically accurate resources about contraceptive methods, STDs/HIV, and pregnancy. H3.Se4.8
- Summarize signs, symptoms, potential impact, and treatment of STDs. H1.Se4.8b
- Define abstinence and explain why it is the most effective method to prevent pregnancy and sexually transmitted infections (STDs), including HIV. H1.Se4.6a
- Explain how STDs are transmitted. H1.Se4.6b
- Describe methods to prevent the transmission of STDs/HIV, including abstinence. H1.Se4.7b
- Understand that all STDs are treatable, and many are curable. H1.Se4.7c
- Understand the importance of STD testing and treatment for sexually active youth. H8.Se4.HS
- Compare and contrast potential outcomes of risk behaviors and protective factors. H1.Se4.8c
- Describe personal role in protecting one's own sexual and reproductive health. H7.Se4.8
- Understand that people can choose abstinence at different times in their lives. H1.Se4.HSb
- Use a decision-making model to make a sexual health-related decision. H5.Se4.HS