



## High School FLASH, 3<sup>rd</sup> Edition

### Overview

#### Program Components:

- Comprehensive science-based sexual health education curriculum designed to prevent pregnancy, STDs and sexual violence
- Designed for use in school classrooms, as a part of a health unit
- Strong family involvement component
- Inclusive curriculum, including examples and activities designed to resonate with youth from a variety of geographical regions, racial identities and sexual orientations
- 15 lessons

#### For Use With:

- Grades 9-12
- Out-of-school youth

#### Evaluation findings:

FLASH adheres to the Characteristics of Effective Sex and STD/HIV Education Programs and is aligned to both the CDC's National Health Education Standards for Sexual Health and the National Sexuality Education Standards, authored by the Future of Sex Education. FLASH has not yet been rigorously evaluated in order to become an evidence-based program.

### National Health Education Standards

Aligned to the National Sexuality Education Standards

### Adult Preparation Subjects

#### Healthy Relationships:

- Lessons on Healthy Relationships, Coercion and Consent, and Communication and Decision Making

#### Parent-Child Communication:

- Family homework assignments
- Strong family involvement component

#### Healthy Life Skills:

- Lessons on Online Safety and Undoing Gender Stereotypes

Modules	Objectives
Lesson 1: Climate Setting	<p>List classroom ground rules that promote safety and respect.</p> <p>Analyze factors that influence the decision to abstain from sex.</p> <p>Analyze factors that influence the use of condoms and birth control.</p> <p>Support others to make positive and healthy decisions about abstinence, birth control, condoms and relationships and gender identity.</p>
Lesson 2: Reproductive System	<p>Name the parts of the male and female genitals and reproductive systems.</p> <p>Describe the path of an egg during the menstrual cycle.</p> <p>Describe the path of a sperm during ejaculation.</p> <p>Recognize that there is a wide range of normal anatomy.</p> <p>Name the 3 main components of sexual response.</p>
Lesson 3: Pregnancy	<p>Identify the laws related to reproductive and sexual health care services.</p> <p>Describe the signs of pregnancy.</p> <p>Describe prenatal practices that can contribute to or threaten a healthy pregnancy.</p> <p>Access medically accurate information about pregnancy, pregnancy options and prenatal care services.</p>
Lesson 4: Sexual Orientation and Gender Identity	<p>Differentiate between biological sex, sexual orientation and gender identity.</p> <p>Summarize ways that society places expectations on people to be heterosexual and to conform to gender norms.</p> <p>Summarize ways to show courtesy and respect for others whose aspects of sexuality are different from one's own.</p>
Lesson 5: Undoing Gender Stereotypes	<p>Analyze the influence of friends, family, media, society and culture on the expression of gender.</p> <p>Analyze how peers and perceptions of norms influence healthy and unhealthy behaviors and relationships.</p> <p>Name at least one way in which gender stereotypes may limit one's ability to make healthy decisions.</p>
Lesson 6: Healthy Relationships	<p>Summarize the qualities of a healthy dating relationship.</p> <p>Demonstrate effective strategies to avoid or end an unhealthy relationship.</p> <p>Demonstrate effective communication strategies to prevent, manage or resolve interpersonal conflicts.</p>

Lesson 7: Coercion & Consent	<p>Define sexual consent and explain its implications for sexual decision making. Analyze techniques that are used to coerce or pressure someone to have sex. Describe potential impacts of power differences within sexual relationships. Explain why it is an individual's responsibility to verify that all sexual contact is consensual.</p> <p>Summarize why individuals have the right to refuse sexual contact. Explain why it is wrong to trick, threaten, or coerce another person into having sex.</p>
Lesson 8: Online Safety: Sexual Violence Prevention	<p>Evaluate the potentially positive and negative roles of technology and social media in relationships.</p> <p>Describe strategies to use social media safely, legally and respectfully. Analyze the effect of technology on personal and community sexual health practices and behaviors.</p>
Lesson 9: Abstinence	<p>Define abstinence.</p> <p>Demonstrate effective use of refusal skills.</p> <p>Analyze influences that may have an impact on deciding to be abstinent.</p>
Lesson 10: Birth Control Methods	<p>Summarize how to prevent pregnancy and STDs</p> <p>Summarize the importance of using birth control and condoms correctly and consistently.</p> <p>Explain the value of using condoms at the same time as another form of birth control.</p> <p>Explain the importance of contraceptive counseling and services if sexually active. Define emergency contraception and how it works.</p> <p>Identify the laws related to getting birth control and STD services.</p> <p>Know how to access medically accurate information about birth control and condoms.</p> <p>Evaluate the effectiveness of using condoms and birth control in preventing pregnancy and the spread of STDs and HIV.</p>
Lesson 11: Preventing HIV & Other STDs	<p>Describe common symptoms of and treatments for STDs, including HIV.</p> <p>Explain the importance of STD and HIV testing and counseling if sexually active. Describe the steps to using a condom correctly.</p> <p>Develop a plan to attain a personal goal to avoid or reduce the risk of contracting an STD.</p> <p>Make a commitment to practice healthy sexual behaviors.</p>

<p>Lesson 12: Condoms to Prevent Pregnancy, HIV and Other STDs</p>	<p>Summarize how HIV is transmitted. Summarize the importance of using condoms consistently and correctly to reduce the risk of pregnancy and HIV/STD infection. Describe the steps to using a condom correctly.</p>
<p>Lesson 13: Testing for HIV &amp; Other STDs</p>	<p>Access valid and reliable information about local STD and HIV testing and treatment services. Explain the importance of testing for STDs, including HIV, if sexually active. Advocate for sexually active youth to get testing and treatment for STDs including HIV. Use strategies to overcome barriers to testing for STDs, including HIV.</p>
<p>Lesson 14: Communication and Decision Making</p>	<p>Demonstrate effective communication skills to promote sexual health and healthy relationships. Choose a healthy alternative when making a sexual health-related decision. Apply a decision-making model to various situations relating to sexual health.</p>
<p>Lesson 15: Improving School Health</p>	<p>Encourage the school environment to promote the health of others. Persuade and support others to avoid or reduce risky sexual behaviors. Use peer and societal norms to formulate health enhancing messages about avoiding or reducing risky sexual behaviors.</p>