

# Sex Education Curriculum

by Kim Marshall – January 2016

## Overview of Content

After each lesson, students get a one-page summary of the main points covered in that lesson. There are additional details in the PowerPoint slides within each lesson, but everything of major importance is in these summary sheets. Students should collect the sheets in a folder, use them to study for the final test, and bring them home at the end of the course to discuss with their parents and use as a reference in the future.

Before the course – Introduction to all students, parent permission letter sent home

Lesson 1 – Overview, ground rules, and pre-test

Lesson 2 – Male puberty: physical and emotional changes

Lesson 3 – Female puberty: physical and emotional changes

Lesson 4 – Male-female comparisons; dealing with sexual desire

Lesson 5 – Sexual intercourse, pregnancy, and childbirth

Lesson 6 – Sex at its best: falling in love, the nature of true love, marriage

Lesson 7 – Homosexuality: facts, attitudes, and myths

Lesson 8 – Birth control and abortion; myths about preventing pregnancy

Lesson 9 – HIV/AIDS and other sexually transmitted diseases

Lesson 10 – Sex without love: harassment, sexual abuse, and rape

Lesson 11 – Being assertive: dealing with pressures, “lines”, making a plan

Lesson 12 – Wrap-up and post-test

After the course – Giving back test and performance assessment, final comments

# Lesson 1 – Introduction: Main Points to Remember

## Ten Reasons for Sex Education:

1. To learn the correct words about sex (replacing slang).
2. To learn the facts about sex and love.
3. To unlearn any myths and misconceptions about sex.
4. To get more comfortable talking about sex.
5. To learn what's normal and what's not normal about sex.
6. To think through what's right and wrong – one's values about sex.
7. To think about using common sense about sex.
8. To build skills in being assertive under pressure.
9. To think about a strategy for dealing with sex in the teen years.
10. To know where to get more information about sex, answer questions that come up.

## Five Ground Rules for Sex Education Classes:

1. Everyone has the right to privacy about sex; no personal questions.
2. People have a right to their own opinions about sex (but not their own facts).
3. Nobody should feel laughed at or put down in the class – or anywhere else.
4. Teasing and sexual harassment will not be tolerated!
5. Sex vocabulary should be used only in appropriate places with appropriate people.

## Sex Education Course Outline:

Lesson 1 – Overview, ground rules, and pre-test

Lesson 2 – Male puberty: body changes, mind changes

Lesson 3 – Female puberty: body changes, mind changes

Lesson 4 – Male-female comparisons; dealing with sexual desire

Lesson 5 – Sexual intercourse, pregnancy, and childbirth

Lesson 6 – Sex at its best: falling in love, the nature of true love, marriage

Lesson 7 – Homosexuality: facts, attitudes, and myths

Lesson 8 – Birth control and abortion; myths about preventing pregnancy

Lesson 9 – Sexual diseases: HIV/AIDS and others

Lesson 10 – Sex without love: sexual harassment, sexual abuse, and rape

Lesson 11 – Being assertive: dealing with pressures, “lines”, making a plan

Lesson 12 – Wrap-up and post-test, performance assessment

**Remember: Knowledge is powerful. Ignorance is dangerous.**

# Lesson 2 – Male Puberty:

## Main Points to Remember

1. Puberty is started by an “alarm clock” in the brain – the pituitary gland – which sends signals to the testicles.
2. The testicles release hormones, and these start the mind and body changes of puberty.
3. Puberty is not started by watching sexy movies and TV shows, or by thinking about sex.
4. Most boys begin puberty when they are 13 or 14, but anywhere from 9 to 16 is normal.
5. If a boy hasn’t begun puberty by the time he is 17, he should see a doctor.
6. Puberty begins with mind changes in 4th or 5th grade – attractions, sexual thoughts, more desire.
7. Sexual thoughts about other people are normal – all people have them.
8. Puberty brings many body changes in boys:
  - a growth spurt
  - broader shoulders
  - facial hair (the beginnings of a mustache and beard)
  - armpit and pubic hair
  - grown-up sweat and body odor
  - a deeper voice
  - an Adam’s apple
  - growth in the penis and testicles.
9. The penis changes size many times each day; the largest size is called an erection.
10. It’s normal for a male to get an erection several times a day, including in his sleep.
11. About 60% of American boys are circumcised: the foreskin is removed from the penis right after birth. Circumcision is a cultural, religious, or family decision and makes no significant difference to a male.
12. The most important change of puberty is when the testicles begin to make millions of sperm.
13. This is the point when a boy can start a pregnancy.
14. Sperm move out of the testicles and mix with other fluids to make semen.
15. An ejaculation is when semen spurts out of the penis.
16. There are about 300,000,000 sperms in the semen that is ejaculated.
17. Orgasm is the strong climax of sexual pleasure that usually goes along with an ejaculation.
18. Most males who have reached puberty have wet dreams – ejaculations while asleep.
19. Wet dreams are a normal way for the body to release built-up sexual desire.
20. The testicles are very important to maleness and need to be protected from damage.
21. All these are NORMAL: Being curious about sex, thinking about sex, having sexual thoughts and urges, being nervous and uncomfortable about sex, being circumcised or uncircumcised, reaching puberty any time from 9-16, having erections at night and during the day, and having wet dreams (ejaculations at night)

# Lesson 3 – Female Puberty:

## Main Points to Remember

1. Girls' puberty begins when the pituitary gland signals the ovaries to begin releasing hormones.
2. As girls enter puberty, they often get more curious about sex, more shy, and want more privacy.
3. It is normal for girls to have sexual thoughts and feelings, including in dreams at night.
4. When a female is sexually aroused, her vagina lubricates and the clitoris gets bigger.
5. The clitoris is very sexually sensitive; rubbing it can cause an orgasm.
6. Girls go through a number of body changes during puberty:
  - Breasts develop (as early as 8 years old in some girls).
  - Hair grows around the vulva (usually about a year after breasts begin to develop).
  - Hair grows under the arms and leg hair becomes coarser (many females shave these areas).
  - There is a growth spurt, including bigger feet (she may feel clumsy).
  - The hips get broader – more of an “hourglass” figure.
  - The skin gets more oily (maybe pimples).
  - Sweat has a “grown-up” smell (body odor unless she showers or bathes regularly).
  - She gets her first period (about a year after pubic hair begins to grow).
7. Sometimes one breast grows faster than the other; this is normal and breasts usually even out.
8. A girl has definitely reached puberty (and can get pregnant) when she ovulates and has her first menstrual period. Here's how it works:
  - The average age for a girl to get her first period is 12-13, but any time from 8-16 is normal.
  - If she hasn't entered puberty by 17, she should see a doctor.
  - Periods usually happen about once a month (every 4 weeks or 28 days).
  - Every month, a lining builds up in the uterus; it is designed as a “nest” for a baby to grow in.
  - Once a month, one of the ovaries releases an egg (ovulation) and it travels into the uterus.
  - If no sperm fertilizes the egg, the lining is not needed; it leaves the body through the vagina.
  - To catch the blood and tissue coming out, girls and women use pads or tampons.
  - Having a period is normal; it does not mean the female has an illness or has had sex.
  - Females can do regular activities during a period; nobody needs to know their private business.
  - If the female is eating well, the loss of blood is not harmful, but some take vitamins with iron.
9. Some females have PMS – pre-menstrual syndrome – just before their period begins.
10. Menopause is when females stop having periods – usually around age 50.

# Lesson 4 – Male/Female Comparisons: Main Points to Remember

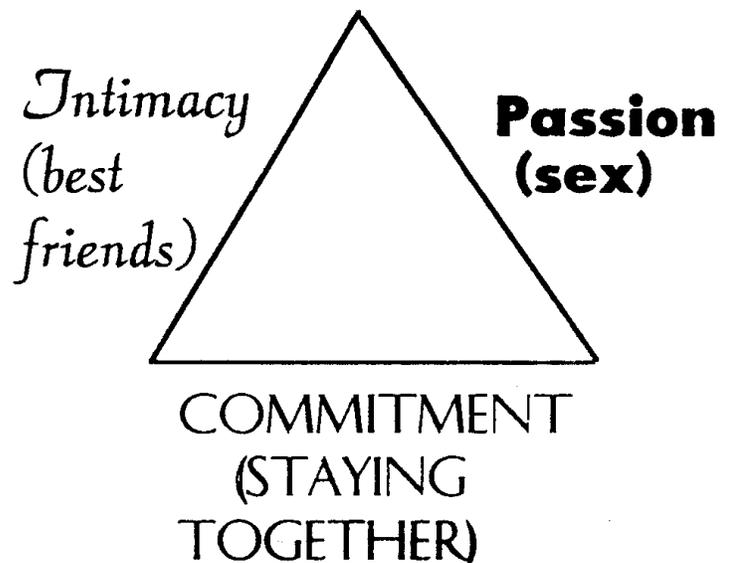
1. On average, girls start puberty a year earlier than boys.
2. Many of the changes of puberty are the same for boys and girls, but some are quite different.
3. Once girls and boys have reached puberty, they have a stronger instinctual appetite for sexual satisfaction – for orgasms.
4. An orgasm is the intensely pleasurable climax of sexual stimulation.
5. All humans have an instinct for orgasm; without it, humans would be extinct.
6. A hundred years ago, people reached puberty later (around 17) and married earlier (around 19); there were only a few years when sexual desire did not have an outlet in marriage.
7. Now, it's twelve years or more from puberty (12-13) to marriage (25-26).
8. Teenagers need to make choices about how to deal with their sexual urges during these years.
9. One choice is masturbation - rubbing one's own penis (male) or clitoris (female) to orgasm.
10. Most people masturbate at certain points in their lives – especially the teenage years – to release built-up sexual desire.
11. Masturbation is a subject that most people are not comfortable talking about.
12. Masturbation is a private act; masturbating in public can lead to arrest.
13. Some religions teach that masturbation is morally wrong.
14. Doctors say that masturbation will not harm a person.
15. It is normal to masturbate; it's also normal not to masturbate.
16. There are a lot of silly myths about masturbation:
  - Masturbation does not make hair grow on the palms.
  - Masturbation does not cause warts.
  - Masturbation does not turn a person into a werewolf.
  - Masturbation does not make people insane.
  - Masturbation does not make people blind.
  - Masturbation does not cause pimples.
  - Masturbation does not make a person gay.
  - Masturbation does not make lead to H.I.V./A.I.D.S. or other sexual diseases.

# Lesson 5 – Sexual Intercourse, Pregnancy, and Childbirth: Main Points to Remember

1. For a pregnancy to begin, a male sperm has to reach a female egg (ovum) in one of the Fallopian tubes.
2. In almost all cases, the sperm gets to the egg by sexual intercourse.
3. Humans have deep instincts that make them want to have sexual intercourse.
4. Before sexual intercourse, the man and woman usually kiss and hug; the penis becomes erect and the vagina lubricates.
5. During sexual intercourse, the man puts his penis into the woman's vagina, moves, and ejaculates semen containing about 300,000,000 sperm.
6. Sexual intercourse can be a wonderful part of a loving, trusting relationship; it can also be awful and unpleasant (e.g., rape). Most people agree that intercourse is grown-up activity.
7. Millions of sperm die as they swim into the uterus and toward the egg; only about 50-100 make it.
8. A baby will be conceived and start to grow if one of the male's sperms reaches and fertilizes the female's ovum (egg cell).
9. A baby is not conceived every time a male ejaculates semen inside a female's vagina.
10. Whether the baby will be a boy or a girl depends on which sperm gets to the egg first: half the sperm will make a boy, half will make a girl.
11. There are two kinds of twins:
  - Fraternal: two different eggs are fertilized by two different sperms
  - Identical: one egg is fertilized by one sperm and then splits in two, developing into identical babies
12. Once conceived, the baby (called an embryo and then a fetus before birth) grows in the uterus, using the lining that built up the month before.
13. While the female is pregnant, she does not have periods; her uterus is sealed off from the vagina.
14. The fetus gets nourishment and oxygen through a tube called the umbilical cord. The fetus does not breathe air or eat food through its mouth while it's in the uterus.
15. Pregnant women have to be very careful what they eat, drink, and breathe, because their fetuses can be harmed by poisons, drugs, alcohol, etc.
16. It takes about nine months from the time of conception for a human baby to develop fully and be ready for birth (although some babies are born prematurely and do just fine with expert medical care).
17. When it is time for the baby to be born, strong muscles around the uterus push the baby out through the vagina.
18. In some cases, the doctor must cut open the women's abdomen and uterus for the baby to be born safely. This is called a Caesarian or C-section.
19. After the baby is born, the umbilical cord is cut and the baby has an immediate instinct to drink milk from its mother's breasts. The breasts begin to produce milk, and the mother and child bond with each other.
20. Nowadays, most fathers are there for childbirth, and begin to bond with their babies from the moment of birth.

# Lesson 6 - Sex at its Best – Falling in Love, True Love, Marriage: Main Points to Remember

1. Animals have sex by instinct, just for pleasure and offspring.
2. Some humans are like animals when it comes to sex.
3. But only humans can *make love*, with sexual intercourse as part of a loving, trusting relationship.
4. Over the years, humans have discovered that sex is more powerful and pleasurable with love.
5. Many people want to reserve sex and love for marriage.
6. In the U.S., most couples marry for love (versus arranged marriages in some other cultures).
7. Passionate, romantic love happens in all cultures: there are many poems, songs, books about it!
8. Love can sweep two people off their feet: hearts go pitter-pat, they think of nothing else.
9. How do you know if you are in love? True love has three components:
  - Sexual attraction
  - Deep friendship
  - Commitment.
10. Happy marriages have close friendship, respect, trust, laughter, fun – and regular lovemaking.
11. By age 12-14, most boys' and girls' bodies are ready for sex. But are they really *ready*?
12. Teenagers have four choices:
  - No sex at all
  - Masturbating to relieve sexual desire, waiting for two-person sex
  - Sexual “outer-course” – kissing, sexual touching, but no penetration (vaginal, oral, or anal)
  - Sexual intercourse (or anal, oral sex)
13. When teenagers start dating, they have to decide where they will draw the line
14. There are many pressures on teenagers to have sex: desire, curiosity, peer pressure, etc.
15. But there are many dangers to teenage sex: pregnancy, HIV/AIDS, diseases, reputation, self-regard.
16. There are lots of good reasons to wait until later to have sexual intercourse.
17. When is a person ready to make love? When they can answer “yes” to all these questions:
  - Are you really committed to this person?
  - Are you ready to be this close?
  - Does your partner care about *you*, not just sex?
  - Do you trust you partner not to blab?
  - Will you feel right about this tomorrow?
  - Are you protected against pregnancy?
  - Are you protected against disease?
  - Could you handle a pregnancy if it happens?
18. Many people think the only time you can answer “Yes” to all these questions is in marriage.



# Lesson 7 - Homosexuality

## Main Points to Remember

22. A homosexual is a person who is sexually attracted to and may fall in love with people of the same sex. Homosexual men are often called gay. Homosexual women are often called lesbians.
23. About 2-6 percent of people are homosexuals. About 1% are bisexual – attracted to both sexes.
24. A transgendered person is someone who feels he or she was born in the body of the opposite gender.
25. Homosexuality comes from a difference in the brain that scientists think is there at birth. It's caused by genes (DNA) or exposure to certain hormones in the uterus. Being homosexual is not a choice, and most scientists say it can't be changed. A person is or isn't.
26. Most homosexuals don't know for certain they are gay until they are in their teens, sometimes later. It's there in the brain, but usually doesn't become clear until well after puberty.
27. Some children play around with each other sexually before puberty; this does not mean they are going to be gay when they get older and it doesn't make them gay.
28. Having sexual thoughts or dreams about someone of the same sex does not mean a person is gay. Almost everyone has these kinds of thoughts from time to time.
29. A person cannot "catch" homosexuality from another person: a homosexual cannot turn a straight person into a gay person by touching them in sexual ways, any more than a straight person can turn a gay person straight person through sexual contact.
9. Being sexually abused by someone of the same sex does not make a person gay – but sexual abuse can cause psychological damage if the abused person doesn't get counseling and talk about what happened.
10. It's impossible to tell for certain if a person is homosexual from the way he or she looks or acts. Those who think they can are judging people with stereotypes.
11. There is still prejudice against homosexuals, and many gays and lesbians remain "in the closet" – they keep their homosexuality a secret. Some homosexuals decide to "come out" – they tell their family and friends.
12. Homosexuals, bisexuals, and transgendered people have the same rights as other people. It is against the law to harass or discriminate against them. Gays, lesbians, bisexuals, and transgendered people should be able to lead happy, regular lives like everyone else.

# Lesson 8 – Birth Control and Abortion:

## Main Points to Remember

1. For many years, humans had sexual intercourse without realizing that it led to pregnancy.
2. Then they realized that sexual intercourse could start a new life!
3. They began to see that to avoid getting pregnant, they had to stop the sperm from reaching the egg.
4. People began to invent different kinds of birth control to prevent unwanted pregnancies.
5. There are many lies about avoiding pregnancy: a female can get pregnant if:
  - It's the first time she has sexual intercourse.
  - She only has sex once.
  - It is during her period.
  - She and her partner have sexual intercourse standing up.
  - She does not have an orgasm.
  - Her partner pulls his penis out of the vagina before he ejaculates.
  - He never puts his penis into the vagina, but ejaculates just outside on the vulva
  - She jumps up and down right after having intercourse.
  - She urinates (pees) right after having intercourse.
  - She douches (washes out her vagina) right after having sexual intercourse.
6. These are legitimate kinds of birth control, listed by how commonly they are used:
  - Tubes tied (female sterilization: Fallopian tubes tied off)
  - The Pill
  - Condom
  - Vasectomy (male sterilization: vas deferens tied off)
  - Diaphragm
  - Rhythm method
  - I.U.D. (intra-uterine device)
  - Female condom
  - Depo Provera
  - Norplant
  - Morning after pills
  - Withdrawal
  - Spermicidal foam
  - Sponge
7. No form of birth control is 100% safe; each fails a certain percent of the time.
8. Only the condom can prevent diseases spreading, but condoms sometimes break or slip off.
9. The only 100% sure way to avoid getting pregnant and be really safe from diseases is not having sexual intercourse and keeping sperm away from the vagina.
10. Family planning is when a couple plans for a pregnancy to come at a particular time.
11. An abortion is when a living embryo or fetus is removed from the uterus and dies.
12. Abortion is legal in the first six months of pregnancy, but there is a raging debate going on about whether it is right or wrong. Most people agree that abortion should be avoided, which can be done by: (a) not having sexual intercourse; (b) using effective birth control; (c) in the event of an unwanted pregnancy, using the option of giving birth to the child and putting it up for adoption.

# Lesson 9 – H.I.V./A.I.D.S. and Other Sexually Transmitted Diseases: Main Points to Remember

1. People can get serious diseases from any kind of sexual contact:
  - Penis in vagina
  - Penis in mouth (oral sex)
  - Penis in anus (anal sex)
2. These diseases can mess up the body and prevent a female from having children.
3. If a pregnant woman is infected, they can also infect a baby growing in her uterus.
4. The most serious disease is H.I.V./A.I.D.S., which is often deadly but can be managed with expensive medicines.
5. People get H.I.V. by getting body fluids (blood, semen, vaginal fluids, breast milk) from an infected person into their bloodstream. It can also be spread when people share drug needles.
6. After getting infected with H.I.V., the virus develops into A.I.D.S. over several years.
7. Before the person gets really sick, he or she can pass the H.I.V. virus on to others.
8. The disease H.I.V./A.I.D.S. is not limited to gay people and needle drug users.
9. H.I.V./A.I.D.S. can be spread through male-female sexual intercourse, and teenagers can easily get it if they have sex without condoms, oral sex, anal sex, or share any needles.
10. People can't get H.I.V. by sitting on a toilet seat recently occupied by a carrier.
11. People can't get H.I.V. by hugging or kissing a person who has the disease.
12. There are many other sexual diseases, and they are widespread: 1 in 5 people has one!
13. If you have sex with a person, you come in contact with the germs of all the other people that person has ever had unprotected sex or needle contact with (see over for Heather's history).
14. The good news is you can avoid getting a sexually transmitted disease by not engaging in risky behaviors.
15. Nowadays you can't take chances: both partners should get tested before beginning a sexual relationship and then they have to trust each other to be faithful.

# Lesson 10 – Sex At Its Worst: Sexual Harassment, Seduction, Sexual Abuse, and Rape: Main Points to Remember

1. Sex with true love, especially inside marriage, can be a wonderful experience for both partners.
2. But sex can also be one-sided, painful, mean, nasty, cruel, and emotionally damaging.

Here are some ways this can happen:

3. Sexual harassment is unwanted sexual remarks, dirty jokes, touching, squeezing, etc. People who sexually harass others can get in serious trouble.
4. Seduction (being talked into sex against your better judgment) can have many negative results:
  - Getting a bad reputation
  - Feeling cheapened because of going against one's values
  - Getting diseases (including HIV/AIDS)
  - Getting pregnant
  - Dropping out of school, not going to college, not getting a good job, living in poverty
  - Losing the fun of the teenage years
  - Having to make painful decisions about abortion and adoption
  - The child may be abused or neglected.
5. Sexual abuse is sexual contact with a child by an older or more powerful person.
  - Not to be confused with good touch – welcome, loving hugs and kisses.
  - Sexual abuse is sometimes done by strangers, but usually the victim knows the abuser.
  - Sexual abuse is never the child's fault, even if he or she said yes and became aroused.
  - Sexual abuse is always the abuser's fault. It is a crime punishable by jail.
  - Sexual abuse can mess up a person's mind and hurt him or her for years after it happens.
  - It is very important to say NO, get away, and report abuse until something is done.
  - It is a very bad idea to keep sexual abuse a secret; then it *really* messes up your mind.
  - It is very important for people who are abused to get counseling to talk about their feelings.
  - It is possible for a sexually-abused person to recover and start again: secondary virginity.
6. Rape is sexual penetration without a person's consent. It is a serious crime punishable by jail.
  - Rape does not always involve force; if it's without consent, penetration is rape.
  - Sexual intercourse with a girl 16 or younger, even if she says yes, is statutory rape.
  - Rape is not about sexual desire; it comes from hatred and a sick need to debase a person.
  - Males are sometimes raped, especially in prison. But rape victims are most often females.
  - Date rape is unwanted sexual intercourse in a dating situation. It is a crime too.

# Lesson 11 – Being Assertive:

## Main Points to Remember

1. The main reasons for putting off sexual intercourse until later are:
  - Sexual diseases, HIV and AIDS
  - Pregnancy, having an unwanted child – “It is shameful to bring a child into the world and not be able to support, love, and care for it.”
  - Dropping out of school, living on welfare, in poverty
  - Regretting the decision; feeling bad about oneself
  - Getting a bad reputation
  - Messing up a loving relationship
  - Wanting to wait for true love, marriage
  - Religious and moral reasons
2. The goal is getting from where you are now to a happy adult love relationship that lasts.
3. If you’re going to resist pressure and wait until later to have sexual intercourse, you need:
  - Future plans – Knowing your goals in life (college, a good job, giving back to the community, etc.)
  - Limits – Knowing in advance where you will draw the line sexually
  - Self-control – Being able to use will power to keep sexual urges in check
  - A sexual outlet – For many, this is masturbation, which is not harmful in any way
  - Common sense – Staying away from tempting or dangerous situations
  - Assertiveness – Knowing how to say NO firmly and nicely
4. The question is where to draw the line sexually. All teenagers have these options:
  - No physical contact
  - Holding hands, putting arms around each other, hugging
  - Kissing
  - Sexual touching above the waist
  - Sexual touching each others’ private parts (“outercourse”)
  - Oral sex or anal sex
  - Penis-in-vagina sexual intercourse
5. Boys respect girls who set limits as teenagers – and girls appreciate boys who are willing to wait.
6. When people feel they are ready for sex, they must ask each other the AIDS question:  
“How many people have you had unprotected sex with?”
7. Almost all kids your age want the answer to this question to be “ZERO!”
8. Postponing sex is not easy, but more and more teenagers are successful at saying NO. Abstinence is cool!
9. Being assertive is standing up for your rights without hurting the other person’s feelings.
10. Assertiveness is the middle ground between giving in and being harsh. Here are some steps:
  - Look the person in the eye and say NO calmly and firmly.
  - You don’t have to give reasons. Just say no. “What part of NO don’t you understand?”
  - If they keep pressuring you, say you don’t like it and tell how it makes you feel.
  - If it continues, end the conversation and walk away (or hang up).
11. Keep your future plans in mind. To get to your dream, you can’t afford to get sidetracked by early sexual activity and all its possible consequences.

# **Lesson 12 – Wrap-Up and Post-Test**

The teacher wraps up the course and gives the post-test (identical to the pre-test given in Lesson 1). Students also take the Performance Assessment (see next page), a simulated situation in which they are called upon to give advice to a female cousin in Washington, D.C. who is 14 years old and is thinking of having sex. This calls on students to apply what they have learned to a real-life situation.

