

# High School | Adopted Sexual Health Outcomes (Draft)

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## Topic 1: Anatomy, Reproduction, and Pregnancy

- Summarize fertilization, fetal development, and childbirth. (H1.Se1.HSa)
- Explain the role hormones play in sexual behavior and decision-making. (H5.Se1.HS)
- Describe emotional, social, physical, and financial effects of being a teen or young adult parent. (H1.Se1.HSb)
- Describe steps of testicular self-exam and the importance of breast self-awareness. (H7.Se1.HS)

## Topic 2: Puberty and Development

- Explain the physical, social, mental, and emotional changes associated with being a young adult. (H1.Se2.HSa)
- Describe how sexuality and sexual expression change throughout the life span. (H1.Se2.HSb)

## Topic 3: Self-Identity

- Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation. (H2.Se3.HS)

## Topic 4: Prevention

- Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV. (H1.Se4.HSa)
- Demonstrate steps to using a condom correctly. H7.Se4.HS
- Identify local youth-friendly sexual health services. (H3.Se4.HS)
- Understand that people can choose abstinence at different times in their lives. (H1.Se4.HS)
- Advocate for STD testing and treatment for sexually active youth. (H8.Se4.HS)

## Topic 5: Healthy Relationships

- Differentiate between affection, love, commitment, and sexual attraction. (H1.Se5.HSa)
- 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)
- 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)

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Health education teachers should provide a variety of age-appropriate and grade-level opportunities for students to demonstrate skill development and competency. They should not, however, use the standards to compare students. The standards and outcomes consider differences in cultural norms and access to resources outside of school and include alternative activities to engage students. Health education teachers may modify terminology when implementing the standards to ensure that students understand the concepts. The Health Education Glossary contains definitions for many of the terms used in the standards and outcomes.



## Topic 6: Washington State Laws

- Describe laws related to accessing sexual health care services. (H3.Se6.HS)
- Understand importance of personal and social responsibility for sexual decisions. (H7.Se6.HS)
- Examine laws and consequences related to sexual offenses, including when a minor is involved. (H1.Se6.HSa)
- Identify laws and concerns related to sending or posting sexually explicit pictures or messages. (H1.Se6.HSb)

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.

**Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

**Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

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