

BUILDING A CURRICULUM USING SEX ED TO-GO



6th and 7th graders

Here are our suggestions for which Sex Ed To-Go courses you should teach young people of this age and which order when you are building your curriculum. We also summarized the key messages to reinforce and ideas for follow-up questions, both to test their knowledge and to prompt deeper conversation.

Review the courses for 4th and 5th graders to make sure your young person didn't miss any important messages.

Worried YOU can't answer the knowledge-check questions? That's okay! Role model how to look up answers. Go back to the Sex Ed To-Go course together and see if you can find the answer together. Model how to search for answers online from trusted sources (you know, NOT TikTok!).

COURSE TITLE: UNDERSTANDING YOUR BODY: REPRODUCTIVE ANATOMY & PHYSIOLOGY

Content

- Review the anatomy of people with penises and people with vaginas
- Talk about what is normal and how to take care of your body
- Review menstrual cycles (periods) and yearly screening exams

Key Messages to Reinforce

- Understanding how bodies work is important.
- Breasts, penises, and vulvas come in many shapes, sizes and colors, just like body parts we see more often (ears, noses, lips).
- The names of important body parts: vulva, vagina, cervix, uterus, ovary, fallopian tube, penis, scrotum, testes, vas deferens, prostate, urethra, anus.
- How pregnancy occurs.

Ideas for Follow-up Questions

Testing Understanding

- Describe how a pregnancy happens (egg cells process, sperm process, fertilization and implantation).
- Describe the menstrual cycle and a couple options for managing a period (pads, tampons, menstrual cups, etc.)

Opening Conversation

- What's one thing you didn't know about bodies that you learned in this course?
- What's one thing you wonder about after taking this course?

COURSE TITLE: ONLINE SAFETY

Content

- Discuss what to share and what not to share online
- Identify "red flags" (signs that something could be unsafe online)
- Talk about how to protect your privacy
- Talk about things to think about with cyberbullying, online dating, porn and sexting

Key Messages to Reinforce

- Once something is posted online, anyone who sees it can save, copy or repost it.
- A profile with no picture, an obviously fake picture or little information might be a sign that someone isn't who they say they are.
- Sexting, which is sending sexual content or naked pictures, videos or messages online, is considered child pornography in many states, if the person involved is under age 18.

Ideas for Follow-up Questions

Testing Understanding

- What are 3-4 "red flags" to look out for in online messages?
- What information should you never share online?
- Skill demonstration: Show me the privacy settings on your phone. Are location settings turned off?

Opening Conversation

- What activities do you do online where you should be especially careful and watch for red flags?
- What examples have you seen of cyberbullying? What harm might it have caused someone?
- How do you know if a source of information is one you can trust?
- What's one thing you wonder about after taking this course?