

## Alignment of the Positive Prevention PLUS Comprehensive Sexual Health Education Curriculum with the National Health Education (NHES) Standards\*

<b>P3 Lesson Title and Contents</b>	<b>Related National Health Education Standards</b>
<p>MS/HS Getting Started Lesson</p> <ul style="list-style-type: none"> <li>ï Discussing Embarrassing Topics</li> <li>ï Group Agreements</li> <li>ï The Sexual Health of Teens</li> <li>ï Gender and Sexual Orientation (HS only)</li> <li>ï Imagining a Different Gender (HS only)</li> <li>ï Lesson Wrap-Up and Pre-Test</li> </ul>	<p>1.12.2. Describe the interrelationships of emotional, intellectual, physical, and social health.</p> <p>2.8.7. Explain how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>2.12.7. Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>3.8.2. Access valid health information from home, school, and community.</p> <p>3.12.2. Use resources from home, school and community that provide valid health information.</p> <p><b>2.8.1.</b> Examine how the family influences the health of adolescents.</p> <p><b>2.8.2.</b> Describe the influence of culture on health beliefs, practices and behaviors.</p> <p><b>2.12.1.</b> Analyze how family influences the health of individuals.</p> <p><b>2.12.2.</b> Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p> <p><b>(NOTE: These last four Standards are listed for every lesson due to the Parent/Trusted Adult discussion question featured on all Lesson Wrap-Up worksheets.)</b></p>
<p>MS Lesson 1: Understanding Change</p> <ul style="list-style-type: none"> <li>ï Sexual Development</li> <li>ï Gender Role and Sexual Orientation</li> <li>ï Lesson Wrap-Up</li> </ul>	<p>1.8.2. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.</p> <p>2.8.1. Examine how the family influences the health of adolescents.</p> <p>2.8.2. Describe the influence of culture on health beliefs, practices and behaviors.</p>

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<p>HS Lesson 1: Life Planning</p> <ul style="list-style-type: none"> <li>i Visualizing Your Future</li> <li>i Creating a Life Plan</li> <li>i Lesson Wrap-Up</li> </ul>	<p>6.12.4. Formulate an effective long-term personal health plan.</p> <p>2.12.1. Analyze how family influences the health of individuals.</p> <p>2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>
<p>MS Lesson 2: Exploring Friendships</p> <ul style="list-style-type: none"> <li>i Friendship</li> <li>i Liking vs. Loving</li> <li>i Planning an Activity</li> <li>i Lesson Wrap-Up</li> </ul> <p>HS Lesson 2: Healthy Relationships</p> <ul style="list-style-type: none"> <li>i Love and Intimacy</li> <li>i Healthy Relationships</li> <li>i Lesson Wrap-Up</li> </ul>	<p>6.8.1. Assess personal health practices.</p> <p>7.8.2. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>2.8.1. Examine how the family influences the health of adolescents.</p> <p>2.8.2. Describe the influence of culture on health beliefs, practices and behaviors.</p> <p>6.12.1. Assess personal health practices and overall health status.</p> <p>7.12.2. Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others</p> <p>2.12.1. Analyze how family influences the health of individuals.</p> <p>2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>

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<p>MS/HS Lesson 3: Bullying and Abuse/Relationship Violence</p> <ul style="list-style-type: none"> <li>ï Bullying (MS only)</li> <li>ï Relationship Violence and Abuse (HS only)</li> <li>ï Protecting Yourself (incl. consent, sexting, internet safety, sexual assault)</li> <li>ï Lesson Wrap-up</li> </ul>	<p>1.8.1. Analyze the relationship between healthy behaviors and personal health.</p> <p>1.12.1. Predict how healthy behaviors can affect health status.</p> <p>2.8.6. Analyze the influence of technology on personal and family health.</p> <p>2.12.6. Evaluate the impact of technology on personal, family and community health.</p> <p>2.8.1. Examine how the family influences the health of adolescents.</p> <p>2.8.2. Describe the influence of culture on health beliefs, practices and behaviors.</p> <p>2.12.1. Analyze how family influences the health of individuals.</p> <p>2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>
<p>MS/HS Lesson 4: Human Trafficking</p> <ul style="list-style-type: none"> <li>ï Human Trafficking</li> <li>ï Sex Trafficking</li> <li>ï What would you do?</li> <li>ï Resources and Services</li> <li>ï Lesson Wrap-Up</li> </ul>	<p>7.12.3. Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.</p> <p>8.12.2. Demonstrate how to influence and support others to make positive health choices.</p> <p>2.8.1. Examine how the family influences the health of adolescents.</p> <p>2.8.2. Describe the influence of culture on health beliefs, practices and behaviors.</p> <p>2.12.1. Analyze how family influences the health of individuals.</p> <p>2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>

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<p>MS/HS Lesson 5: Preventing an Unplanned Pregnancy</p> <ul style="list-style-type: none"> <li>ï Family Planning</li> <li>ï Contraception and Community Services</li> <li>ï Sexual Abstinence</li> <li>ï Lesson Wrap-Up</li> </ul>	<p>1.8.6. Explain how appropriate health care can promote personal health.</p> <p>1.12.6. Analyze the relationship between access to health care and health status.</p> <p>3.8.5. Locate valid and reliable health products and services.</p> <p>3.12.5. Access valid and reliable health products and services.</p> <p>2.8.1. Examine how the family influences the health of adolescents.</p> <p>2.8.2. Describe the influence of culture on health beliefs, practices and behaviors.</p> <p>2.12.1. Analyze how family influences the health of individuals.</p> <p>2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>
<p>MS/HS Lesson 6: Teen Pregnancy: Choices and Responsibilities</p> <ul style="list-style-type: none"> <li>ï Prenatal Care and Parenting</li> <li>ï Additional Alternatives (Surrender, Adoption, Abortion)</li> <li>ï Decision-Making</li> <li>ï Lesson Wrap-Up</li> </ul>	<p>5.8.4. Distinguish between healthy and unhealthy alternatives to health-related issues or problems.</p> <p>5.12.2. Determine the value of applying a thoughtful decision-making process in health-related situations</p> <p>5.8.2. Determine when health-related situations require the application of a thoughtful decision-making process.</p> <p>5.12.4. Generate alternatives to health-related issues or problems.</p> <p>5.8.5. Predict the potential short-term impact of each alternative on self and others.</p> <p>5.12.5. Predict the potential short and long-term impact of each alternative on self and others.</p> <p>5.8.6. Choose healthy alternatives over unhealthy alternatives when making a decision</p> <p>5.12.6. Defend the healthy choice when making decisions.</p> <p>2.8.1. Examine how the family influences the health of adolescents.</p> <p>2.8.2. Describe the influence of culture on health beliefs, practices and behaviors.</p> <p>2.12.1. Analyze how family influences the health of individuals.</p> <p>2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>

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<p>MS/HS Lesson 7: Myths and Stereotypes about HIV Infection</p> <ul style="list-style-type: none"> <li>i Persons Infected/Affected by HIV</li> <li>i Imagining Loss (MS only)</li> <li>i Friends Family and HIV (HS only)</li> <li>i Lesson Wrap-Up</li> </ul>	<p>2.8.8. Explain the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>2.12.8. Analyze the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>7.12.2. Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>2.8.1. Examine how the family influences the health of adolescents.</p> <p>2.8.2. Describe the influence of culture on health beliefs, practices and behaviors.</p> <p>2.12.1. Analyze how family influences the health of individuals.</p> <p>2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>
<p>MS/HS Lesson 8: The HIV/AIDS Epidemic</p> <ul style="list-style-type: none"> <li>i HIV/AIDS Epidemic</li> <li>i HIV Transmission</li> <li>i Stop and Think activity (MS only)</li> <li>i The Mismatch Activity (HS only)</li> <li>i The Treatment of HIV Disease</li> <li>i Lesson Wrap-Up</li> </ul>	<p>1.8.1. Analyze the relationship between healthy behaviors and personal health.</p> <p>1.8.8. Examine the likelihood of injury or illness if engaging in unhealthy behaviors.</p> <p>1.12.1. Predict how healthy behaviors can affect health status.</p> <p>1.12.8. Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.</p> <p>1.12.9. Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.</p> <p>7.8.2. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>2.8.1. Examine how the family influences the health of adolescents.</p> <p>2.8.2. Describe the influence of culture on health beliefs, practices and behaviors.</p> <p>2.12.1. Analyze how family influences the health of individuals.</p> <p>2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>

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<p>MS/HS Lesson 9: Preventing Sexually Transmitted Infections</p> <ul style="list-style-type: none"> <li>i Overview of Sexually Transmitted Infections</li> <li>i STIs</li> <li>i STI Testing</li> <li>i STI Gameshow (optional - HS only)</li> <li>i Lesson Wrap-Up</li> </ul>	<p>1.8.6. Explain how appropriate health care can promote personal health.</p> <p>1.12.6. Analyze the relationship between access to health care and health status.</p> <p>1.8.9. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.</p> <p>2.8.1. Examine how the family influences the health of adolescents.</p> <p>2.8.2. Describe the influence of culture on health beliefs, practices and behaviors.</p> <p>2.12.1. Analyze how family influences the health of individuals.</p> <p>2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>
<p>MS Lesson 10: Recognizing and Reducing Risks</p> <ul style="list-style-type: none"> <li>i Red Light Green Light activity</li> <li>i Universal Precautions demonstration</li> <li>i Latex Condoms</li> <li>i Lesson Wrap-Up</li> </ul>	<p>7.8.2. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>1.8.1. Analyze the relationship between healthy behaviors and personal health.</p> <p>1.8.8. Examine the likelihood of injury or illness if engaging in unhealthy behaviors.</p> <p>1.8.9. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.</p> <p>2.8.1. Examine how the family influences the health of adolescents.</p> <p>2.8.2. Describe the influence of culture on health beliefs, practices and behaviors.</p>

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<p>HS Lesson 10: Protection and Communication</p> <ul style="list-style-type: none"> <li>i Using Condoms Correctly and Consistently</li> <li>i External and Internal Condom Use</li> <li>i Condom Success and Failure Rates</li> <li>i Condom Negotiation Skills</li> <li>i Lesson Wrap-Up</li> </ul>	<p>8.12.2. Demonstrate how to influence and support others to make positive health choices.</p> <p>7.12.2. Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>4.12.1. Utilize skills for communicating effectively with family, peers, and others to enhance health.</p> <p>7.12.3. Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.</p> <p>2.12.1. Analyze how family influences the health of individuals.</p> <p>2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>
<p>MS/HS Lesson 11: Media and Peer Pressure</p> <ul style="list-style-type: none"> <li>i Media and Peer Pressures</li> <li>i Assertiveness Skills Practice</li> <li>i Personal Escape Plans (MS only)</li> <li>i Lesson Wrap-Up</li> </ul>	<p>1.8.1. Analyze the relationship between healthy behaviors and personal health.</p> <p>1.8.3. Analyze how the environment affects personal health.</p> <p>1.12.1. Predict how healthy behaviors can affect health status.</p> <p>1.12.3. Analyze how environment and personal health are interrelated.</p> <p>2.8.3. Describe how peers influence healthy and unhealthy behaviors.</p> <p>2.8.4. Analyze how the school and community can affect personal health practices and behaviors</p> <p>2.8.5. Analyze how messages from media influence health behaviors.</p> <p>2.12.3. Analyze how peers influence healthy and unhealthy behaviors.</p> <p>2.12.4. Evaluate how the school and community can impact personal health practice and behaviors.</p> <p>2.12.5. Evaluate the effect of media on personal and family health.</p> <p>2.8.1. Examine how the family influences the health of adolescents.</p>

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<p>MS/HS Lesson 11: Media and Peer Pressure (cont.)</p>	<p>4.8.1. apply effective verbal and nonverbal communication skills to enhance health.            4.8.2. Demonstrate refusal and negotiation skills to avoid or reduce health risks.            4.12.1. Utilize skills for communicating effectively with family, peers, and others to enhance health            4.12.2. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce risks.            7.8.2. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.            7.8.3. Demonstrate behaviors that avoid or reduce health risks to self and others.            7.12.2. Demonstrate a variety of health practices and behaviors that will maintain or improve the health of self and others.            7.12.3. Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.</p> <p>8.12.2. Demonstrate how to influence and support others to make positive health choices.</p> <p>2.8.1. Examine how the family influences the health of adolescents.            2.12.1. Analyze how family influences the health of individuals.            2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>
<p>MS/HS Lesson 12: HIV/STI Testing and Community Resources            i How Viruses are Spread            i Testing and Community Resources            i Lesson Wrap-Up</p>	<p>1.8.6. Explain how appropriate health care can promote personal health.            1.12.6. Analyze the relationship between access to health care and health status.            2.8.1. Examine how the family influences the health of adolescents.            2.8.2. Describe the influence of culture on health beliefs, practices and behaviors.            2.12.1. Analyze how family influences the health of individuals.            2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>

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<p>MS Lesson 13: Goal-Setting</p> <ul style="list-style-type: none"> <li>i The Path to Personal Goals</li> <li>i Setting Goals for the Future</li> <li>i Personal Contracts</li> <li>i Lesson Wrap-Up and Post-Test</li> </ul>	<p>1.8.1. Analyze the relationship between healthy behaviors and personal health.</p> <p>6.8.1. Assess personal health practices.</p> <p>6.8.2. Develop a goal to adopt, maintain, or improve a personal health practice.</p> <p>2.8.1. Examine how the family influences the health of adolescents.</p> <p>2.8.2. Describe the influence of culture on health beliefs, practices and behaviors.</p> <p>2.12.1. Analyze how family influences the health of individuals.</p> <p>2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>
<p>HS Lesson 13: Steps to Success</p> <ul style="list-style-type: none"> <li>i Lifeline Review</li> <li>i Steps to Success</li> <li>i Personal Contract</li> <li>i Lesson Wrap-Up and Post-Test</li> </ul>	<p>1.12.1. Predict how healthy behaviors can affect health status.</p> <p>6.12.1. Assess personal health practices and overall health status.</p> <p>6.12.2. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p>2.12.1. Analyze how family influences the health of individuals.</p> <p>2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors.</p>

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