

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

P3 Lesson Title and Contents	Related National Health Education Standards
<p>MS/HS Getting Started Lesson</p> <ul style="list-style-type: none"> • Discussing Embarrassing Topics • Group Agreements • The Sexual Health of Teens • Lesson Wrap-Up and Pre-Test 	<p>2.8.7. Explain 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>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>(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.)</p>
<p>MS Lesson 1: Understanding Your Body</p> <ul style="list-style-type: none"> • Sexual Development • Reproductive Anatomy • Lesson Wrap-Up 	<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"> • Visualizing Your Future • Creating a Life Plan • Lesson Wrap-Up 	<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/HS Lesson 2: Gender and Sexual Orientation</p> <ul style="list-style-type: none"> • Understanding the Terms • Imagining a Different Gender (HS only) • LGBTQ+ Bullying • Lesson Wrap-Up 	<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>1.12.2. Describe the interrelationships of emotional, intellectual, physical, and social health.</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 3: Exploring Friendships</p> <ul style="list-style-type: none"> • Friendship • Liking vs. Loving • Planning an Activity • Lesson Wrap-Up <p>HS Lesson 3: Healthy Relationships</p> <ul style="list-style-type: none"> • Love and Intimacy • Healthy Relationships • Lesson Wrap-Up 	<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 4: Bullying and Abuse/Relationship Violence</p> <ul style="list-style-type: none"> • Bullying (MS only) • Relationship Violence and Abuse (HS only) • Protecting Yourself (incl. consent, sexting, internet safety, sexual assault) • Lesson Wrap-up 	<p>1.8.1. Analyze the relationship between healthy behaviors and personal health.</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>1.12.1. Predict how healthy behaviors can affect health status.</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 5: Human Trafficking</p> <ul style="list-style-type: none"> • Human Trafficking • Sex Trafficking • What would you do? • Resources and Services • Lesson Wrap-Up 	<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>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>

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<p>MS/HS Lesson 6: Preventing an Unplanned Pregnancy</p> <ul style="list-style-type: none"> • Family Planning • Contraception and Community Services • Sexual Abstinence • Lesson Wrap-Up 	<p>1.8.6. Explain how appropriate health care can promote personal health.</p> <p>3.8.5. Locate 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>1.12.6. Analyze the relationship between access to health care and health status.</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>3.12.5. Access valid and reliable health products and services.</p>
<p>MS/HS Lesson 7: Teen Pregnancy: Choices and Responsibilities</p> <ul style="list-style-type: none"> • Prenatal Care and Parenting • Additional Alternatives (Surrender, Adoption, Abortion*) • Decision-Making • Lesson Wrap-Up <p><i>*NOTE: For those states that do not allow a discussion of abortion, Version 2 of this lesson makes no mention of terminating a pregnancy.</i></p>	<p>5.8.2. Determine when health-related situations require the application of a thoughtful decision-making process.</p> <p>5.8.4. Distinguish between healthy and unhealthy 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>5.8.6. Choose healthy alternatives over unhealthy alternatives when making a decision.</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>5.12.2. Determine the value of applying a thoughtful decision-making process in health-related situations</p> <p>5.12.4. Generate alternatives to health-related issues or problems.</p> <p>5.12.5. Predict the potential short and long-term impact of each alternative on self and others.</p> <p>5.12.6. Defend the healthy choice when making decisions.</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 8: The HIV/AIDS Epidemic</p> <ul style="list-style-type: none"> • HIV/AIDS Epidemic • HIV Transmission • Stop and Think activity (MS only) • The Safe Matches Activity (HS only) • The Treatment of HIV Disease • HV Myths and Stereotypes • Lesson Wrap-Up 	<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>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>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>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 9: Preventing Sexually Transmitted Infections</p> <ul style="list-style-type: none"> • Overview of Sexually Transmitted Infections • STIs • STI Testing • STI Gameshow (optional - HS only) • Lesson Wrap-Up 	<p>1.8.6. Explain how appropriate health care can promote personal health.</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>1.12.6. Analyze the relationship between access to health care and health status.</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 Lesson 10: Recognizing and Reducing Risks</p> <ul style="list-style-type: none"> • HIV Red Light Green Light activity • Universal Precautions demonstration • Latex Condoms • Lesson Wrap-Up <p>HS Lesson 10: Protection and Communication</p> <ul style="list-style-type: none"> • Using Condoms Correctly and Consistently • External and Internal Condom Use • Condom Success and Failure Rates • Condom Negotiation Skills • Lesson Wrap-Up 	<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> <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>
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<p>MS/HS Lesson 11: Media and Peer Pressure</p> <ul style="list-style-type: none"> • Media and Peer Pressures • Assertiveness Skills Practice • Personal Escape Plans (MS only) • Lesson Wrap-Up 	<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>2.8.1. Examine how the family influences the health of adolescents.</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>4.8.1. apply effective verbal and nonverbal communication skills to enhance health.</p> <p>4.8.2. Demonstrate refusal and negotiation skills to avoid or reduce health risks.</p> <p>7.8.2. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>7.8.3. Demonstrate behaviors that avoid or reduce health risks to self and others.</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>2.12.3. 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>4.12.1. Utilize skills for communicating effectively with family, peers, and others to enhance health</p> <p>4.12.2. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce risks.</p> <p>7.12.2. Demonstrate a variety of health practices and behaviors that will maintain or improve the health of self and others.</p> <p>7.12.3. Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.</p>
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<p>MS/HS Lesson 12: HIV/STI Testing and Community Resources</p> <ul style="list-style-type: none"> • How Viruses are Spread • Testing and Community Resources • Lesson Wrap-Up 	<p>1.8.6. Explain how appropriate health care can promote personal 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>1.12.6. Analyze the relationship between access to health care and health status.</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 13: Goal-Setting</p> <ul style="list-style-type: none"> • The Path to Personal Goals • Setting Goals for the Future • Personal Contracts • Lesson Wrap-Up and Post-Test <p>HS Lesson 13: Steps to Success</p> <ul style="list-style-type: none"> • Lifeline Review • Steps to Success • Personal Contract • Lesson Wrap-Up and Post-Test 	<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>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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