

**Alignment of the Positive Prevention PLUS Comprehensive Sexual Health Education Curriculum (2021)  
with the California Health Education Content Standards\***

<b>P3 Lesson Title and Contents</b>	<b>Related CA Health Education Standards</b>
<p>MS/HS Getting Started Lesson</p> <ul style="list-style-type: none"> <li>• Discussing Embarrassing Topics</li> <li>• Group Agreements</li> <li>• The Sexual Health of Teens</li> <li>• Lesson Wrap-Up and Pre-Test</li> </ul>	<p>3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. (grades 7-8)</p> <p>3.2.G Locate medically and scientifically accurate sources of information on reproductive health. (grades 7-8)</p> <p>4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. (grades 7-8)</p> <p>---</p> <p>2.3.G Assess the discrepancies between actual and perceived social norms related to sexual activity among teenagers. (grades 9-12)</p> <p>3.1.G Analyze the validity of health information, products, and services related to reproductive and sexual health (grades 9-12)</p>
<p>MS Lesson 1: Understanding Your Body</p> <ul style="list-style-type: none"> <li>• Sexual Development</li> <li>• Reproductive Structure</li> <li>• Lesson Wrap-Up</li> </ul> <p>HS Lesson 1: Life Planning</p> <ul style="list-style-type: none"> <li>• Visualizing Your Future</li> <li>• Creating a Life Plan</li> <li>• Lesson Wrap-Up</li> </ul>	<p>1.1.G Explain physical, social, and emotional changes associated with adolescence. (grades 7-8)</p> <p>1.8.G Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation. (grades 7-8)</p> <p>2.2.G Evaluate how culture, media, and other people influence our perceptions of body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation. (grades 7-8)</p> <p>2.5.G Recognize that there are individual, family, and cultural differences in relationships. (grades 7-8)</p> <p>3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. (grades 7-8)</p> <p>4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. (grades 7-8)</p> <p>4.4.G Analyze the benefits of respecting individual differences in growth and development, physical appearance, gender roles, and sexual orientation. (grades 7-8)</p> <p>---</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. (grades 9-12)</p>

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<p>MS/HS Lesson 2: Gender and Sexual Orientation</p> <ul style="list-style-type: none"> <li>• Understanding the Terms</li> <li>• Imagining a Different Gender (HS only)</li> <li>• LGBTQ+ Bullying</li> <li>• Lesson Wrap-Up</li> </ul>	<p>3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. (grades 7-8)</p> <p>4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. (grades 7-8)</p> <p>4.4.G Analyze the benefits of respecting individual differences in growth and development, physical appearance, gender roles, and sexual orientation. (grades 7-8)</p> <p>2.1.G Analyze how internal and external influences affect growth and development, relationships, and sexual behavior (grades 7-8).</p> <p>---</p> <p>1.10.G Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation. (grades 9-12)</p> <p>2.2.G Evaluate how growth and development, relationships, and sexual behaviors are affected by internal and external influences. (grades 9-12)</p> <p>8.1.G Encourage and support safe, respectful, and responsible relationships. (grades 9-12)</p>
<p>MS Lesson 3: Exploring Friendships</p> <ul style="list-style-type: none"> <li>• Friendship</li> <li>• Liking vs. Loving</li> <li>• Planning an Activity</li> <li>• Lesson Wrap-Up</li> </ul> <p>HS Lesson 3: Healthy Relationships</p> <ul style="list-style-type: none"> <li>• Love and Intimacy</li> <li>• Healthy Relationships</li> <li>• Lesson Wrap-Up</li> </ul>	<p>2.5.G Recognize that there are individual, family, and cultural differences in relationships. (grades 7-8)</p> <p>4.3.G Use healthy and respectful ways to express friendship, attraction, and affection. (grades 7-8)</p> <p>8.1.G Support and encourage safe, respectful, and responsible relationships. (grades 7-8)</p> <p>---</p> <p>1.3.G Discuss the characteristics of healthy relationships, dating, committed relationships, and marriage. (grades 9-12)</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. (grades 9-12)</p> <p>4.1.G Analyze how interpersonal communication affects relationships. (grades 9-12)</p> <p>8.1.G Encourage and support safe, respectful, and responsible relationships. (grades 9-12)</p>

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<p>MS/HS Lesson 4 Bullying and Abuse/Relationship Violence</p> <ul style="list-style-type: none"> <li>• Bullying (MS only)</li> <li>• Relationship Violence and Abuse (HS only)</li> <li>• Protecting Yourself (incl. consent, sexting, internet safety, sexual assault)</li> <li>• Lesson Wrap-up</li> </ul>	<p>1.9.G Explain why individuals have the right to refuse sexual contact. (grades 7-8)</p> <p>1.10.G Describe the emotional, psychological, and physical consequences of rape and sexual assault. (grades 7-8)</p> <p>1.11.G Explain why rape and sexual assault should be reported to authorities and trusted adults. (grades 7-8)</p> <p>2.6.G Explain how sexual exploitation can occur through the Internet. (grades 7-8)</p> <p>7.2.G Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health. (grades 7-8)</p> <p>7.3.G Describe personal actions that can protect reproductive and sexual health. (grades 7-8)</p> <p>---</p> <p>1.9.G Explain laws related to sexual behavior and the involvement of minors. (grades 9-12)</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. (grades 9-12)</p> <p>4.1.G Analyze how interpersonal communication affects relationships. (grades 9-12)</p> <p>5.3G Use a decision-making process to analyze when it is necessary to seek help with or leave an unhealthy situation. (grades 9-12)</p>
<p>MS/HS Lesson 5: Human Trafficking</p> <ul style="list-style-type: none"> <li>• Human Trafficking</li> <li>• Sex Trafficking</li> <li>• What would you do?</li> <li>• Resources and Services</li> <li>• Lesson Wrap-Up</li> </ul>	<p>2.6.G Explain how sexual exploitation can occur through the Internet. (grades 7-8)</p> <p>3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. (grades 7-8)</p> <p>4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. (grades 7-8)</p> <p>7.2.G Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health. (grades 7-8)</p> <p>7.3.G Describe personal actions that can protect reproductive and sexual health. (grades 7-8)</p> <p>---</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. (grades 9-12)</p> <p>5.3G Use a decision-making process to analyze when it is necessary to seek help with or leave an unhealthy situation. (grades 9-12)</p>

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<p>MS/HS Lesson 6: Preventing an Unplanned Pregnancy</p> <ul style="list-style-type: none"> <li>• Family Planning</li> <li>• Contraception and Community Services</li> <li>• Sexual Abstinence</li> <li>• Lesson Wrap-Up</li> </ul>	<p>1.3.G Explain the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy. (grades 7-8)</p> <p>1.5.G Explain the effectiveness of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and unintended pregnancy. (grades 7-8)</p> <p>3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. (grades 7-8)</p> <p>3.3.G Identify health care providers for reproductive and sexual health services. (grades 7-8)</p> <p>4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. (grades 7-8)</p> <p>5.1.G Analyze why abstinence is the most effective method for the prevention of HIV, STDs, and pregnancy. (grades 7-8)</p> <p>- - -</p> <p>1.4.G Identify why abstinence is the most effective method for the prevention of HIV, other STDs, and pregnancy. (grades 9-12)</p> <p>1.12.G Evaluate the safety and effectiveness (including success and failure rates) of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy. (grades 9-12)</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. (grades 9-12)</p> <p>3.2.G Identify local resources concerning reproductive and sexual health, including all FDA-approved contraceptives, HIV/STD testing, and medical care. (grades 9-12)</p> <p>3.3.G Compare the success and failure rates of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy. (grades 9-12)</p>
<p>MS/HS Lesson 7: Teen Pregnancy: Choices and Responsibilities</p> <ul style="list-style-type: none"> <li>• Prenatal Care and Parenting</li> <li>• Additional Alternatives (Surrender, Adoption, Abortion)</li> <li>• Decision-Making</li> <li>• Lesson Wrap-Up</li> </ul>	<p>1.4.G Explain the responsibilities associated with parenting. (grades 7-8)</p> <p>1.12.G Describe responsible prenatal and childcare, including California’s Safely Surrendered Baby Law. (grades 7-8)</p> <p>1.13.G Evaluate the benefits to mother, father, and child when teenagers wait until adulthood to become parents. (grades 7-8)</p> <p>3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. (grades 7-8)</p> <p>4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. (grades 7-8)</p>

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<p>MS/HS Lesson 7: Teen Pregnancy: Choices and Responsibilities (cont.)</p>	<p>5.6.G Explain the immediate physical, social, and emotional risks and consequences associated with sexual activity. (grades 7-8)</p> <p>- - -</p> <p>1.2.G Explain the responsibilities associated with parenting. (grades 9-12)</p> <p>1.6.G Explain responsible prenatal and perinatal care and parenting, including California’s Safely Surrendered Baby Law. (grades 9-12)</p> <p>1.11.G Evaluate the benefits to mother, father, and child when teenagers wait until adulthood to become parents. (grades 9-12)</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. (grades 9-12)</p> <p>5.6.G Use a decision-making process to evaluate the social, emotional, physical, and economic effects of teen pregnancy on the child, the teen parent, the family, and society.</p> <p>7.1.G Describe personal actions that can protect sexual and reproductive health (including one’s ability to deliver a healthy baby in adulthood). (grades 9-12)</p>
<p>MS/HS Lesson 8: The HIV/AIDS Epidemic</p> <ul style="list-style-type: none"> <li>• HIV/AIDS Epidemic</li> <li>• HIV Transmission</li> <li>• Stop and Think activity (MS only)</li> <li>• The Safe Matches Activity (HS only)</li> <li>• The Treatment of HIV Disease</li> <li>• Lesson Wrap-Up</li> </ul>	<p>1.6.G Identify the short- and long-term effects of HIV, AIDS, and other STDs. (grades 7-8)</p> <p>1.7.G Identify ways to prevent or reduce the risk of contracting HIV, AIDS, and other STDs. (grades 7-8)</p> <p>3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. (grades 7-8)</p> <p>3.3.G Identify health care providers for reproductive and sexual health services. (grades 7-8)</p> <p>4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. (grades 7-8)</p> <p>8.2.G Promote respect for and dignity of persons living with HIV or AIDS. (grades 7-8)</p> <p>- - -</p> <p>1.7.G Describe the short- and long-term effects of HIV, AIDS, and other STDs (grades 9-12)</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. (grades 9-12)</p> <p>5.4.G Evaluate the risks and consequences associated with sexual activities, including HIV, other STDs, and pregnancy. (grades 9-12)</p> <p>8.2.G Advocate the respect for and the dignity of persons living with HIV or AIDS. (grades 9-12)</p>

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<p>MS/HS Lesson 9: Preventing Sexually Transmitted Infections</p> <ul style="list-style-type: none"> <li>• Overview of Sexually Transmitted Infections</li> <li>• STIs</li> <li>• STI Testing</li> <li>• STI Gameshow (optional - HS only)</li> <li>• Lesson Wrap-Up</li> </ul>	<p>1.3.G Explain the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy. (grades 7-8)</p> <p>1.6.G Identify the short- and long-term effects of HIV, AIDS, and other STDs. (grades 7-8)</p> <p>1.7.G Identify ways to prevent or reduce the risk of contracting HIV, AIDS, and other STDs. (grades 7-8)</p> <p>3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. (grades 7-8)</p> <p>3.3.G Identify health care providers for reproductive and sexual health services. (grades 7-8)</p> <p>4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. (grades 7-8)</p> <p>---</p> <p>1.8.G Analyze STD rates among teens. (grades 9-12)</p> <p>1.12.G Evaluate the safety and effectiveness (including success and failure rates) of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy. (grades 9-12)</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. (grades 9-12)</p>
<p>MS Lesson 10: Recognizing and Reducing Risks</p> <ul style="list-style-type: none"> <li>• HIV Red Light Green Light activity</li> <li>• Universal Precautions demonstration</li> <li>• Latex Condoms</li> <li>• Lesson Wrap-Up</li> </ul>	<p>1.3.G Explain the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy. (grades 7-8)</p> <p>1.5.G Explain the effectiveness of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and unintended pregnancy. (grades 7-8)</p> <p>2.3.G Analyze the influence of alcohol and other drugs on sexual behaviors. (grades 7-8)</p> <p>2.4.G Describe situations that could lead to pressure for sexual activity and to the risk of contracting HIV and other STDs. (grades 7-8)</p> <p>3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. (grades 7-8)</p> <p>4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. (grades 7-8)</p> <p>7.2.G Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health. (grades 7-8)</p> <p>7.3.G Describe personal actions that can protect reproductive and sexual health. (grades 7-8)</p> <p>---</p>

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<p>HS Lesson 10: Protection and Communication</p> <ul style="list-style-type: none"> <li>• External and Internal Condom Use</li> <li>• Condom Success and Failure Rates</li> <li>• Condom Negotiation Skills</li> <li>• Lesson Wrap-Up</li> </ul>	<p>1.12.G Evaluate the safety and effectiveness (including success and failure rates) of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy. (grades 9-12)</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. (grades 9-12)</p> <p>3.3.G Compare the success and failure rates of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy. (grades 9-12)</p> <p>4.2.G Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and pregnancy. (grades 9-12)</p> <p>8.3.G Support others in making positive and healthful choices about sexual behavior. (grades 9-12)</p>
<p>MS/HS Lesson 11: Media and Peer Pressure</p> <ul style="list-style-type: none"> <li>• Media and Peer Pressures</li> <li>• Assertiveness Skills Practice</li> <li>• Personal Escape Plans (MS only)</li> <li>• Lesson Wrap-Up</li> </ul>	<p>2.4.G Describe situations that could lead to pressure for sexual activity and to the risk of contracting HIV and other STDs. (grades 7-8)</p> <p>3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. (grades 7-8)</p> <p>4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. (grades 7-8)</p> <p>4.2.G Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and unintended pregnancy. (grades 7-8)</p> <p>4.5.G Demonstrate how to ask for help from parents, other trusted adults, or friends when pressured to participate in sexual behavior. (grades 7-8)</p> <p>7.1.G Describe strategies for refusing unwanted sexual activity. (grades 7-8)</p> <p>7.2.G Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health. (grades 7-8)</p> <p>7.3.G Describe personal actions that can protect reproductive and sexual health. (grades 7-8)</p> <p>- - -</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. (grades 9-12)</p> <p>2.4.G Assess situations that could lead to pressure for sexual activity and to the risk of HIV, other STDs, and pregnancy. (grades 9-12)</p> <p>2.5.G Evaluate how culture, media, and other people influence perceptions about body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation. (grades 9-12)</p> <p>4.2.G Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and pregnancy. (grades 9-12)</p>

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<p>MS/HS Lesson 12: HIV/STI Testing and Community Resources</p> <ul style="list-style-type: none"> <li>• How Viruses are Spread</li> <li>• Testing and Community Resources</li> <li>• Lesson Wrap-Up</li> </ul>	<p>3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. (grades 7-8)</p> <p>3.3.G Identify health care providers for reproductive and sexual health services. (grades 7-8)</p> <p>4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. (grades 7-8)</p> <p>---</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. (grades 9-12)</p> <p>3.2.G Identify local resources concerning reproductive and sexual health, including all FDA-approved contraceptives, HIV/STD testing, and medical care. (grades 9-12)</p>
<p>MS Lesson 13: Goal-Setting</p> <ul style="list-style-type: none"> <li>• The Path to Personal Goals</li> <li>• Setting Goals for the Future</li> <li>• Personal Contracts</li> <li>• Lesson Wrap-Up and Post-Test</li> </ul> <p>HS Lesson 13: Steps to Success</p> <ul style="list-style-type: none"> <li>• Lifeline Review</li> <li>• Steps to Success</li> <li>• Personal Contract</li> <li>• Lesson Wrap-Up and Post-Test</li> </ul>	<p>3.1.G Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health. (grades 7-8)</p> <p>4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health. (grades 7-8)</p> <p>6.1.G Develop a plan to avoid HIV, AIDS, other STDs, and pregnancy. (grades 7-8)</p> <p>6.2.G Describe how HIV, AIDS, other STDs, or pregnancy could impact life goals. (grades 7-8)</p> <p>---</p> <p>2.1.G Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity. (grades 9-12)</p> <p>6.1.G Evaluate how HIV, AIDS, other STDs, or pregnancy could impact life goals. (grades 9-12)</p> <p>6.2.G Identify short- and long-term goals related to abstinence and maintaining reproductive and sexual health, including the use of FDA-approved condoms and other contraceptives for pregnancy and STD prevention. (grades 9-12)</p> <p>7.1.G Describe personal actions that can protect sexual and reproductive health (including one’s ability to deliver a healthy baby in adulthood). (grades 9-12)</p>