

Understanding Sexual Integrity

5-8th Grade Boys and Girls

Discussion may include:

- Brief introduction of the Pregnancy Care Center and what services are provided
- Understanding how our bodies change and develop during puberty and the purpose of those changes (using diagrams specific for girls and boys)
- How to respect our bodies and the bodies of the opposite sex
- The beginnings of sexual behavior and how to develop personal boundaries to protect ourselves
 - Hormones and what they do
 - How far is too far in relationships
 - Touching on the risks of being sexually active (STIs, pregnancy, reputation, heart matters, etc.)
 - Deciding ahead of time what our boundaries are

9-12th Grade Boys and Girls

Discussion may include:

- Brief introduction of the Pregnancy Care Center and what services are provided
- Defining Sexual Integrity: Sexual Integrity is expressing the gift of sexuality throughout life in a true, excellent, honest, and pure way. It includes protection in childhood, direction in adolescence, and celebration in adulthood.
- Understanding Hormones and their purpose
- Understanding the merits of sexual risk avoidance (casting a vision for a young person's future)
 - STIs
 - Pregnancy
 - Reputation
 - Dating and Relationships
 - Personal boundaries
- Healthy and Unhealthy Relationships
 - Avoiding dating violence
 - Sexting
 - Abusive behaviors

Curriculum derived from the following Resources:

- No Apologies: The Truth About Life, Love + Sex
- Heartbeat International:
 - Hooked: New Science on how Casual Sex Affects our Children
 - Healthy vs Unhealthy Relationships
 - Sexual Integrity & Threats to Sexuality
 - Threats to Sexual Integrity: Sexually Transmitted Disease