

## **Our Whole Lives: Sexuality Education for Grades 7-9th 2023-2024**

Tuesday Workshops 6-8 PM at HUUF

2 Saturday Retreats 10 AM - 2 PM at HUUF (Oct. 21 & Jan. 27)

**9/12** Mandatory Parent/Caregiver Orientation and Student Social Hour

### Unit One - Introduction

**9/19** What is Sexuality?

**9/26** Examining Values

**10/3** The Language of Sexuality

**10/10** Holiday

### Unit Two - You, as a Sexual Being

**10/17** Anatomy and Physiology

**10/21 (Saturday Retreat)** Personal Concerns about Puberty; Body Image

**10/24** Gender Identity

**10/31** Holiday

**11/7** Gender Expression, Roles, and Stereotypes

**11/14** Sexual Orientation

**11/21** Holiday

**11/28** Guest Panel

**12/5** Sexuality and Disability

### Unit Three - Relationships

**12/12** Healthy Relationships

**12/19** Relationship Skills

## **Winter Break**

### Unit Four - Contemporary Issues

**1/9** Sexuality, Social Media, and the Internet;

**1/16** Bullying and Bystander Responsibilities

**1/23** Holiday

### Unit Five - Responsible Sexual Behavior

**1/27 (Saturday Retreat)** Redefining Abstinence; Lovemaking

**1/30** Consent Education

### Unit Six - Sexually Transmitted Infections, Pregnancy, and Parenting

**2/6** Sexually Transmitted Infections

**2/13** Pregnancy, Parenting, and Teenage Parenthood

**2/20** Holiday

**2/27** Unintended Pregnancy Options

**3/5** Contraception and Safer Sex

### Unit Seven - Communication about Sexuality

**3/12** Sexual Decision Making

**3/19** Communicating with a Sexual Partner

**3/26** Self-Care, Celebration, and Closure