

# Healthy Relationships & Sexual Health



The Parkway Middle School Health Education Curriculum includes the Healthy Relationships and Sexual Health Unit. Parkway understands that educating children about a child’s health is a collaborative effort between schools, families, and health professionals. We value the parent’s role in helping their child weigh their family values and beliefs in making decisions regarding their sexual health.

## Overview of 8th Grade

For more curriculum and lesson details visit the Parkway Parent Information website at [pkwy.info/HRSHparentinfo](http://pkwy.info/HRSHparentinfo)

Lesson Focus	Lesson Overview
<b>Healthful Dating Relationships</b>	This lesson will help students understand the importance of respecting their self and their partner in a romantic relationship. Class discussions and learning activities will address the types of touch and everyone’s right to refuse unwanted or uninvited touches. Students will be introduced to the concepts of love and affection and how to communicate feelings in a healthful, safe, and respectful way. Dating violence and ways to end a relationship will also be discussed.
<b>Sexual Orientation and Relationships</b>	This lesson will introduce students to various types of attractions and relationships, including LGBTQ relationships. Group discussions and learning activities will include medically-accurate information about the different types of relationships and allow students to develop an understanding of the common characteristics of all relationships.
<b>Resisting Sexual Pressures</b>	This lesson will help students recognize dating/romantic relationship situations that are not safe and appropriate. Group discussions and learning activities will teach students steps to resist and communicate unwanted sexual pressures. Students will be introduced to the term “consent” in the context of romantic and sexual relationships. Classroom discussions and learning activities will help develop the communication skills between two partners to establish boundaries and draw the line between invited and uninvited behaviors.
<b>Sexing and Online Safety</b>	This lesson will help students understand the dangers of inappropriate texting that includes sexual content. Students will develop a better understanding of the “dos” and “don’ts” of online communication and messaging.
<b>Sex and the Media</b>	This lesson will introduce to students the sexual influences on youth by various media (i.e., television, the Internet, magazines, music). Students will explore how media messages target their age group, and ways that these messages impact the perceived norm of youth sexuality.

*Please contact your school’s health education teacher for dates of lessons.*

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## Classroom Video List

<b>“Flirting or Hurting?”, Human Relations Media</b>	Event for adults, it can be challenging to figure out what actions and words constitute flirting and what behaviors cross the boundaries into sexual harassment. Middle schoolers are just making their entry into a more complex social world, with distinctions that are often beyond their grasp. This video uses a blend of realistic dramatic scenarios, on-screen narrators, and round table discussions featuring real students to show young viewers the difference between real flirting and hurting. Viewers learn what it means to cross the line and are reminded of the serious consequences for both the target and the harasser. <a href="#">Click here</a> to view trailer.
<b>“B Careful When U Text: The Dangers of Texting and Sexting,” Human Relations Media</b>	A nasty rumor spreads through school with lightning speed. A bully’s taunt reaches its target instantly. Today, kids no longer have to wait to get a desktop computer to see and hear all the latest gossip. It’s right in their hands, on their cell phone and mobile devices. This video gives viewers a primer on the Do’s and Don’ts of text messaging, including the laws on privacy and child pornography, setting and maintaining personal boundaries, dealing with unforeseen consequences, and underscoring the need to “think before you click.”
<b>“Dangers of Sexting: What Teens Need to Know,” Human Rela- tions Media</b>	In a recent survey, one in five teens admitted to sending nude or semi-nude photos or videos and more than half said it was common for explicit photos and text messages to be passed around among friends. In this video a girl recounts how a semi-nude picture of her became widely circulated in her school; a boy tells his story of how he received and forwarded a picture and was almost charged as a sex offender. A prominent sexuality educator drives home the legal consequences of sexting. Using a peer-to-peer approach, teens talk about the importance of resisting pressures to engage in sexting. <a href="#">Click here</a> for video trailer.
<b>“Straight Talk About Sex, Gender, and Media”, Marsh Media</b>	In this information age, it is more important than ever to attain media literacy. Young teens are enthusiastic media consumers and are a popular marketing demographic. Unfortunately, media messages are often confusing, sometimes fraudulent, and at worst, perilous to health and well-being. This video presents the difference between sex, sexuality, and gender, how gender roles are defined by our society, and steps to interpreting media pressures and ways to avoid the media stereotypes. <a href="#">Click here</a> for video trailer.

***Please contact your school’s health education teacher to schedule a time to preview.***

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## Classroom Video List

<b>“Straight Talk About Sexual Choices and Consequences”, Marsh Media</b>	This video helps boys and girls react responsibly to the challenge maturity brings. It emphasizes that growing up is more than physical changes. Its about decision-making and accountability. An informative overview of the male and female reproductive systems is provided followed by the sharing of real-life problems that growing up presents. Valuable insights are provided in the following areas: Healthy relationships, Peer pressure and decision-making, Hormones and emotions, Pregnancy and STDs, Values and decision-making, Abstinence - the best decision. <a href="#">Click here</a> for a preview of the video.
<b>“Sexting in America, when private goes public part 1”,MTV Video</b>	This video defines sexting and provides examples. Ally, a new jersey teen tells how her world was turned upside down when a former boyfriend forwarded a private sext she'd sent him, leading to ridicule and taunting from her peers that lasted several years. <a href="#">Click here</a> to view the video.
<b>“Perspectives on Chatting Safely Online”, Common Sense Media</b>	In this video, young teens discuss the role of feeling safe when interacting with people through online gaming and social media. <a href="#">Click here</a> to view the video.
<b>“Teen Shares Sexting Story-Tells Parents Not to be Naïve”, WCCO-CBS Minnesota (youtube)</b>	In this video, A 12-year-old Woodbury girl says her seventh grade crush asked her for naked pictures. She shares her personal story -- and her advice for parents. <a href="#">Click here</a> to view the video.
<b>“The Perfect Image: Documentary on Eating Disorders”, Jeffrey Griffith (youtube)</b>	This video talks about influences on the development of eating disorders, and the prevalence of them in youth. Young people share their personal stories .Effects of disorders are shared along with how to get help , receiving treatment and how to deal with this disorder. <a href="#">Click here</a> to view the video.

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## Recommended Resources

### RECOMMENDED PARENT RESOURCES

- ◆ [“Helping Teens Resist Sexual Pressure”](#) (American Academy of Pediatrics)
- ◆ [“Talking with Teens”](#) (Office of Adolescent Health)
- ◆ [“An Overview of Sexual Orientation “](#) (WebMD)
- ◆ [Sex, Kids Questions and Parent Answers”](#) - National Physicians Center, 2005
- ◆ [“Boost Your Daughter’s Body Confidence”](#) (Dove Self-Esteem Project)
- ◆ [“Safe Online Family Tip Sheet”](#) (CommonSenseMedia)
- ◆ [“8 Things You and Your Teen Need to Know About Sexting”](#) (Common Sense Media)
- ◆ [“Sex, Social Media, and the Pressure on Teenage Girls “](#) (PBS Network)
- ◆ [stopbullying.gov](#)—Parents

### RECOMMENDED STUDENT RESOURCES

- ◆ [Online Safety”](#) Kids.gov
- ◆ [stopbullying.gov](#)—Teens