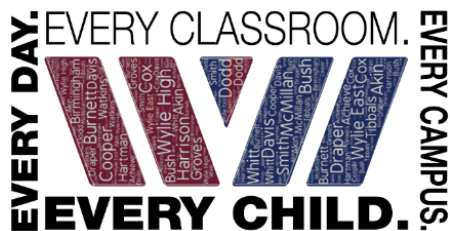


## Wylie ISD Wellness & Sexual Health Program Facts

- The program is presented during science class.
- The program is regularly reviewed by the WISD School Health Advisory Council (SHAC).
- Program was developed by Dr. Patricia J. Sulak, MD.
- The program was named The Baylor Scott & White Health Adolescent Wellness & Sexual Health Program. It is now called the Living WELL Aware Adolescent Health Program.
- The program is aligned with the Texas Essential Knowledge and Skills for Health Education 6th, 7th grade and 9th grade. These standards can be found at <http://ritter.tea.state.tx.us/rules/tac/chapter115/ch115b.pdf>
- The program is abstinence based per TEA guidelines.
- 6th grade: The lesson is presented in early spring. The timing for 6th grade is due to the fact that for many students this is the first time that they have ever had discussions of this sort and a few of our students have serious personal situations that come to light through the discussions. We have found that presenting the program earlier in the year allows us to contact counselors and parents in a timely and sensitive manner. Boys and Girls are separated for sensitive lessons.
- 7th grade and 9th grade presents the lessons towards the end of the school year. Boys and Girls are separated for sensitive lessons in 7th grade.
- Students will be sent or emailed home “Let’s Talk” letters that provide daily points of discussion for parents with their students and include information about the lesson for the next day so parents can discuss that with their child.
- Starting in 21-22 and in accordance with HB 1525, parents will need to sign a permission slip to have their student participate in WASH curriculum. This permission slip will come from the your student’s teacher in the spring. 6th & 7th grade students are all at very different levels of development and maturity and parents know and understand their children the best.
- A detailed parent meeting to discuss WASH curriculum will be held in the spring.

Class Enrolled:	Approximate Presentation Dates (campus discretion)
6th Science	2/23-3/15
7th Science	5/6-25
9th Biology	5/10-5/14



6 <sup>th</sup> Grade Content	Lesson Topic
Day 1	Essential Human Needs and Healthy Relationships with Family and Peers <ul style="list-style-type: none"> <li>● In the discussion of risky behaviors in general, sexual activity is noted one of many</li> </ul>
Day 2	What's Puberty? Anatomy and Puberty Review <ul style="list-style-type: none"> <li>● Students will be split by gender</li> <li>● The reproductive organs of both genders will be identified using correct terminology</li> <li>● Girls and boys will see different pictures of male and female anatomy (boys will not see external view of female anatomy)</li> </ul>
Day 3	Why Wait? Pregnancy, STDs, and Legal Issues <ul style="list-style-type: none"> <li>● Students will be split by gender</li> <li>● Students will be taught how pregnancy occurs and that abstinence is the only 100% effective way to prevent pregnancy</li> <li>● Students will be taught about both bacterial STDs and viral STDs</li> <li>● Legal issues will be discussed</li> </ul>
Day 4	The Benefits of Waiting <ul style="list-style-type: none"> <li>● Students will discuss physical, financial, &amp; emotional benefits of abstinence</li> <li>● Students will practice refusal skills</li> </ul>
Day 5	Media and Its Influence <ul style="list-style-type: none"> <li>● Students will discuss the media's attempts to influence pre-teens and teens through video games, commercials, social media, etc.</li> </ul>
Day 6	Sexual Abuse <ul style="list-style-type: none"> <li>● Sexual abuse will be defined and refusal skills will be reinforced</li> <li>● All WISD staff has been trained to assist students who report sexual abuse</li> </ul>
Day 7	I'm Worth It! Avoiding Risky Behaviors & Planning for My Future <ul style="list-style-type: none"> <li>● The unit wraps up with a final discussion of risky behaviors with an emphasis on abstinence</li> <li>● Students are given pledge cards but are not required to sign them in class. Students will be encouraged to talk to their parents about the card.</li> </ul>

7 <sup>th</sup> Grade Content	Lesson Topic
Day 1	Essential Human Needs and Healthy Relationships with Family and Peers <ul style="list-style-type: none"> <li>● Students will discuss basic human needs (security, connection, purpose, support, and contribution)</li> </ul>
Day 2	Friends and Mentors <ul style="list-style-type: none"> <li>● Students will recognize the importance of relationships and identify the different levels of relationships and the significant aspects of boundaries, trust, respect, and communication</li> <li>● Students will identify current and future mentors</li> </ul>
Day 3	Puberty, Anatomy and Pregnancy <ul style="list-style-type: none"> <li>● Students will recognize the physical and emotional changes that occur during puberty and the benefits of remaining abstinent through this turbulent time.</li> <li>● Students will identify the functions of the structures of the reproductive systems in males and females</li> <li>● Students will identify the hypothalamus and pituitary gland and state their role in puberty</li> <li>● Students will summarize the processes of menstruation, fertilization, and pregnancy</li> </ul>
Day 4	Sexually Transmitted Diseases (STDs) <ul style="list-style-type: none"> <li>● Students will distinguish between viral, bacterial, and protozoal sexually transmitted diseases (STDs)</li> <li>● Students will recognize the importance of abstinence from sexual activity for an unmarried teen in order to avoid emotional consequences, out-of-wedlock pregnancy, and STDs.</li> </ul>
Day 5	Why Do Some Teens Have Sex? <ul style="list-style-type: none"> <li>● Students will recognize positive and negative peer pressure.</li> <li>● Students will identify reasons why some teens have sex.</li> </ul>
Day 6	Sex and the Law <ul style="list-style-type: none"> <li>● Students will discuss sexual harassment and sexual assault.</li> <li>● Students will learn prevention tactics including the importance of telling a trusted adult if sexual harassment or assault has occurred.</li> <li>● Students will acknowledge that sexual abuse, including harassment and assault, is NEVER the victim's fault.</li> </ul>
Day 7	Character Matters <ul style="list-style-type: none"> <li>● Students will identify character traits in their best friend, a mentor, and themselves.</li> <li>● Students will identify individuals with great character.</li> <li>● Students will discuss the character traits they would like to develop and the means to acquire those traits.</li> </ul>
Day 8	Health Risk Behaviors and Decision Making <ul style="list-style-type: none"> <li>● Students will identify risk behaviors as defined by the Centers for Disease Control and Prevention (CDC).</li> <li>● Students will recognize the association between health risk behaviors and teen sexual activity.</li> <li>● Students will acknowledge the link between sexual activity in teens and emotional problems such as depression and suicide.</li> </ul>
Day 9	Refusal Skills, Making Good Choices, and Let's Review (Review of Entire Unit) <ul style="list-style-type: none"> <li>● Students will identify and practice refusal skills</li> <li>● Students will identify ways to make good choices that help them avoid risky behaviors including sex.</li> <li>● Students will review the importance of meeting the five essential human needs in goal setting and decision making.</li> </ul>

<b>9<sup>th</sup> Grade Content</b>	<b>Lesson Topic</b>
<b>Day 1</b>	<p><b>Puberty, anatomy, and pregnancy</b></p> <ul style="list-style-type: none"> <li>• We discussed the changes that happen during puberty, the male and female reproductive system, how pregnancy occurs, and the stages of fetal development.</li> <li>• Throughout the curriculum we will emphasize the many benefits of not having sex while in high school.</li> </ul>
<b>Day 2 &amp; 3</b>	<p><b>Sexually transmitted diseases</b></p> <ul style="list-style-type: none"> <li>• Sexually transmitted diseases (STDs) including gonorrhea, chlamydia, herpes, human papillomavirus (HPV), and HIV.</li> <li>• Because of these facts, we firmly believe that not having sex is the best choice for teenagers.</li> </ul>
<b>Day 4</b>	<p><b>Contraceptive methods:</b></p> <ul style="list-style-type: none"> <li>• No contraceptive method is 100% effective at preventing pregnancy.</li> <li>• We firmly believe that not having sex is the best choice for teenagers; however, we wanted to provide medically accurate information about contraceptive methods.</li> </ul>
<b>Day 5</b>	<p><b>Legal problems</b></p> <ul style="list-style-type: none"> <li>• Legal problems associated with adolescent sexual activity including having sex with someone underage, sexual harassment, and sexual assault.</li> <li>• We also discussed sex and the Internet.</li> <li>• It was emphasized that no one has the right to pressure, force, or expect sex and that sexual crimes should be reported.</li> </ul>