



## SEXUAL HEALTH EDUCATION MODULE OVERVIEW

Jurupa Valley Unified School District 2026/2027

### MAKING PROUD CHOICES! CALIFORNIA 5<sup>TH</sup> EDITION (ABRIDGED)

*Compliant with the California Healthy Youth Act*

Riverside Community Health Foundation  
Child and Family Health Services Department

**INTRODUCTION:**

- Introduce RCHF, Educators, and *Making Proud Choices!* Curriculum
- Group Agreements and Respect
- Data Collection/Entry Survey
- Quick Overview and Expectations

## MODULE 1: HUMAN DEVELOPMENT AND SEXUAL IDENTITY

- Explain how gender identity & expression, sex assigned at birth, sexual and emotional attraction, & sexual behavior are related to sexual identity.
- Describe their own identity using affirming terms.
- Explain how understanding sexual identity and diversity can positively change all individuals and decrease the harm caused by stigma and shame.
- Discuss Human development as it relates to anatomy and changes during adolescence
- Show why teens have sex, the possible outcomes of sex, and strategies for reducing possible negative outcomes.

## MODULE 2: UNDERSTANDING CONCEPTS AND HEALTHY RELATIONSHIPS

- Definitions: Abstinence, STI, HIV/AIDS, Protected vs. Unprotected
- Discuss - should teens be worried about STI's and unintended Pregnancies
- Healthy Relationships: Naming characteristics of healthy and unhealthy relationships
- Overview and Discussion: Intimate Partner Violence and Sex Trafficking

## ACTIVITIES

- Four Components of Healthy Relationships: Students read short scenarios and quickly decide whether the relationship shows healthy or unhealthy behaviors based on communication, respect, trust, and boundaries.

## VIDEOS SHOWN

- Intimate Partner Violence: <https://www.youtube.com/watch?v=vK3RhRwMwlg>
- Sex Trafficking: <https://www.youtube.com/watch?v=STdXo0qpwm0>

## MODULE 3: PREVENTING SEXUALLY TRANSMITTED DISEASES

- Students will learn the common ways infections are transmitted and how they spread.
- Types of STIs: Bacterial and Parasitical STIs (like chlamydia and gonorrhea), which *can be cured* with medication. Viral STIs (like HIV or herpes), which *can be treated but not cured*. How HIV and AIDS are different, and how HIV is prevented.

- Protection and Prevention: Medication options that prevent infection. The importance of getting tested. Where to access clinics and testing services.

## ACTIVITIES

- **Transmission Game:** Students take part in a hands-on activity using papers with names to show how quickly infections can unknowingly move from person to person. This helps students understand real-life risk without any graphic content.
- **True or False:** Students take part in a friendly, competitive true-or-false game where they respond to statements about HIV and AIDS. The activity helps them review facts, clear up common myths, and refresh what they've learned in an engaging way.

## VIDEOS SHOWN

- What Is HIV? [https://www.youtube.com/watch?v=YxfOu\\_aTzH8](https://www.youtube.com/watch?v=YxfOu_aTzH8)
- How Does HIV Spread? <https://www.youtube.com/watch?v=xK-VPgmn-18&feature=youtu.be>
- What Is PrEP? <https://www.youtube.com/watch?v=bOWoD53bkxI>
- What is PEP? <https://www.youtube.com/watch?v=Yu82TFo6j94>

## MODULE 4: ATTITUDES ABOUT SEX, TAKING ACTION AFTER THE FACT

- HIV Review: Kahoot Risk Continuum
- Name attitudes and problem-solve risky sexual behavior
- What to do if you have unprotected sex
- HIV and STI Shame and Stigma
- How to communicate you have an STI

## ACTIVITIES

- **Calling Koko:** In this activity, students listen to hypothetical scenarios from teen "callers" who are facing questions or concerns about relationships or sexual health. Students then work together to offer safe, age-proper, and responsible advice.
- **Kahoot! Game:** Students play a fun and competitive Kahoot! quiz where they sort different behaviors into red light, yellow light, or green light categories. This activity reinforces safe decision-making in an engaging, age-proper way.

## VIDEOS SHOWN

- Let's Stop HIV Together: <https://www.youtube.com/watch?v=AxYRYzQMiek>
- Let's Stop HIV: Jamar's Story: <https://youtu.be/R5Uh3Vp55rA?si=-5Wy53nPGiqz7QNp>

- What Should You Do if You've Had Unprotected Sex?  
<https://www.youtube.com/watch?v=48zdZ6x3SK4>
- STI and STD Stigma: <https://www.youtube.com/watch?v=gXqc7kzy9Aw>
- How to tell someone you have an STD:  
<https://www.youtube.com/watch?v=xxV7CiE2Bwc>

## MODULE 5: AFFIRMATIVE CONSENT AND STRATEGIES FOR PREVENTING RISKY BEHAVIOR

- Explain the concept of Affirmative Consent
- State and explain the three steps of the problem-solving model
- State how using problem-solving steps can help avoid risky situations

### ACTIVITIES

- **Sean and Morgan Case Study:** Students read a short, scripted scenario about a high school relationship. Together, they discuss which parts of the relationship are healthy and which parts may be unhealthy, helping them learn how to recognize positive communication, boundaries, and respect.
- **STOP, THINK, ACT:** Students learn a simple strategy to help them slow down and make safer choices in high-pressure or risky moments. This tool helps students practice staying in control and making responsible decisions if they ever find themselves in a situation where sexual pressure or risk might occur.

### VIDEOS SHOWN

- Tea Consent Video: <https://www.youtube.com/watch?v=fGoWLWS4-kU>

## MODULE 6: MENSTRUAL CYCLES: All You Need to Know

- Understanding of the Phases of a Menstrual Cycle and menopause as normal parts of human development
- Signs and symptoms of the menstrual cycle
- Menstrual products/how to use
- Pain & Disorders: PMS and recognizing serious disorders (like endometriosis, Polycystic Ovary Syndrome)
- Introduction to pregnancy (how it happens, anatomy)

### VIDEOS SHOWN

- How Do You Get Pregnant? <https://www.youtube.com/watch?v=n04NPtZI4QQ>

## MODULE 7: POSSIBLE OUTCOMES OF SEX: PREGNANCY PREVENTION

- Review Internal Reproductive Anatomy
- Discuss the variety of different Birth Control Options, how they work, how to access, and dispelling myths

### ACTIVITIES

- **Birth Control Overview:** Students use a Bedsider chart to review different birth control methods, learn which options are most effective, and understand how each works along with common expectations like possible symptoms and side effects.
- **Emergency Contraceptives:** Students learn what emergency contraceptives are, when they can be used, and how they help prevent pregnancy after unprotected sex or birth control failure. They also review the Bedsider chart to understand different options and their effectiveness, while clearly distinguishing that emergency contraception *prevents pregnancy* and is not the same as abortion.

## MODULE 8: POSSIBLE OUTCOMES OF SEX: CONDOM USE AND NEGOTIATION SKILLS

### Module 8: Condom and Negotiation Skills

- Condom demonstration: Students learn, using models, the proper steps and usage of a condom, how it protects. Oral Dams are also presented to explain the need for protection during oral sex.
- Negotiation skills: Students practice communication, consent, setting boundaries, and responding confidently to pressure.

### ACTIVITIES

- **Condom Line up:** Using flash cards, students must place in the correct order to show they understand the proper steps of how to use a condom effectively.
- **Condom Demo:** Students can try and place a condom on a penis model following the correct procedures.
- **Responding to Excuses:** Students practice answering common excuses someone might give to avoid using protection, using creative and confident communication skills to encourage safer choices.

## VIDEOS SHOWN

- Condoms: How to Use them Effectively: <https://www.youtube.com/watch?v=oaLdNErJ-Fk&t=9s>

## MODULE 9: Saying No, Outcomes, and Resources

- Parenting options: Discuss the options available when pregnancy occurs; including parenting, adoption, abortion, and baby Safe Haven.
- Discuss teens legal rights in California and how to obtain proper and safe access to sexual and reproductive health services and/or supplies, including access to FREE and Confidential clinical care.
  - Share Resources in the area
- Students explore ways to encourage and support someone in accessing clinics for testing and care.
- Expanding upon consent understanding healthy communication and boundaries.
- Exit Survey

## VIDEOS SHOWN

- So You Think You're Pregnant:  
<https://www.youtube.com/watch?v=qs4do1DwMrl&feature=youtu.be>
- Saying No to Prevent Sexual Abuse:  
[https://www.youtube.com/watch?v=Tm\\_qyeNwzW8](https://www.youtube.com/watch?v=Tm_qyeNwzW8)

# Daily Schedule for Patriot High School

## March 11 – 20, 2026

### DAY ONE: WEDNESDAY MARCH 11, 2026

- Introduction
- Entry Survey
- Module 1: Human Development and Sexual Identity

### DAY TWO: THURSDAY MARCH 12, 2026

- Module 2: Understanding Concepts and Healthy Relationships

### DAY THREE: FRIDAY MARCH 13, 2026

- Module 3: Preventing Sexually Transmitted Diseases

### DAY FOUR: MONDAY MARCH 16, 2026

- Module 4: Attitudes About Sex, Taking Action After the Fact

### DAY FIVE: TUESDAY MARCH 17, 2026

- Module 5: Affirmative Consent and Strategies for Preventing Risky Behavior
- Module 6: Menstrual Cycles: All You Need to Know

### DAY SIX: WEDNESDAY MARCH 18, 2026

- Module 7: Possible Outcomes of Sex: Pregnancy Prevention

### DAY SEVEN: THURSDAY MARCH 19, 2026

- Module 8: Condom and Negotiation Skills

DAY EIGHT: FRIDAY MARCH 20, 2026

- Module 9: Outcomes and Resources