

Sexual Health Learning Targets

AI = Accessing Information

CC = Concepts

GS = Goal Setting

INF = Analyzing Influences

*** / Bold = State Performance Benchmark**

AV = Advocacy

DM = Decision Making

IC = Interpersonal Communication

SM = Self-Management

Italic = Included in more than one grade level

	Sexual Health	
Kindergarten	<i>Identify safe, unsafe, and confusing touch. (CC)</i>	Concepts
Grade 1	<p><i>Identify safe, unsafe and confusing touch. (CC)</i></p> <p><i>Practice and use refusal skills if someone is touching you inappropriately. (IC,*)</i></p> <p><i>Identify whom to talk to at school, home, and in the community if someone is touching you inappropriately. (AI,*)</i></p>	<p>Concepts</p> <p>Interpersonal Communication</p> <p>Accessing Information, State Performance Benchmark</p>
Grade 2	<p><i>Practice and use refusal skills if someone is touching you inappropriately. (IC,*)</i></p> <p><i>Identify whom to talk to at school, home and in the community if someone is touching you inappropriately. (AI,*)</i></p>	<p>Interpersonal Communication, State Performance Benchmark</p> <p>Accessing Information, State Performance Benchmark</p>
Grade 3	Explain how helpful and hurtful messages in the media can affect an individual's behavior. (INF,*)	Analyzing Influences

Grade 3 (cont.)	<p>Manage interpersonal conflict in non-violent ways. (IC)</p> <p>Advocate respect for diversity. (AV)</p>	<p>Interpersonal Communication</p> <p>Advocacy</p>
Grade 4	<p><i>Describe physical, social and emotional changes that occur during puberty. (CC,*)</i></p> <p>Identify body parts, proper anatomical names and stages in the basic growth process. (CC)</p> <p>Describe the menstrual cycle. (CC)</p> <p><i>Identify health practices and hygiene during puberty. (CC)</i></p> <p><i>Identify people in school or the community who could provide valid health information about the changes occurring during puberty. (AI,*)</i></p> <p><i>Identify whom to talk to at school, home and in the community if someone is touching you inappropriately. (AI,*)</i></p>	<p>Concepts, State Performance Benchmark</p> <p>Concepts</p> <p>Concepts</p> <p>Concepts</p> <p>Accessing Information, State Performance Benchmark</p> <p>Accessing Information, State Performance Benchmark</p>
Grade 5	<p>Demonstrate ways to refuse and report if someone is touching you inappropriately. (IC,*)</p> <p><i>Identify health practices and hygiene during puberty. (CC)</i></p> <p>Describe physical, social and emotional changes that occur during puberty. (CC,*)</p>	<p>Interpersonal Communication, State Performance Benchmark</p> <p>Concepts</p> <p>Concepts, State Performance Benchmark</p>
Grade 6	<p>Identify how emotions change during adolescence. (CC,*)</p>	<p>Concepts, State Performance Benchmark</p>

<p>Grade 6 (cont.)</p>	<p>Compare physical, social, and emotional changes that occur during puberty in males and females. (CC)</p> <p>Explain the menstrual cycle and its relationship to conception and pregnancy. (CC)</p> <p>Describe the personal health care practices that prevent the spread of communicable disease, including HIV/AIDS and Hepatitis B and C. (CC,*)</p>	<p>Concepts</p> <p>Concepts</p> <p>Concepts, State Performance Benchmark</p>
<p>Grade 7</p>	<p>Advocate for the promotion of abstinence as the safest, most effective method of prevention of STD/HIV, Hepatitis B and C, and pregnancy. (AV,*)</p> <p>Acknowledge that abstinence is the safest, most effective method of protection from STD/HIV and pregnancy. (CC)</p> <p><i>Identify the methods of protection from STD/HIV, pregnancy, and Hepatitis B, including abstinence, disease reduction measures, and contraception. (CC)</i></p> <p>Analyze how our values influence our sexual health-related decisions. (INF)</p>	<p>Advocacy, State Performance Benchmark</p> <p>Concepts</p> <p>Concepts</p> <p>Analyzing Influences</p>
<p>Grade 8</p>	<p>Identify possible long- and short-term consequences of sexual activity, including what it means to be responsible for one's decisions. (CC,*)</p> <p>Identify the impact of ATOD use on sexual decision-making. (CC)</p>	<p>Concepts, State Performance Benchmark</p> <p>Concepts</p>

<p>Grade 8 (cont.)</p>	<p><i>Acknowledge that abstinence is the safest, most effective method of protection from STD/HIV and pregnancy. (CC)</i></p> <p><i>Identify the methods of protection from STD/HIV, pregnancy, and Hepatitis B, including abstinence, disease reduction measures, and contraception. (CC)</i></p> <p>Use the decision-making model to choose abstinence or effective use of contraceptives and condoms.(DM)</p> <p>Practice effective communication skills to refuse sexual pressures and communicate the consequences of sexual activity. (IC,*)</p>	<p>Concepts</p> <p>Concepts</p> <p>Decision Making</p> <p>Interpersonal Communication, State Performance Benchmark</p>
<p>High School</p> <p>High School (cont.)</p>	<p><i>Explain why abstinence is the safest, most effective method of protection from HPV, STD/HIV, Hepatitis B and C, and pregnancy. (CC,*)</i></p> <p><i>Identify the possible short- and long-term consequences of sexual activity, including increased risk with multiple partners. (CC)</i></p> <p><i>Describe contraceptive methods, disease reduction measures, proper use, and their effectiveness. (CC)</i></p> <p>Effectively communicate the decisions and behaviors of family, peers and others that promote healthy sexual behaviors. (IC,*)</p> <p>Describe the relationship between peer pressure, media influences, and sexual decision-making. (INF)</p>	<p>Concepts, State Performance Benchmark</p> <p>Concepts</p> <p>Concepts</p> <p>Interpersonal Communication, State Performance Benchmark</p> <p>Analyzing Influences</p>

	<p><i>Use the decision making process to make healthy choices around sexual health. (DM,*)</i></p> <p><i>Demonstrate effective communication skills within healthy dating relationships. (IC)</i></p> <p><i>Differentiate between pro-social and anti-social words and actions in the media. (INF)</i></p>	<p>Decision Making</p> <p>Interpersonal Communication</p> <p>Analyzing Influences</p>
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*Matrix information borrowed from work by the Beaverton School District and infused with Oregon Health Content Standards.