

# How Teen Talk Meets the California Health Education Content Standards

## Middle School Growth, Development, and Sexual Health

### *Standard Essential Concepts*

#### *1:*

- 7/8.1.G.1** Explain physical, social, and emotional changes associated with adolescence.  
Teen Talk Activities: A Man Should/A Woman Should...; Lecture: Reproductive Anatomy and Physiology; Discussion: Conception and Fetal Development; Who am I?; Pin the Part on the Pelvis; Anatomy Match-up Homework; Healthy Reasons to Want a Relationship
- 7/8.1.G.2** Summarize the human reproduction cycle.  
Teen Talk Activities: Lecture: Reproductive Anatomy and Physiology; Discussion: Conception and Fetal Development; Who Am I?; Pin the Parts on the Pelvis; Anatomy Match-Up Homework; Pregnancy Myths and Facts
- 7/8.1.G.3** Examine the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy.<sup>1</sup>  
Teen Talk Activities: What is Sex?; Abstinence Posters; Opinions about Abstinence; Birth Control Brainstorm; Birth Control Sequences; Birth Control Acronyms; Pregnancy Myths and Facts
- 7/8.1.G.4** Explain how conception occurs, the stages of pregnancy, and responsibility of parenting.  
Teen Talk Activities: Lecture: Anatomy and Physiology; Discussion: Conception and Fetal Development; Teen Parent Panel
- 7/8.1.G.5** Examine the effectiveness of condoms and other contraceptives that are FDA-approved in preventing unintended pregnancy, HIV, and other STDs.<sup>2</sup>  
Teen Talk Activities: Birth Control Brainstorm; Birth Control Sequences; Birth Control Acronyms; Five Steps That Can Save Your Life; Condom Demonstration; The Great STD Testing Adventure; No Baby Oil on Condom
- 7/8.1.G.6** Identify the short- and long-term effects of HIV/AIDS/STDs.<sup>3</sup>  
Teen Talk Activities: STD Brainstorm; STD PowerPoint; STD Balls; Clinic Role-play; The Great STD Testing Adventure
- 7/8.1.G.7** Identify ways to prevent or reduce the risk of contracting HIV/AIDS and other STDs.<sup>4</sup>  
Teen Talk Activities: STD Brainstorm; STD PowerPoint; Five Steps That Can Save Your Life; Condom Demonstration; STD Balls; Clinic Role-play; The Great STD

## Testing Adventure

- 7/8.1.G.8 Recognize that there are individual differences in growth and development, body image, gender roles, and sexual orientation.<sup>5</sup>  
Teen Talk Activities: What Are My Values?; A Man Should/A Woman Should...; Lecture: Reproductive Anatomy and Physiology; Healthy Reasons to Want a Relationship; What I Know about Sexual Orientation; Film: Straightlaced; I Just Wanna Be Me!: Sex in the Media; Values Writing Assignment
- 7/8.1.G.9 Explain why individuals have the right to refuse sexual contact.  
Teen Talk Activities: What is Sex?; Abstinence Posters; Opinions about Abstinence; Film: Toothpaste; Dealing With Pressure; Am I Really Ready?; My Body, My Boundaries
- 7/8.1.G.10 Describe the emotional, psychological, and physical consequences of rape and sexual assault.  
Teen Talk Activities: Dealing With Pressure; Am I Really Ready?; My Body, My Boundaries
- 7/8.1.G.11 Explain why rape and sexual assault should be reported to authorities and a trusted adult.  
Teen Talk Activities: Agreements; Youth Reproductive Health Services; My Body, My Boundaries; Stick Up For Me!
- 7/8.1.G.12 Describe responsible prenatal and parenting care, including California's Safe Haven Law.<sup>6</sup>  
Teen Talk Activities: Youth Reproductive Health Services; Pregnancy Options Discussion; Teen Parent Panel
- 7/8.1.G.13 Evaluate the benefits to mother, father, and child for teenagers to wait until adulthood to become parents.  
Teen Talk Activities: What Are My Values?; Abstinence Posters; Opinions about Abstinence; Pregnancy Options Discussion; Am I Really Ready?; Teen Parent Panel
- Standard 2:* *Analyzing Influences*
- 7/8.2.G.14 Analyze how growth and development, relationships, and sexual behavior are affected by internal and external influences.  
Teen Talk Activities: What Are My Values?; Abstinence Posters; Opinions about Abstinence; Healthy Reasons to Want a Relationship; Back in the Day Homework; Film: Toothpaste; Dealing With Pressure; Am I Really Ready?; Teen Parent Panel
- 7/8.2.G.15 Evaluate how culture, media, and other people influence our perceptions

about body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation.<sup>7</sup>

Teen Talk Activities: What Are My Values?; A Man Should/A Woman Should; Abstinence Posters; Opinions About Abstinence; Healthy Reason to Want a Relationship; Back in the Day Homework; Film: Straightlaced; I Just Wanna Be Me!: Bodies in the Media; Stick Up for Me!

7/8.2.G.16 Analyze the influence of alcohol and other drugs on sexual behaviors.<sup>8</sup>  
Teen Talk Activities: STD Brainstorm; STD PowerPoint; Am I Really Ready?

7/8.2.G.17 Describe situations that could lead to pressure for sexual activity and the risk of HIV/STDs.<sup>9</sup>  
Teen Talk Activities: Film: Toothpaste; Dealing With Pressure; Am I Really Ready?; My Body, My Boundaries

7/8.2.G.18 Recognize that there are individual, family, and cultural differences in relationships.  
Teen Talk Activities: What Are My Values?; Healthy Reasons to Want a Relationship; Giving Your Parents “The Talk”; Back in the Day Homework; Film: Toothpaste; My Protection Plan; Values Writing Assignment

7/8.2.G.19 Explain how sexual exploitation can occur via the Internet.  
Teen Talk Activities: Youth Reproductive Health Services; I Just Wanna Be Me!: Bodies in the Media; My Body, My Boundaries

*Standard 3: Accessing Valid Information*

7/8.3.G.20 Identify trusted adults from family, school, and community for advice and counseling regarding reproductive and sexual health.  
Teen Talk Activities: Agreements; Youth Reproductive Health Services; Giving Your Parents “The Talk”; Back in the Day Homework; My Body, My Boundaries; Clinic Role-play; Stick Up For Me!

7/8.3.G.21 Locate medically and scientifically accurate sources of information for reproductive health.<sup>10</sup>  
Teen Talk Activities: Youth Reproductive Health Services; STD PowerPoint; Clinic Role- Play; The Great STD Testing Adventure

7/8.3.G.22 List health care providers for reproductive and sexual health services.<sup>11</sup>  
Teen Talk Activities: Youth Reproductive Health Services; Clinic Role- Play; The Great STD Testing Adventure

*Standard 4: Interpersonal Communication*

7/8.4.G.23 Practice effective communication skills needed to discuss issues related to reproductive and sexual health with parents, guardians, health care providers,

**7/8.4.G.23** Practice effective communication skills needed to discuss issues related to reproductive and sexual health with parents, guardians, health care providers, or other trusted adults.<sup>12</sup>

Teen Talk Activities: Giving Your Parents “The Talk”; Back in the Day Homework; Clinic Role-play

**7/8.4.G.24** Use effective verbal and nonverbal communication skills to prevent sexual involvement, unintended pregnancy, and HIV and STDs.<sup>13</sup>

Teen Talk Activities: Film: Toothpaste; Dealing With Pressure; Am I Really Ready?; My Body, My Boundaries; Clinic Role-play

**7/8.4.G.25** Use healthy and respectful ways to express friendship, attraction, and affection.

Teen Talk Activities: Abstinence Posters; Opinions about Abstinence; Healthy Reasons to Want a Relationship; Film: Toothpaste; Dealing with Pressure; My Body, My Boundaries; Stick Up for Me!

**7/8.4.G.26** Analyze the benefits of respecting individual differences in growth and development, body image, gender roles, and sexual orientation.<sup>14</sup>

Teen Talk Activities: Agreements; What Are My Values?; A Man Should/A Woman Should...; Lecture: Reproductive Anatomy and Physiology; Healthy Reasons to Want a Relationship; What I Know about Sexual Orientation; Film: Straightlaced; I Just Wanna Be Me!: Bodies in the Media;

**7/8.4.G.27** Am I Really Ready?

Demonstrate how to ask for help from a parent, other trusted adults, or a friend when pressured to participate in sexual behaviors.

Teen Talk Activities: Giving Your Parents “The Talk”; Back in the Day Homework; Film: Toothpaste; Dealing With Pressure; My Body, My Boundaries; Stick Up for Me!

*Standard 5:* *Decision Making*

**7/8.5.G.28** Analyze why abstinence is the most effective method for the prevention of HIV, STDs, and pregnancy.<sup>15</sup>

Teen Talk Activities: What is Sex?; Abstinence Posters; Opinions About Abstinence, Birth Control Brainstorm; Birth Control Sequences; Birth Control Acronyms; STD Brainstorm; STD PowerPoint, Dealing With Pressure; Am I Really Ready?; My Protection Plan; Pregnancy Myths and Facts; Values Writing Assignment

**7/8.5.G.29** Use a decision-making process to examine the characteristics of healthy relationships.<sup>16</sup>

Teen Talk Activities: What Are My Values?; Healthy Reasons to Want a Relationship; Film: Toothpaste; Dealing With Pressure; Am I Really Ready?;

- 7/8.5.G.30** Use a decision-making process to evaluate individual differences in growth and development, body image, gender roles, and sexual orientation.<sup>17</sup>  
Teen Talk Activities: What Are My Values?; A Man Should/A Woman Should...; Healthy Reason To Want a Relationship; What I Know about Sexual Orientation; Film: Straightlaced; Values Writing Assignment
- 7/8.5.G.31** Analyze the responsibilities and privileges of becoming a young adult.  
Teen Talk Activities: What Are My Values?; Abstinence Posters; Opinions about Abstinence; Healthy Reasons to Want a Relationship; Am I Really Ready?; My Body, My Boundaries; Teen Parent Panel; My Protection Plan; Values Writing Assignment; Stick Up For Me!
- 7/8.5.G.32** Identify how good health practices in adolescence affect lifelong health and the health of future children.  
Teen Talk Activities: Lecture: Reproductive Anatomy and Physiology; Discussion: Conception and Fetal Development; Anatomy Match-Up Homework; STD Brainstorm; STD PowerPoint; Five Steps That Can Save Your Life; Condom Demonstration; Am I Really Ready?; Teen Parent Panel; My Protection Plan; Pregnancy Myths and Facts; No Baby Oil on a Condom
- 7/8.5.G.33** Explain the immediate physical, social, and emotional risks and consequences associated with sexual involvement.  
Teen Talk Activities: Agreements; What Are My Values?; Lecture: Reproductive Anatomy and Physiology; Discussion: Conception and Fetal Development; Abstinence Posters; Opinions about Abstinence; Pregnancy Options Discussion; STD Brainstorm; STD PowerPoint; Five Steps That Can Save Your Life; Condom Demonstration; Film: Toothpaste; My Protection Plan; Pregnancy Myths and Facts; No Baby Oil on a Condom
- 7/8.5.G.34** Use a decision-making process to evaluate the value of using contraception and condoms for pregnancy and STD prevention.  
Teen Talk Activities: What is Sex?; Birth Control Brainstorm; Birth Control Sequences; Birth Control Acronyms; Film: Toothpaste; Am I Really Ready?; Teen Parent Panel
- Standard 6: Goal Setting*
- 7/8.6.G.35** Develop a plan to avoid HIV/AIDS/STDs and pregnancy.<sup>18</sup>  
Teen Talk Activities: Opinions about Abstinence; Pregnancy Options Discussion; Five Steps That Can Save Your Life; Condom Demonstration; Dealing With Pressure; Am I Really Ready?; Teen Parent Panel; My Protection Plan; Values Writing Assignment; STD Balls
- 7/8.6.G.36** Describe how HIV/AIDS/STDs and/or pregnancy could impact life goals.<sup>19</sup>  
Teen Talk Activities: Pregnancy Options Discussion; Back in the Day

**Teen Talk Activities:** Pregnancy Options Discussion; Back in the Day Homework; STD Brainstorm; STD PowerPoint; Film: Toothpaste; Teen Parent Panel; My Protection Plan; Values Writing Assignment; STD Balls

*Standard 7: Practicing Health-Enhancing Behaviors*

7/8/7.G.37 Describe strategies for refusing unwanted sexual involvement.<sup>20</sup>

**Teen Talk Activities:** Film: Toothpaste; Dealing With Pressure; Am I Really Ready?; My Body, My Boundaries

7/8.7.G.38 Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health.<sup>21</sup>

**Teen Talk Activities:** What Are My Values?; Abstinence Posters; Opinions about Abstinence; Healthy Reasons to Want a Relationship; Birth Control Brainstorm; STD Brainstorm; STD PowerPoint; Five Steps That Could Save Your Life; Condom Demonstration; Film: Toothpaste; Dealing With Pressure; Am I Really Ready?; My Body, My Boundaries; My Protection Plan

7/8.7.G.39 Describe personal actions that can be taken to protect reproductive and sexual health.<sup>22</sup>

**Teen Talk Activities:** Youth Reproductive Health Services; Abstinence Posters; Opinions About Abstinence; Birth Control Brainstorm; STD Brainstorm; STD PowerPoint; Five Steps That Could Save Your Life; Condom Demonstration; Dealing With Pressure; Am I Really Ready?; My Body, My Boundaries; My Protection Plan; Clinic Role-play; The Great STD Testing Adventure; No Baby Oil on a Condom

*Standard 8: Health Promotion*

7/8.8.G.40 Support and encourage safe, respectful, and responsible relationships.<sup>23</sup>

**Teen Talk Activities:** A Man Should/A Woman Should...; Abstinence Posters; Opinions About Abstinence; Healthy Reasons to Want a Relationship; Giving Your Parents “The Talk”; Back In the Day Homework; Film: Toothpaste; Dealing With Pressure; Am I Really Ready?; My Body, My Boundaries; Values Writing Assignment; Stick Up For Me!

7/8.8.G.41 Advocate for the respect and dignity of persons living with HIV/AIDS.<sup>24</sup>