

## Big Decisions Canyon ISD Curriculum Outline

### **3. Relationships**

#### **3.1, 3.2, 3.4**

Identify healthy and unhealthy relationships

Consider how having sex can cause problems in teen relationships

### **8. Goals and Dreams**

#### **8.1, 8.2**

Visualize goals and dreams for the future

Understand how a teen pregnancy or HIV/STD can affect achieving their goals and dreams

Make a personal decision about how they will avoid pregnancy and STD's

### **4. Sexually Transmitted Diseases**

#### **4.1, 4.2, 4.4**

Increase knowledge of the common STDs, their symptoms, and possible consequences

Identify ways to avoid getting and spreading STDs

Recognize that abstinence is the most effective way to avoid STDs

### **6. Contraception: Pregnancy at the RIGHT Time**

#### **6.1, 6.3**

Consider when would be the right time to have a pregnancy

Evaluate commonly used contraceptive methods (including abstinence) for effectiveness in preventing pregnancy

Recognize that abstinence is the best and healthiest choice

Understand that sexually active people must take action to avoid pregnancy (and STDs)

### **5. Abstinence: Why Should I Wait?**

#### **5.1, 5.2, 5.3, 5.5**

Define what is meant by "abstinence" and "sex"

List the advantages of abstinence for teens

State the most important reason(s) to wait

### **9. The Power to say "NO": Sticking to My Decision (time permitting)**

#### **9.1, 9.2**

Reinforce student decisions of how they will avoid pregnancy and STDs

Learn that everyone has the right to say "no"

Consider effective ways to say "no" when pressured for sex

### **Wrap up Questions**

Allow students time for questions