

# Sexual Health Lesson

Grade 8, Physical and Health Education

## Big Ideas:

- Healthy choices influence our physical, emotional, and mental well-being.

## Curricular Competencies:

- Assess factors that influence healthy choices and their potential health effects
- Create strategies for promoting the health and well-being of the school and community
- Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence

## Content

- **Healthy sexual decision making**
- Potential short-term and long-term consequences of health decisions, including those involving nutrition, **protection from sexually transmitted infections**, and sleep routines

## Core Competencies:

- Communication: Acquire & interpret information
- Critical Thinking: Question
- Personal Awareness and Responsibility: Well-being
- Social Responsibility: Contributing to community and caring for the environment

## First Peoples Principles of Learning:

- Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.
- Learning involves recognizing the consequences of one's actions.