Get Real Middle School Lesson Summary

**Grade 6 Lessons**

**Lesson 6-1: Creating the Classroom Climate**

Classroom expectations and group rights and responsibilities are established. Students are introduced to the key Social and Emotional Learning (SEL) skills they will focus on in the program: self-awareness, self-management, social awareness, relationship skills and responsible decision making. Students play a game to get to know each other and begin to become comfortable talking about sexuality in the class. They brainstorm caring adults to whom they can respond to with questions or concerns.

**Lesson 6-2: Communication and Refusal Skills**

Students are introduced to effective communication skills and practice active listening and assertive communication. They discuss refusal tactics and various refusal techniques that can help them say “no” clearly and effectively, as well as the importance of respecting another person’s refusal.

**Lesson 6-3: Relationships and Boundaries**

Students examine relationships and identify the different relationship circles in their lives. They explore the idea of physical boundaries and the importance of respecting others’ personal space. Then they discuss qualities of healthy versus unhealthy relationships, including some of the risks of young people dating older partners. They practice communication skills for establishing clear boundaries and resisting peer pressure.

**Lesson 6-4: Anatomy and Reproduction: The Penis and Related Parts**

This lesson on reproductive anatomy and physiology focuses on the penis and related parts. Students test their knowledge and then review and label parts of the reproductive system using a poster and handout. The teacher explains how pregnancy occurs, and the role of condoms in preventing pregnancy. Then students play a game to review what they’ve learned.

**Lesson 6-5: Anatomy and Reproduction: The Vagina and Related Parts**

This lesson on reproductive anatomy and physiology focuses on the vagina and related parts. Students test their knowledge and then review and label the parts of the reproductive system using a poster and handout. The teacher explains the processes of ovulation and menstruation. Then students play a game to review what they’ve learned.

**Lesson 6-6: Puberty**

Students examine the physical and emotional changes of puberty, identifying which changes are related to a particular sex assigned at birth and which happen to most young people. They explore the range of feelings young people going through puberty might have in a variety of situations.

**Lesson 6-7: Abstinence**

This lesson introduces abstinence—choosing not to participate in any sexual behaviors that can result in pregnancy or STI. Students brainstorm examples of risky or unhealthy behaviors in general and examine the concept of abstaining to protect one’s health. They examine motivations for becoming sexually active and the benefits of delaying sex. They apply their learning by giving advice to the characters in different scenarios on how to remain abstinent in pressure situations.

**Lesson 6-8: Decision Making and Values**

Students discuss how responsible decision making reduces unhealthy behaviors. They examine their personal values around a variety of situations and discuss how values affect behavior choices. They learn a decision-making model that can help them understand the risks of various choices and how to use their values and short-term goals to support responsible and healthy decisions.

**Lesson 6-9: Grade 6 Conclusion and Review**

This culminating lesson reviews the topics covered in Get Real Grade 6 and reinforces the importance of abstinence and refusal skills. Students develop a character case study and role-play the refusal skills this character could use in a sexual pressure situation to make a healthy decision. They consider messages about sexuality they could give to someone younger to promote healthy choices.