**Grade 7 Lessons**

**Lesson 7-1: Creating the Classroom Climate**

Classroom expectations and group rights and responsibilities are established. Students review 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. They review the decision-making model by applying the steps to a scenario, and brainstorm caring adults and other resources they can go to with questions or concerns. They also play a game to review sexual and reproductive anatomy.

**Lesson 7-2: Media Literacy and Sexuality**

This lesson focuses on media literacy and sexuality. Students identify different types of media and discuss the ways sexuality is portrayed on television. They examine the effects of advertising on body image and critique an ad to understand how it uses sexuality and people’s insecurities to sell a product.

**Lesson 7-3: Gender and Sexual Identity**

In this lesson on gender and sexual identity, students explore stereotypes around gender and sexuality, and then review definitions of various terms related to gender and sexual identity. They use a visualization to explore characteristics of attraction and what it feels like to be attracted to someone.

**Lesson 7-4: Creating a Safe School Environment**

With the intention of creating a safe school environment, students clarify their understanding and values around bullying. They define harassment and discuss what it means to be an ally who supports others’ rights, using a scenario case study. Then they practice identifying and stopping harassment using role-plays.

**Lesson 7-5: Deciding About Sexual Behavior**

Students examine risks and decisions around sexual behaviors in this lesson. They begin by defining different sexual behaviors and examining factors that influence a person’s decision to engage in these behaviors. Then categorize various behaviors according to the risk they pose for pregnancy and STI transmission. The lesson concludes with a discussion of what dating means and the kinds of dating activities seventh graders can safely enjoy.

**Lesson 7-6: Defining and Maintaining Abstinence**

In this lesson, students define abstinence—choosing not to participate in any sexual behaviors that can result in pregnancy or STI—and analyze which behaviors fit this definition. They determine their own abstinence guidelines and how the concept of postponement can help them avoid engaging in sexual behaviors until they are older. They review key components of refusal skills, including avoiding alcohol and other drug use and respecting a partner’s boundaries, and practice responding to challenges to abstinence.

**Lesson 7-7: Introduction to Sexually Transmitted Infections**

Students learn about STIs (sexually transmitted infections) and how they are prevented. After defining STI and reviewing some statistics, the teacher reviews various STIs, including modes of transmission, which can be treated, and which can be cured. Students identify important ways to prevent or avoid STIs, and then participate in a handshake demonstration to model how STIs can spread based on the number of sexual partners a person has.

**Lesson 7-8: Introduction to Protection Methods**

After reviewing abstinence as a safe and effective choice for people their age, students discuss questions people should consider before becoming sexually active and reasons to use protection. They learn about various protection methods and the effectiveness rates of different methods. They review why condoms are the one method besides abstinence that protects against both unplanned pregnancy and STI transmission, place the steps to correct condom use in the proper order, and watch a condom demonstration video. They also review how hormonal contraceptive methods work and the different forms of emergency contraception.

**Lesson 7-9: Grade 7 Conclusion and Review**

This culminating lesson reviews the potential consequences of sexual activity and the decision-making model. Students also practice skills for refusals and negotiating condom use through role-plays. They reflect on ways that negotiation and refusal skills will help them keep themselves safe.