



Arizona School for the Arts

Grades 5-8  
Sex Ed Curriculum  
Proposal 2022 - 2023

[AZ Legislation Regarding Sex Ed](#)

[National Sex Education Standards](#)

- [5th - 8th Grade Standards](#)
- [Rights, Respect, Responsibility: A K-12 Sexuality Education Curriculum Teacher's Guide](#)
- [Rights, Respect, Responsibility Complete Curriculum](#)

| Strand Abbreviation | Strand Name                             |
|---------------------|---|
| CHR                 | Consent & Healthy Relationships         |
| AP                  | Anatomy & Physiology                    |
| PD                  | Puberty & Adolescent Sexual Development |
| GI                  | Gender Identity & Expression            |
| SO                  | Sexual Orientation & Identity           |
| SH                  | Sexual Health                           |
| IV                  | Interpersonal Violence                  |

*You will find that some of the strands have different abbreviations in the lessons. Information regarding their revisions can be found on [page 11](#).*

[Lessons - Rights, Respect, Responsibility](#)

Lessons will be completed throughout the school year.

- Lessons colored **green** must be covered during the year.
- Lessons not highlighted are optional.
- Lessons colored **red** are not to be completed or have a portion that needs to be excluded.

| Grade    | Sequence        | Page #     | Strand(s)   | Lesson Title                           | Note(s)  |
|----------|-----------------|------------|-------------|--|--|
| <b>5</b> | <b>Lesson 1</b> | <b>145</b> | <b>AP</b>   | <b>Sexual and Reproductive Anatomy</b> | Focuses on medically accurate & biologically male/female anatomy.<br><br>PP <a href="#">Slides</a>                             |
| <b>5</b> | <b>Lesson 2</b> | <b>154</b> | <b>PD</b>   | <b>Puberty and Reproduction</b>        | Builds on Lesson 1 using accurate body terminology.<br><br><b>No diagrams.</b>   |
| 5        | Lesson 3        | 160        | SH          | Learning About HIV                     | Required teaching about communicable and non-communicable diseases at the start of the lesson.                                 |
| 5        | Lesson 4        | 167        | CHR, GI, SO | What is Love Anyway?                   | PP <a href="#">Slides</a><br><br>Anonymous Questions in Class<br><br>HW: Define Sexual Orientation/Identifying a Trusted Adult |
| <b>5</b> | <b>Lesson 5</b> | <b>173</b> | <b>CHR</b>  | <b>Being Clear With Your Friends</b>   | <b>*Role Playing Activity*</b>   |
|          |                 |            |             |  |  |

|   |          |     |            |   |   |
|---|----------|-----|------------|---|---|
| 6 | Lesson 1 | 179 | AP, PD     | Change is Good!   | HW Completed with Family  |
| 6 | Lesson 2 | 191 | GI         | Gender Roles and Gender Expectations                      | Set up to explore the gender binary<br>HW: Gender in the World Arounds Us   |
| 6 | Lesson 3 | 196 | CHR        | Understanding Boundaries                                  | SKIP HW: Solo Work Similar to Lesson  |
| 6 | Lesson 4 | 202 | CHR        | Communicating About a Sensitive Topic                     | HW with Family → Passive, Assertive, Aggressive   |
| 6 | Lesson 5 | 209 | CHR        | More Than Friends: Understanding Romantic Relationships   | HW: Relationships on TV Worksheet   |
| 6 | Lesson 6 | 215 | CHR, SH    | Liking and Loving: Now and When I'm Older                 | ***Must include that the only way to prevent pregnancy is abstinence***<br><br>HW with Family                                     |
| 6 | Lesson 7 | 222 | SH         | Being a Sex Ed Sleuth                                     | PP <a href="#">Slides</a>   |
|   |          |     |            |   |   |
| 7 | Lesson 1 | 238 | AP, PD     | Everybody's Got Body Parts - Part 1                       | Female Anatomy  |
| 7 | Lesson 2 | 243 | AP, PD     | Everybody's Got Body Parts - Part 2                       | Male Anatomy  |
| 7 | Lesson 3 | 249 | AP         | Reproduction Basics                                       | ***Must include that the only way to prevent STDs is abstinence***<br><br><a href="#">PP Slides</a><br><br>HW Link → Doesn't Work |
| 7 | Lesson 4 | 271 | AP, PD, SH | Great Expectations: Signs and Symptoms of Pregnancy       | PP <a href="#">Slides</a>   |
| 7 | Lesson 5 | 277 | SH         | Protecting Your Health: Understanding and Preventing STDs | ***Must include that the only way to prevent STDs is abstinence***  |
| 7 | Lesson 6 | 319 | SO, GI     | I Am Who I Am   | PP <a href="#">Slides</a>   |

|          |                  |            |                |  |                           |
|----------|------------------|------------|----------------|--|---------------------------|
|          |                  |            |                |  |                           |
| 7        | Lesson 7         | 325        | GI             | Blue is for Boys, Pink is for Girls...Or Are They? | PP <a href="#">Slides</a> |
| <b>7</b> | <b>Lesson 8</b>  | <b>331</b> | <b>SH, CHR</b> | <b>Making Smart Choices</b>                        |                           |
| 7        | Lesson 9         | 342        | SH, CHR        | Let's Talk About Sex                               |                           |
| 7        | Lesson 10        | 353        | SO, CHR        | Being the Change You Want to See in the World      |                           |
| <b>7</b> | <b>Lesson 11</b> | <b>362</b> | <b>CHR</b>     | <b>Being Smart, Staying Safe Online</b>            |                           |
|          |                  |            |                |  |                           |

**There are no lessons on human anatomy or puberty in the 8th grade lesson materials.**

**8th grade could repeat the same lessons that are used in the 7th grade with Lesson 1 and Lesson 2 to create a shared foundation before diving into creating healthy relationships and STD topics.**

|          |                 |            |                |   |   |
|----------|-----------------|------------|----------------|---|---|
| 8        | Lesson 1        | 378        | CHR, GI, SO    | Creating a Safe School: Celebrating All                                   | <b>Skip Activity: Is Our School LGBTQ Inclusive Activity</b><br><br>PP <a href="#">Slides</a> |
| 8        | Lesson 2        | 385        | CHR            | The World Around Me   |   |
| <b>8</b> | <b>Lesson 3</b> | <b>393</b> | <b>CHR</b>     | <b>Healthy or Unhealthy Relationships?</b>                                |   |
| 8        | Lesson 4        | 417        | CHR            | Choose Your Words Carefully   |   |
| <b>8</b> | <b>Lesson 5</b> | <b>426</b> | <b>CHR, SH</b> | <b>We Need to Talk</b>  | <b>PP Slides</b>  |
| <b>8</b> | <b>Lesson 6</b> | <b>431</b> | <b>CHR, SH</b> | <b>Talking Without Speaking: The Role of Texting Within Relationships</b> | <b>PP Slides</b>  |
| 8        | Lesson 7        | 437        | CHR, IV, SH    | Warning Signs: Understanding Sexual Abuse and Assault                     | *Trigger Warning for Topic*   |

|   |           |     |    |                                |   |
|---|-----------|-----|----|--------------------------------|---|
|   |           |     |    |                                | Social Worker should be on hand for assistance<br>Requires parental consent |
| 8 | Lesson 8  | 444 | SH | Birth Control Basics           | ***Must include that the only way to prevent STDs is abstinence***          |
| 8 | Lesson 9  | 467 | SH | Using Condoms Effectively      | DO NOT DO THIS LESSON   |
| 8 | Lesson 10 | 472 | SH | STD Basics: Reducing Your Risk |   |