

**How Teen Talk meets the
California Health Education Content Standards
(approved 3/12/08)**

**Middle School
Growth, Development, and Sexual Health**

Standard 1: Essential Concepts

7/8.1.G.1	<p>Explain physical, social, and emotional changes associated with adolescence. Teen Talk activity: Who am I?, When You Were My Age, My Future, Ranking Your Goals</p>
7/8.1.G.2	<p>Summarize the human reproduction cycle. Teen Talk activity: Pin the Parts on the Pelvis, Anatomy Match-Up</p>
7/8.1.G.3	<p>Examine the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy.¹ Teen Talk activity: Opinions about Abstinence, Defining Abstinence, Birth Control Brainstorm</p>
7/8.1.G.4	<p>Explain how conception occurs, the stages of pregnancy, and responsibility of parenting. Teen Talk activity: Anatomy and Physiology Lecture, Pin the Parts on the Pelvis, Anatomy Match-Up</p>
7/8.1.G.5	<p>Examine the effectiveness of condoms and other contraceptives that are FDA-approved in preventing unintended pregnancy, HIV, and other STDs.² Teen Talk activity: Birth Control Brainstorm, Condom Demonstration, No Baby Oil on Condom</p>
7/8.1.G.6	<p>Identify the short- and long-term effects of HIV/AIDS/STDs.³ Teen Talk activity: STD Brainstorm, The Great Testing Adventure</p>
7/8.1.G.7	<p>Identify ways to prevent or reduce the risk of contracting HIV/AIDS and other STDs.⁴ Teen Talk activity: STD Brainstorm, STD Balls, The Great Testing Adventure</p>

¹ EC sections 51930(b)(1), 51933(b)(8), 51934(b)(3)

² EC sections 51933(b)(10), 51934(b)(3)

³ EC Section 51934(b)(1)

⁴ EC Section 51934(b)(2), (b)(3), (b)(4)

7/8.1.G.8	Recognize that there are individual differences in growth and development, body image, gender roles, and sexual orientation.⁵ Teen Talk activity: Values, Myths and Facts About Sexual Identity
7/8.1.G.9	Explain why individuals have the right to refuse sexual contact. Teen Talk activity: Setting Sexual Limits, Condom Communications
7/8.1.G.10	Describe the emotional, psychological, and physical consequences of rape and sexual assault. Teen Talk activity: Setting Sexual Limits, Am I Ready?
7/8.1.G.11	Explain why rape and sexual assault should be reported to authorities and a trusted adult. Teen Talk activity: Distribution of San Mateo County Resource List
7/8.1.G.12	Describe responsible prenatal and parenting care, including California's Safe Haven law.⁶ Teen Talk activity: Pregnancy Options, Clinic/EC/San Mateo County Resource List
7/8.1.G.13	Evaluate the benefits to mother, father, and child for teenagers to wait until adulthood to become parents. Teen Talk activity: Pregnancy Options, My Future, Teen Parent Panel
<i>Standard 2: Analyzing Influences</i>	
7/8.2.G.14	Analyze how growth and development, relationships, and sexual behavior are affected by internal and external influences. Teen Talk activity: Values, Opinions About Abstinence, Birth Control Brainstorm, Am I Ready, Setting Sexual Limits
7/8.2.G.15	Evaluate how culture, media, and other people influence our perceptions about body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation.⁷ Teen Talk activity: Values, When You Were My Age
7/8.2.G.16	Analyze the influence of alcohol and other drugs on sexual behaviors.⁸ Teen Talk activity: STD brainstorm
7/8.2.G.17	Describe situations that could lead to pressure for sexual activity and the risk of HIV/STDs.⁹ Teen Talk activity: Setting Sexual Limits

⁵ EC Section 51930(b)(2)

⁶ EC Section 51933(b)(12)

⁷ EC Section 51930(b)(2)

⁸ EC sections 51933(b)(11), 51934(b)(6)

7/8.2.G.18	Recognize that there are individual, family, and cultural differences in relationships. Teen Talk activity: Values, When You Were My Age
7/8.2.G.19	Explain how sexual exploitation can occur via the Internet. Teen Talk activity: Resource Guide for Youth, Am I Ready?
Standard 3: Accessing Valid Information	
7/8.3.G.20	Identify trusted adults from family, school, and community for advice and counseling regarding reproductive and sexual health. Teen Talk activity: When You were My Age, Ground rules
7/8.3.G.21	Locate medically and scientifically accurate sources of information for reproductive health.¹⁰ Teen Talk activity: San Mateo Resource List, Clinic Role Play, The Great Testing Adventure
7/8.3.G.22	List health care providers for reproductive and sexual health services.¹¹ Teen Talk activity: Clinic Distribution List, Clinic Role Play, The Great Testing Adventure
Standard 4: Interpersonal Communication	
7/8.4.G.23	Practice effective communication skills needed to discuss issues related to reproductive and sexual health with parents, guardians, health care providers, or other trusted adults.¹² Teen Talk activity: Parent Role Play, Clinic Role Play
7/8.4.G.24	Use effective verbal and nonverbal communication skills to prevent sexual involvement, unintended pregnancy, and HIV and STDs.¹³ Teen Talk activity: Setting Sexual Limits, Am I Ready?, Condom Communication
7/8.4.G.25	Use healthy and respectful ways to express friendship, attraction, and affection. Teen Talk activity: Relationship Qualities, Defining Abstinence
7/8.4.G.26	Analyze the benefits of respecting individual differences in growth and

⁹ EC sections 51933(b)(11), 51934(b)(6)

¹⁰ EC sections 51931(f), 51933(b)(8), 51934(b)(5)

¹¹ EC sections 51933(b)(9), 51934(b)(5)

¹² EC Section 51933(b)(6)

¹³ EC sections 51933(b)(11), 51934(b)(6)

	development, body image, gender roles, and sexual orientation. ¹⁴ Teen Talk activity: Ground Rules, Values, Myths and Facts about Sexual Identity, Am I Ready?
7/8.4.G.27	Demonstrate how to ask for help from a parent, other trusted adults, or a friend when pressured to participate in sexual behaviors. Teen Talk activity: Parent Role-play
Standard 5: Decision Making	
7/8.5.G.28	Analyze why abstinence is the most effective method for the prevention of HIV, STDs, and pregnancy. ¹⁵ Teen Talk activity: Birth Control Brainstorm, Opinions About Abstinence, Defining Abstinence, STD Brainstorm, My Future
7/8.5.G.29	Use a decision-making process to examine the characteristics of healthy relationships. ¹⁶ Teen Talk activity: Setting Sexual Limits, Am I Ready?
7/8.5.G.30	Use a decision-making process to evaluate individual differences in growth and development, body image, gender roles, and sexual orientation. ¹⁷ Teen Talk activity: Am I Ready?, Myths and Facts About Sexual Identity, Stopping Slurs
7/8.5.G.31	Analyze the responsibilities and privileges of becoming a young adult. Teen Talk activity: My Future, Ranking Your Goals
7/8.5.G.32	Identify how good health practices in adolescence affect lifelong health and the health of future children. Teen Talk activity: STD Brainstorm, My Future
7/8.5.G.33	Explain the immediate physical, social, and emotional risks and consequences associated with sexual involvement. Teen Talk activity: Birth Control Brainstorm, STD Brainstorm, Am I Ready?
7/8.5.G.34	Use a decision-making process to evaluate the value of using contraception and condoms for pregnancy and STD prevention. Teen Talk activity: Birth Control Brainstorm, STD Brainstorm, Condom Communication, Teen Parent Panel

¹⁴ EC Section 51930(b)(2)

¹⁵ EC sections 51933(b)(8), (b)(11), 51934(b)(3)

¹⁶ EC Section 51933(b)(11)

¹⁷ EC sections 51930(b)(2), 51933(b)(11), 51934(b)(6)

Standard 6: Goal Setting	
7/8.6.G.35	Develop a plan to avoid HIV/AIDS/STDs and pregnancy.¹⁸ Teen Talk activity: My Future, Ranking My Goals
7/8.6.G.36	Describe how HIV/AIDS/STDs and/or pregnancy could impact life goals.¹⁹ Teen Talk activity: My Future, STD Brainstorm
Standard 7: Practicing Health-Enhancing Behaviors	
7/8/7.G.37	Describe strategies for refusing unwanted sexual involvement.²⁰ Teen Talk activity: Setting Sexual Limits
7/8.7.G.38	Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health.²¹ Teen Talk activity: Birth Control Brainstorm, STD Brainstorm, Setting Sexual Limits, Defining Abstinence, Am I Ready?
7/8.7.G.39	Describe personal actions that can be taken to protect reproductive and sexual health.²² Teen Talk activity: Birth Control Brainstorm, STD Brainstorm, Setting Sexual Limits, Defining Abstinence, My Future, Am I Ready?
Standard 8: Health Promotion	
7/8.8.G.40	Support and encourage safe, respectful, and responsible relationships.²³ Teen Talk activity: Setting Sexual Limits, Am I Ready
7/8.8.G.41	Advocate for the respect and dignity of persons living with HIV/AIDS.²⁴ Teen Talk activity: Video: Think HIV, This is Me

¹⁸ EC sections 51933(b)(8), (b)(10), 51934(b)(3)

¹⁹ EC sections 51933(b)(11), 51934(b)(6)

²⁰ EC sections 51933(b)(11), 51934(b)(6)

²¹ EC sections 51933(b)(11), 51934(b)(6)

²² EC sections 51933(b)(11), 51934(b)(6)

²³ EC Sections 51933(b)(7), (b)(11), (d)(2)

²⁴ EC Section 51934(b)(7)