

Concepts of Sexual Health

***Modified for
Jr. High***



This Guide includes the following for your review:

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Thank you for consideration in ordering the *Concepts of Sexual Health Sex & You! Modified for Jr High* Curriculum.

“Our staff and volunteers at Concepts of Truth are passionate about teaching sexual health and wellness. 87% of the thousands of students we have taught say they will recommend our curriculum to others and 65% committed to sexual purity.”

For Children & Families,
Millie Lace, MSE, LPC
Founder/Director
Concepts of Truth, Inc.

Concepts of Sexual Health Sex & You!

Leader's Guide
(Modified for Jr. High)

Overview & Rationale

The purpose of the curriculum is to teach that the human person exists as a multidimensional being and that one's sexuality is integrated in all the dimensions. As human beings, we have the capacity to reason, make choices, seek what is true, and to ask questions of ultimate significance.

The lessons in the curriculum stress that one's sexual health depends on the choice to save sex for marriage or one monogamous bond and by making healthy choices in relationships, love, and responsibility. These choices affect the whole person's present and future well-being and the heritage passed on to future generations.

According to the Arkansas State Health profile (at time of print) (insert applicable state/country's STD stats) http://www.cdc.gov/nchhstp/stateprofiles/pdf/arkansas_profile.pdf, Arkansas ranks eighth for Chlamydia and sixth for Gonorrheal infections in the United States.¹ Since sex involves one's sexuality, is more than an isolated act, is more than a bodily function, is not just a commodity to buy or sell, and since contraceptives do not always provide protection against STDs, sexual health education must appeal to the dispositions of the mind, heart, will, and conscience of the learner. Young people can be reached through their hearts and challenged to become persons of character, capable of contributing not only to their own well-being but also to their communities and society.

The Whole Person Learning Theory by Onalee McGraw, Ph.D., founder of the Educational Guidance Institute, Inc. and author of *Teaching the Whole Person about Love, Sex, and Marriage Educating for Character in the Common World of our Homes, Schools, and Communities*, explains the philosophical and psychological concepts of the whole person approach to learning: the philosophy that one's sexuality is an integral part of the whole person. "As whole persons, men and women possess a sexuality that is integrated in body, mind, heart, will, and conscience. The sexual domain is permeated by the intellectual, moral, emotional, physical, and social domains. The psychological guiding principle is that cognitive powers of memory, thought, judgment, imagination, and learning related to sexuality permeate the body, mind, heart, will, and conscience; thinking, feeling, and acting in the sexual domain reflect the whole person."² The premise of the whole person learning theory is foundational for *Concepts of Sexual Health Sex & You!*

The resources included in *Concepts of Sexual Health Sex & You!* (modified for Jr. High) are based on medical facts, statistics from the Center for Disease Control & Prevention/cdc.gov, and are developmentally appropriate for 6-8 grades. The curriculum also meets Arkansas' 6th, 7th and 8th Grade Health & Wellness content standards. See student expectations listed for the various lessons.³ Permission is given by the authors to insert applicable substitutes for video clip(s), handouts, or slides based on current stats/population/culture maintaining the meaning and values of the original content.

In five 45 minute lessons using video, PowerPoint, lecture and discussion, *Concepts of Sexual Health Sex & You!* presents Jr. High students with the concepts of the whole person approach and a definition for sexual health that integrates the five dimensions of the whole person; human dignity and development; promotes virtue and character in love and marriage; medically based facts about STDs, contraception, and prevention of disease; and practical help to guide young people in the present and future when seeking answers to life's most difficult questions. Acquiring this knowledge and life skills will give students the opportunity to pass on sexual health and a heritage for life to future generations.

For the Teacher Lesson I

Concepts Sexual Health Sex & You!

The lesson begins with building rapport with students. Josh McDowell says, “*Rules without relationships = rebellion.*”⁴ Building relationships with students will produce more positive outcomes with the curriculum. Students do not care how much you know until they know how much you care. Show your passion for the subject matter! Mutual respect opens the door to hearts and lives. The lesson gives the student a glance at their preferred future and the kind of heritage they may want to pass down to future generations. Applying the five interactive dimensions of the whole person - physical, social, emotional, intellectual, and moral, students will gain knowledge and understanding of their sexual health lived out in true freedom with purity, integrity, and unconditional love. The lesson also helps students to consider long term academic, vocational, and social goals, which are a critical factor in helping adolescents avoid negative pressures toward sexual activity outside of marriage or one monogamous bond. *Concepts of Sexual Health Sex & You!* lessons help students consider their life’s purpose, goals and to consider their complex whole being by making healthy choices in relationships, love, and responsibility.

Lesson I Objectives:

- 1) Teachers and students will develop a rapport by getting acquainted allowing each one to tell their name and a few interests of sports, hobbies, etc. with at least 90% participation from class.
- 2) Participants will be able to define sexual health and describe the purpose of sex in relation to the five interactive dimensions of the whole person, i.e., physical, emotional, intellectual, social and moral with 75% participation.
- 3) By comparing risky sexual behaviors outside of one monogamous bond, students will be able to list benefits of integrity, purity, and unconditional love within the five interactive dimensions of the whole person. During lecture, Ppt. presentation and discussion, students will give an acceptable range of answers that are allowable as correct.

Lesson Plan:

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Activities: Sonic Coupon Activity, Whole Person Glove Activity, Multi-Color Gummy Worm Stretch, Duct Tape/Bonding

Lecture & Discussion

Video: *A Million Ways to Say No : Developing the Whole Person*

PowerPoints (Ppt.): (1) A Million Ways to Say No (2) Choices, Choices (3) The World Health Definition (4) COTI’s Sexual Health Definition (5) The Five Aspects of the Whole Person (6) Sex & You (7) Question (8) Whole Purpose of Sex (9) The Gift of Self (10) Welcome Back (11) The Five Aspects (12) Developing the Whole Person Video (13) The Five Aspects (14) COTI’s Sexual Health Definition (15) Science of Sex (16) Duct Tape Activity (17) Planning the Future (18) Planning Your Children’s Future (19) Uniquely Different

For the Teacher Lesson 2 Development & Dignity

In this lesson, students will explore fertility, prenatal development, and the dignity of all human persons. All human life has value, and our fertility gives us the power to create human life. The more adolescents understand the development and unique dignity of a human person, the intrinsic value of life, and the gift of fertility, the more they will be empowered in relationships to make healthy reproductive choices.

They will examine the premise that our bodies and our sexuality are an integral part of our unique and personal inner core. In this inner core is the natural human desire to give and receive unconditional love. Using video and models, they will view prenatal development and analyze the human life cycle from fertilization to infancy and their ability to create human life.

Objectives:

- 1) Students will compare and contrast male and female reproductive organs exploring the power of fertility and be able to describe that responsibility in sexual decisions, with 75% of students participating in the discussion.
- 2) Students will view the video, *9 Months in the Womb*, and a set of pre-natal models representing human development from 7- 30 weeks gestation. Students will be able to identify the stages of human development and describe the characteristics of each stage using a class discussion with at least 75% accuracy.
- 3) Students will be able to define intrinsic and extrinsic value and apply the definition to love and responsibility in relationships sexuality with 75% participation and accuracy.

Lesson Plan

Permission is given by the authors to insert appropriate substitutes for video clip(s), handouts, or slides based on current stats/population/culture, maintaining the meaning and values of the original content.

Activity: \$20 Bill (Giving Value & Dignity to A Human Person)

Video: *9 Months in the Womb* – A Remarkable Look at Fetal Development Through Ultrasound by PregnancyChat.com²⁵

Touch of Life Fetal Models

Lecture & Discussion

PowerPoints (Ppt): (1) Male & Female Fertility (2) Horton (3) 9 Months in the Womb video (4) Question (5) The Dignity of a Human Person (6) Outward & Inward Dignity (7) Unconditional Love (8) Whole Person

For the Teacher Lesson 3

Are You Dying to Have Sex or Saving Sex for One Monogamous Bond?

A human person has the ability to reason and make choices. Our bodies can be trained to live with sexual health. In this lesson, the difference between love and lust is explored along with the medical facts of sexually transmitted diseases/STDs/STIs. The majority of this lesson is based on students exploring the consequences of STDs and the results of having sex outside of marriage or one monogamous bond. Since contraceptives do not always provide protection against STDs, have negative physical consequences of artificial hormones on the body, and the negative emotional consequences on relationships, this curriculum explains but does not promote their use. However, it will be explained that there are other medical reasons for their use. Students will understand the current epidemic of STDs/STIs in the United States today. Students are encouraged to examine the data and to consider the long-term outcomes of the potential risks of multiple sexual partners as compared to a monogamous relationship as the safest way to avoid STDs/STIs.

Future Plans:

When students begin to grasp the value of sexual health, their lives can change positively, impacting their future choices, relationships, and academic goals. Also, allowing students to evaluate this program is important. The evaluation gives them a voice to agree or disagree to remain pure until marriage or sex with one monogamous partner. And, it gives them the opportunity to recommend the program to others. Students receive a business size commitment card that can serve them in the future as a contract to live out the values and concepts of sexual health. Teachers have the opportunity to reward those who learn the definition of sexual health and also remind the students about the services of the local counseling center.

Objectives:

- 1) Students will be able to identify the increase in sexual activity and the negative habits in relationships through the use of contraceptives reducing love to lust with at least 75% participation from the class.
- 2) With at least 90% participation and thorough discussion of the STD activity, students will be able to compare and contrast the risks of contracting multiple STDs and the negative consequences of multiple sexual partners to the benefits of one monogamous relationship with unconditional love.
- 3) At the end of the lesson, students will be able to describe the difference between bacterial, viral, and parasitic STDs and the negative physical and emotional consequences to their sexual health.
- 4) Students will apply the knowledge they have learned by writing the definition of sexual health with 100% accuracy, with at least 90% of students participating. Those who are successful will be rewarded by their name going into a drawing for a free prize.
5. Students will give feedback through evaluating the program concerning their plans to apply the benefits of living out the definition of sexual health and recommending the program to others with 90% student participation.

For the Teacher Lesson 3 Continued

Lesson Plan

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Activity: STDs are a Sticky Business (need a piece of chewing gum for each student)
(For Question Pg. 33 need multi-colored Gummy Worm)
Video/slides on STDs (Allow approx. 25-30 min.)

Lecture & Discussion

Handouts: Student's Evaluation of the Program (Appendix, Lesson 3), SH Commitment Cards (may be ordered from Concepts of Truth, Inc. 1.870.238.4329)

PowerPoints (Ppts): (1) Wedding Picture (2) Concepts of Truth's Definition of Sexual Health (3) Question (4) Choices, Choices (5) Planning My Future (6) The Life Wheel: 7 Aspects (7) The Life Wheel: 7 Aspects continued (8) Life Wheel (9) Question (10) Actions Do Speak Louder Than Words (11) Awareness Video about the Dangers of Sexting (12) The Dangers of Sexting (13) Love vs. Lust (14) Question (15) Sexual Exposure Chart (16) Sexual Health Is . . .

Lesson | Classroom
Concepts of Sexual Health Sex & You!




Get Acquainted

Hello, my name is. . . from (local organization.) I'm excited to be here and I look forward to getting to know you better. There is only one rule. . . I will respect you and I expect you to respect me. Let's go around quickly and tell us your name and maybe something you enjoy. I will start. My name is. . . (leader tells name and what they enjoy.)



Introduction

What is this class all about? Sex! What? Ugh. . . (Shake your head, grit your teeth, hold your head on each side, etc.) Yes, and I am called the "sex lady"! (Idea for two presenters one to ask and one to answer.)



This class will help you consider the five aspects of a whole person while making healthy choices. What is that? Are you a whole person? Absolutely – and you have 5 various aspects of your person. The name of this class is *Concepts of Sexual Health Sex & You!* This is not a "**Just say no to sex**" abstinence program.




Let's watch a **video**.

Ppt. 1, Lesson 1

Play (attention getter) Video: *A Million Ways to Say No*,

(Laser Time, 2016 https://youtu.be/N3sb_lw7Zyo) (Works well if you ask them to see if they can name some of the characters.)



It **IS** good to say **NO** to bad things like drugs, But **SEX is GOOD** with one monogamous (means 1 and only) partner and hopefully in the bonds of marriage. So, this class is not **just say no to sex**, it is about your sexuality being interconnected to your whole person. It is about finding sexual health through purity and choosing to save sex for that one monogamous bond. The class is **not merely about saying "no" to sexual activity but about saying "yes" to love and responsibility**. Sexual Health is about **YOU** - your whole self.



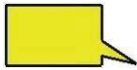
Sonic Coupon Activity: (any restaurant coupon or candy will work as reward)

How many of you would choose making lots of money over being in poverty? How many would choose a nice home over being homeless? How many of you would want good things for your children? I think basically, we all want good things. Right? How many of you would like a good thing like a free sonic coupon? Remember when choosing sides for a team and wanting to be chosen for a certain team game or sport? Yes, we all want to be chosen and I need to make a choice here. (As hands are raised, leader will take some time in choosing a recipient. Walk around, scratch your head, maybe have a couple to stand up and compare shirts, shoes etc. Tell them you like or dislike something about them and finally choose one or more to receive a coupon and tell the others you are sorry they were not included in your choice.)

Lesson 1 Classroom Continued (Note: 45-minute class time begin here)

Ppt. 10, Lesson 1

Ppt. 11, Lesson 1



Welcome BACK! The last time we met, we discussed you as a whole person with five aspects. I have a free coupon for someone who can name those five aspects. (Intellectual, Moral, Physical, Emotional, and Social). Let's watch this short video about young people developing as a whole person. As you watch, see if you can discover examples of the five aspects.

Ppt. 12 (Play Video: Developing the Whole Person) ¹⁹

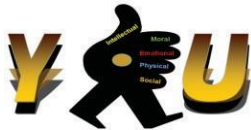
<https://youtu.be/VDFonhPChmY>



Which one of the five aspects was not mentioned in the video?

The video did not mention the emotional aspect. The emotional aspect of the whole person includes our feelings: Sadness, joy, anger, disgust, love, forgiveness. Last week we mentioned there is something we all desire. What is something we all desire? To give and receive unconditional love.

Ppt. 13, Lesson 1



Concepts of Truth's definition of sexual health says:

Sexual health is living out one's sexuality in true freedom with integrity, purity and unconditional love. It is making healthy choices in relationships, love, and responsibility that will affect the whole person present and future, and the heritage passed on to future generations.

Ppt. 14, Lesson 1

Sexual Health is.....

living out one's sexuality in true freedom with integrity, purity and unconditional love.

It is making healthy choices in relationships, love and responsibility that will affect the whole person present and future and the heritage passed on to future generations.



Date _____
 Name of School _____

Please circle M for male or F for female M F
 Class Period _____

Concepts of Sexual Health Sex & You! Jr High Evaluation Sheet

(Please write the definition of Sexual Health as presented in the program)
Sexual Health is

Rate the Concepts of Sexual Health Sex & You! Program - Please rate how the program was or was not beneficial to you. Please take the time to give us your rating on the following questions. Put an X in the box under your choices. Thanks and have a healthy life.

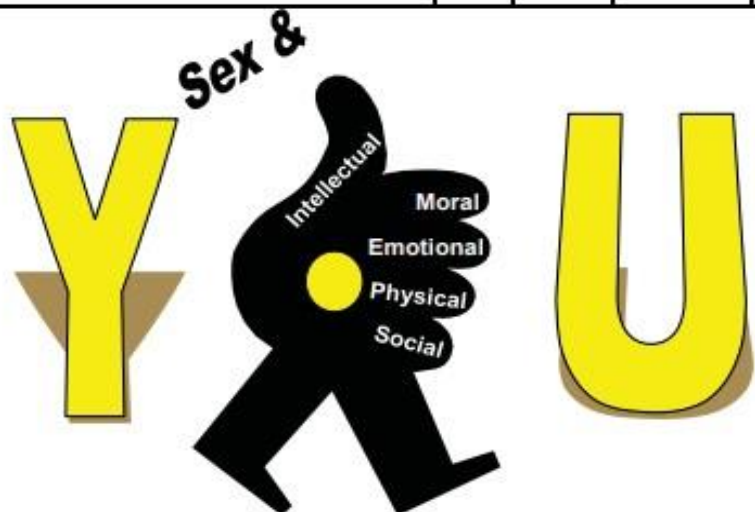
Place an X under 1 item only for each statement.	Agree	Disagree	Undecided
1. I plan to stay pure, save sex until marriage or change my sexual behaviors based on what I learned from <i>Concepts of Sexual Health Sex & You!</i>			
2. After completing <i>Concepts of Sexual Health Sex & You!</i> , I would recommend the program to others.			
3. I understand more about my sexual health as a whole person because of the <i>Concepts of Sexual Health Sex & You!</i> program.			

Please tell us something that you learned from *Concepts of Sexual Health Sex & You!*

Rate the Presenters

Rate the Presenters - Put an X under your choice for each comment.	Fair	Good	Excellent
1. Presenters were knowledgeable about the Sexual Health information shared.			
2. Presenters shared the information in an understandable manner.			
3. Presenters had a caring attitude toward the students.			

Concepts of Sexual Health



Program Requirements Checklist Concepts of Sexual Health Sex & You! Program Requirements Checklist for Concepts of Truth International's School Consultants:

- Complete an application and Background check permission.
Request a school consultant application by emailing: Jessica@conceptsoftruth.org
- Complete Concepts of Truth's School Consultant Training (Complete requirements listed in the training manual, then complete the School Consultant Questionnaire on the following page.)
- Become certified by Concepts of Truth International to teach Concepts of Sexual Health Sex & You! as a school consultant (training certificate is issued upon completing requirements and passing exam.)
- All supplies such as Leader's Manual, student journals, handouts are all furnished for Concepts of Truth International's school consultants.

Program Options Checklist for those teaching the curriculum under another organization:

- Purchase *Concepts of Sexual Health Sex & You! Modified for Jr. High* Leader's Manual on Amazon:
https://www.amazon.com/Concepts-Sexual-Health-Modified-High-ebook/dp/B08QR1GYV8/ref=sr_1_1?dchild=1&keywords=Concepts+of+Sexual+Health+Sex+%26+You%21+%28Modified+for+Jr.+High%29&qid=1611686604&s=books&sr=1-1
- Rent or Purchase *Concepts of Sexual Health Sex & You! Modified for Jr. High* digital lessons on Vimeo:
<https://vimeo.com/ondemand/sexualhealthmodified>
- Complete the School Consultant Questionnaire on the following page.

**Concepts of Truth International
School Consultant Questionnaire**

Name of Organization _____

Date _____

Name of Leader _____

Phone _____

Email _____

1. Do you foresee any problems teaching the *Concepts of Sexual Health Sex & You!* curriculum?
Y N If so, please explain.

2. Do you agree to dress and teach in a professional manner while teaching in the school setting?
Y N If not, please explain.

3. Do you commit to teaching the *Concepts of Sexual Health Sex & You!* objectives and lesson plans as modeled by Concepts of Truth's training video or in class observation? Y N
Do you think it would ever be necessary to modify or adjust the curriculum content? Y N
Explain:

4. Do you commit to always have and show a caring attitude toward each student and address all potential problems with the teacher after class? Y N If not, please explain.

5. As a facilitator of *Concepts of Sexual Health Sex & You!*, how would you respond if a person became negative or argumentative about the school program?

6. While teaching *Concepts of Sexual Health Sex & You!*, is it ever appropriate to share the Gospel of Jesus Christ? Why or Why not?

7. Explain the following statement, "*There is only one rule. . . I will respect you and I expect you to respect me. No matter what you say in here, I won't treat you any differently.*"

8. As a facilitator, do you commit to going the "extra mile" in providing rewards or incentives for the students?
Y N How do incentives build trust between the facilitator and the students?

9. Will you make an effort to get a follow up question on the school's annual student survey? Y N

10. Do you commit to seeking teacher references for the school program and sending a copy to Concepts of Truth? Y N

Signature of Leader

Printed Name

Date

Ordering Information
Concepts of Truth International
P. O. Box 1438, Wynne, AR 72396
Phone: 870.238.4329

- Purchase Concepts of Sexual Health Sex & You! Modified for Jr. High Leader's Manual on Amazon:
https://www.amazon.com/Concepts-Sexual-Health-Modified-High-ebook/dp/B08QR1GYV8/ref=sr_1_1?dchild=1&keywords=Concepts+of+Sexual+Health+Sex+%26+You%21+%28Modified+for+Jr.+High%29&qid=1611686604&s=books&sr=1-1

Also available as Ebook

- Rent or Purchase Concepts of Sexual Health Sex & You! digital lessons on Vimeo:
<https://vimeo.com/ondemand/conceptsofsexualhealth>