

LESSON 24  
Sexual Abuse Prevention

Grade 10, SOL: 9.7, 10.7 10.16

MATERIAL WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES. THE LESSON MAY BE TAUGHT IN A COED SETTING.

Standards of Learning Objectives :

9.7 The student will interpret the effects and prevention of sexual assault, rape (including “date rape”), incestuous behavior, and molestation.

10.7 The student will explain the factors to be considered in preparing for dating and marriage.

10.16 The student will compile a list of community agencies and resources available to assist individuals and families.

Lesson Summary :

The student will discuss Intimate Partner Violence (IPV) and identify characteristics of healthy relationships. The student will review sexual assault laws with a focus on date rape and bystander intervention. Classroom discussion will include behaviors and situations which could put students at risk for sexual assault. Students will recognize safety and prevention techniques. The Nurse will emphasize that the victim is never at fault. Students will be able to identify resources available for sexual assault survivors. Students are encouraged to discuss the sexual assault lesson with their parents/guardians.

Parent/Child Activity :

Students are encouraged to discuss the sexual assault lesson with their parents/guardians.

Resources :

Dating Abuse: Tools for talking to teens

A Cup of Tea (Clean). YouTube. Published November 16, 2015. Accessed 2015.

Asking for It by BBC .

Charlie Coleman . Teen Vogue Not Your Fault Campaign. (video) Published April 20, 2015

Sextortion & Online Enticement - A Look At A New Epidemic . PSA. National Center for Missing and Exploited children. Published April 28, 2016. Accessed September 10, 2019.

Straight Talk: The Truth about Alcohol and Sex (video)

# That’s Not Love, Because I Love You, Delete . One Love Foundation. YouTube. Published October 13,

Game On: Because Stepping In Should Be Everyone's Game

Rainn.org

Virginia State Sexual Assault Laws

Advocates for Youth (advocatesforyouth.org)

Love Is Respect (loveisrespect.org)

National Sexual Violence Resource Center (NSVRC.org)

One Love (joinonelove.org)

Alternative Lessons :

Students opting out of Family Life Education will be provided an alternative lesson by their Health and Physical Education teacher.

LESSON 25

GRADE 10, SOL: 10.5

Value of Postponing Sexual Activity for the prevention of sexually transmitted infections.

MATERIAL WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES. THIS LESSON MAY BE TAUGHT IN A COED SETTING

Standards of Learning Objective :

9.11 The student will demonstrate knowledge of pregnancy prevention and disease control.

10.5 The student will recognize the benefits of abstaining from premarital sexual intercourse.

Lesson Summary :

The student will discuss the potential physical and emotional impacts of premarital sexual activity. Topics will include unintended pregnancy and sexually transmitted diseases. Emphasis will be placed on the benefits of abstinence from premarital sexual activity including personal and educational goals.

Parent/Child Activity :

The student will share information acquired in class with parents/guardians. The student will discuss with parents how religious beliefs and personal values affect our standards of behavior.

Resources:

Sex is Not a Game (video)

Alternative Lessons :

Students opting out of Family Life Education will be provided an alternative lesson by their Health and Physical Education teacher.

## LESSON 26

GRADE 10, SOL: 10.8, 10.9, 10.10

### Family Planning and Contraception

MATERIAL WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

#### Standards of Learning Objectives :

- 9.11 The student will demonstrate knowledge of pregnancy prevention and disease control.
- 10.8 The students will examine factors to be considered in life-goal planning
- 10.9 The student will describe the signs and symptoms of pregnancy
- 10.10 The student will analyze factors associated with a healthy pregnancy.

#### Lesson Summary :

The student will recognize reasons for family planning. The student will learn the importance of pre-pregnancy planning and prenatal care to decrease the risks of birth defects. The student will review the physical and emotional changes associated with pregnancy, discuss methods of early pregnancy detection, and identify community resources for early detection of pregnancy. Different methods of contraception will be discussed. However, abstinence continues to be emphasized as the only method that is 100 percent effective in preventing pregnancy.

#### Resources:

American College of Obstetrics and Gynecology ([acog.org](http://acog.org))  
Planned Parenthood ([plannedparenthood.org](http://plannedparenthood.org))

#### Parent/Child Activity :

The student may interview parents regarding their views of family planning. The student will interview an adult family member about her prenatal care. The student will share the information concerning the three stages of birth with his/her parents.

#### Alternative Lessons :

Students opting out of Family Life Education will be provided an alternative lesson by their health and physical education teacher.

Value of Postponing Sexual Activity Until Marriage

MATERIAL WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objective :

9.11 The student will demonstrate knowledge of pregnancy prevention and disease control

Lesson Summary :

Emphasis will be placed on the possible physical, emotional, and social effects of abortion. Current information on the laws that govern abortion in Virginia and the medical risks of abortion will be explained. Abortion will not be presented as a method of birth control. Abstinence for teens is encouraged.

Parent/Child Activity :

The student will share abortion information acquired in class with parents. The student will discuss with parents/guardians how religious beliefs and personal values affect our standards of behavior.

Resources :

American College of Obstetrics and Gynecology ([acog.org](http://acog.org))

Centers for Disease Control and Prevention ([cdc.gov](http://cdc.gov))

Virginia State Laws

Alternative Lessons :

Students opting out of Family Life Education will be provided an alternative lesson by their Health and Physical Education teacher.

LESSON 28  
Healthy Relationships

GRADE 10, SOL: 10.5, 10.6

MATERIAL WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objectives :

10.5 The student will recognize the need to abstain from premarital sexual intercourse.

10.6 The student will recognize alternatives to premarital sexual intercourse for expressing feelings and affection

10.7 The student will explain the factors to be considered in preparing for dating and marriage.

Lesson Summary :

The student will discuss how to develop healthy relationships and express affection without sexual activity. Students will be able to identify the characteristics of dating violence and abusive relationships. Emphasis will be placed on consent and healthy relationship behaviors.

Parent/Child Activity :

Students and parents/guardians will discuss the advantages of saying "no" to premarital sexual intercourse.

Resources :

Dating Abuse: Tools for talking to teens

That's not love: PSA

Alternative Lessons :

Students opting out of Family Life Education will be provided an alternative lesson by their Health and Physical Education Teacher.

## BIBLIOGRAPHY Grade 10

1. A Cup of Tea . (2015, November). [Video] YouTube.  
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2. Asking for It by BBC . The Safe Center. (2020, September). [Video]. YouTube.  
<https://youtu.be/JO-HI1hGcpM>
3. Charlie Coleman . Teen Vogue. (2015, April). [Video]. YouTube.  
[https://www.youtube.com/watch?v=VzC\\_Ss5oO4Q](https://www.youtube.com/watch?v=VzC_Ss5oO4Q)
4. Dating Abuse: Tools for talking to teens
5. Game On: Because Stepping In Should Be Everyone's Game . SafeBae. (2015, April). [Video].  
YouTube. <https://youtu.be/BCqkJXSCu-E>
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7. How Porn Affects The Brain . Pregnancy Resource Center of Santa Cruz. (2013, July). [Video].  
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8. PSA: Learn the Signs of Human Trafficking . Zoe International. (2016, August). [Video].  
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<https://youtu.be/TQFQqU3O9GM>
9. Sex Is Not A Game . (2016). NJ Physicians Advisory Group. [Video]
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National  
Center for Missing & Exploited Children. (2016, April). [Video]. YouTube.  
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Inc. [Video]
12. The Signs. (2013). Digital Bodega. Vimeo. [Video]. <https://vimeo.com/85676862>
13. # That's Not Love, Because I Love You, Delete. One Love Foundation . (2015, October).  
[Video].  
YouTube. <https://www.youtube.com/watch?v=4JYyHa03x-U#action=share>
14. What's Revenge Porn? CNN Business. (2015, April). [Video]. YouTube.  
[https://youtu.be/n\\_f94lFeBek](https://youtu.be/n_f94lFeBek)
15. Dating Abuse: Tools For Talking to Teens <https://vimeo.com/99610424>  
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## BIBLIOGRAPHY Special Education - High School

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2. A Girl's Guide To Puberty And Personal Safety. Marshmedia. [Video].
3. Consent For Kids. Blue Seat Studios. [Video]. YouTube. (2016, October).  
<https://www.youtube.com/watch?v=h3nhM9UIJjc>
4. Handwash Rap. Randy Horne. [Video]. YouTube. (2016, March).  
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5. Let's Just Talk – Boys. [Video]. YouTube. <https://vimeo.com/312116755>
6. Let's Just Talk – Girls. [Video]. YouTube. <https://vimeo.com/312116798>
7. LifeFacts AIDS, James Stanfield & Co., 1991.
8. LifeFacts Sexual Abuse Prevention, James Stanfield & Co., 1990.

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10. What's Hygiene. Marshmedia. (Video]. YouTube. (2018, March).  
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## VIDEO DESCRIPTIONS

GRADE 10

### A CUP OF TEA

A PSA explaining the importance of consent before sexual activity.

### ASKING FOR IT BY BBC

This short video clip uses humor and sarcasm to bring attention to the prevalence and harsh reality of sexual harassment.

### CHARLIE COLEMAN

A Teen Vogue interview with Charlie Coleman. He discusses "Rape Culture", and talks about the sexual assault on his sister, Daisy, by his fellow classmates.

### GAME ON: BECAUSE STEPPING IN SHOULD BE EVERYONE'S GAME

This sexual assault awareness video, teaches and empowers teens to prevent sexual harassment and assault in their own peer groups.

### HOW DO I TELL MY PARTNER?

This video discusses ways to communicate to your partner that you have a sexually transmitted infection.

### HOW PORN AFFECTS THE BRAIN

This video discusses the science behind the changes on the brain with the viewing of pornography, and how pornography affects the brain like a drug.

### PSA: LEARN THE SIGNS OF HUMAN TRAFFICKING

One of the many ways ZOE International helps fight human trafficking is by raising awareness about the problem. Learn some of the signs of what human trafficking looks like and you may be able to help stop it before it even begins.

### SEX IS NOT A GAME

This video fosters communication between teens and adults, as well as teens with other teens. It emphasizes that teens need to know that decisions made about sex today will impact the rest of their lives. Included are discussions of sexually transmitted diseases, sexual assault, pregnancy, and unhealthy relationships. The video also encourages delaying sexual activity until marriage.

### SEXTORTION & ONLINE ENTICEMENT - A LOOK AT A NEW EPIDEMIC

This Department of Justice and National Center for Missing and Exploited Children PSA news clip discusses how a teen girl is blackmailed into sending more and more explicit images and videos to someone online that she thought she knew.

### STRAIGHT TALK: THE TRUTH ABOUT ALCOHOL AND SEX

A documentary style video that explores consequences of underage drinking and sexual misconduct.

This movie discusses date rape, binge drinking, and sexting via cellular phones.

### # THAT'S NOT LOVE, BECAUSE I LOVE YOU, DELETE.

The phrase, "Because I love you" means something completely different when an individual is in an unhealthy relationship. The meaning can change from care to control.

### DATING ABUSE: Tools For Talking to Teens

Follow three teens as their relationships change from healthy, unhealthy to abusive.

