

**Human Growth and Development**  
**High School**  
**Student Lessons/Achieve Goals**

**Topic 1**

**Reproductive Anatomy**

Goals:

- Promote an understanding of physical changes in puberty.
- Students will identify internal and external reproductive systems.

**Topic 2**

**STDs/STIs and HIV**

Goals:

- Identify the signs and symptoms of the most common STDs/STIs
- Identify how STDs/STIs, including HIV, is transmitted, and how they can be prevented.

**Topic 3**

**Contraception**

Goals:

- Promote abstinence as the best method of avoiding pregnancy for teens and STDs/STIs.
- Understanding the effectiveness of the different types of contraceptives.
- Analyze external influences that impact attitudes and behavior around human sexuality.

**Topic 4**

**Pregnancy and Childbirth**

Goals:

- Promote understanding of fetal growth and development
- Reflect on the impact of a pregnant person's health behaviors and fetal development

**Topic 5**

**Preparing to Parent**

Goals:

- Understanding parenting requires social, emotional, and financial maturity
- Understanding that Shaken Baby Syndrome(SBS) is a form of abusive head trauma.

## **Topic 7**

Goals:

### **Healthy Relationships**

- Increase students' understanding of teen dating violence
- Increase help-seeking behavior among students involved in abusive dating relationships.

## **Topic 8**

Goals:

### **Communicating Consent**

- Understanding a conscious, voluntary decision without coercion or intimidation with clearly spoken boundaries.
- Identify components of healthy relationships