



## Middle School FLASH, 2<sup>nd</sup> Edition

### Overview

#### Program Components:

- Comprehensive science-based sexual health education curriculum designed to prevent pregnancy, STDs and sexual violence
- Designed for use in school classrooms, as a part of a health unit
- Strong family involvement component
- Inclusive curriculum, including examples and activities designed to resonate with youth from a variety of geographical regions, racial identities and sexual orientations
- 7 lessons

#### For Use With:

- Grades 6-8
- Out-of-school youth

#### Evaluation findings:

The second edition of Middle School FLASH has been aligned to the CDC's National Health Education Standards for Sexual Health and the National Sexuality Education Standards. Each lesson lists the standards that are covered in that lesson. FLASH has not yet been rigorously evaluated in order to become an evidence-based program.

### National Health Education Standards

Aligned to the National Sexuality Education Standards

### Adult Preparation Subjects

#### Healthy Relationships:

- Lessons on Healthy Relationships, Coercion and Consent, and Communication and Decision Making

#### Parent-Child Communication:

- Family homework assignments
- Strong family involvement component

#### Healthy Life Skills:

- Lessons on dating, refusal skills and undoing gender stereotypes

Modules	Objectives
Lesson 1: Reproductive System and Pregnancy	<p>Describe basic reproductive organs and their functions.</p> <p>Describe conception and its relation to the menstrual cycle.</p> <p>Describe the signs and symptoms of pregnancy.</p>
Lesson 2: Sexual Orientation and Gender Identity	<p>Explain that everyone has a gender identity and a sexual orientation and differentiate between them</p> <p>Communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations</p> <p>Explain why it's important for people to feel proud of their identities, including their sexual orientation and gender Identity.</p>
Lesson 3: Rules of Dating	<p>Explain the qualities of a healthy dating relationship.</p> <p>Collaborate with others to advocate for safe, respectful and equitable relationships.</p>
Lesson 4: Saying No	<p>Define sexual abstinence as it relates to pregnancy and STD prevention.</p> <p>Demonstrate effective peer refusal skills to avoid sexual risk behaviors.</p>
Lesson 5: Preventing STDs	<p>Describe the benefits of sexual abstinence as the safest, most effective risk avoidance method of protection from STDs.</p> <p>Describe the benefits of condoms in reducing the risk of STDs.</p> <p>Describe the benefits of testing in reducing the spread of STDs.</p> <p>State a health-enhancing position on the prevention of STDs supported with medically accurate information.</p> <p>Collaborate with others to advocate for behaviors that prevent STDs.</p>
Lesson 6: Condoms to Prevent HIV and Other STDs	<p>Describe how condoms can reduce the risk of HIV and other STDs.</p> <p>Describe how condoms can reduce the risk of pregnancy.</p> <p>Describe the steps to using a condom correctly.</p>
Lesson 7: Birth Control Methods	<p>Describe how birth control methods can reduce the risk of pregnancy.</p> <p>Define emergency contraception and its use.</p> <p>Describe the benefits of birth control methods</p> <p>Identify resources for reproductive and sexual healthcare services.</p>