

Utah Secondary Health Education Core Curriculum

Elements Related to Human Sexuality Instruction

Standard I: Mental and Emotional Health

Objective 1

- Brain development and behavior
- Decision-making skills
- Influence of personal values on behavior and choices

Objective 2

- Risk and protective factors

Objective 4

- Components of healthy relationships
- Managing inappropriate or harmful comments/behaviors
- Assertiveness and refusal skills

Standard III: Prevention of Substance Abuse

Objective 1

- Long-term effects of alcohol and drug use, including fetal alcohol spectrum disorders
- Recognizing, respecting and communicating personal boundaries

Standard IV: Safety

Objective 4

- Use and misuse of current technology
- Short and long-term consequences of sharing private information through electronic means
- Personal and legal consequences for inappropriate use of technology

Standard V: Health Promotion and Disease Prevention

Objective 3

- Pathogens and modes of transmission of sexually transmitted diseases
- Signs and symptoms of commonly sexually transmitted diseases
- Advantages of abstinence over other methods of preventing sexually transmitted diseases
- The importance of early detection, testing and treatment of sexually transmitted diseases

Objective 4

- Physical, mental, social and emotional effects of communicable diseases

Standard VI: Human Growth and Development

Objective 1

- Anatomy and physiology of the male and female reproductive systems
- Physical, mental, social and emotional changes that occur during adolescence

Standard VI, objective 1, continued

- Fertilization, fetal development and the birth process
- Personal choices that may affect the developing fetus
- Adolescent brain development and how it impacts choices and behaviors

Objective 2

- Characteristics of healthy relationships
- Using effective communication skills including being able to discuss human sexuality issues with parents/guardians
- Developing strategies to prevent sexual harassment

Objective 3

- The impact of personal values on dating behaviors
- Skills for maintaining healthy relationships
- Evaluating media messages about sexuality and how they may impact attitudes and behaviors
- Laws relating to relationships and sexual behavior

Objective 4

- Sexual abstinence before marriage and fidelity after marriage and how they contribute to physical, mental, social and emotional health
- The responsibilities, joys, demands and challenges of parenthood
- Identifying means of prevention of early and/or unintended pregnancy and sexually transmitted diseases including abstinence, contraception/condom use
- The importance of annual physical examinations and breast and testicular self examinations