

# Be Real. Be Ready.

## Lessons

1. Introduction and Wellness Center/Clinic Tour
2. Communication & Dating
3. Human Sexuality
4. Sexuality: Sex, Gender, & Orientation
5. Sexuality: Influences, Expression, & Our Health (part 1)\*
6. Sexuality: Influences, Expression, & Our Health (part 2)\*  
*\*Option to combine lessons 5 & 6 into one day*
7. Sexuality: Privilege, Oppression, & Being an Ally
8. Expect Respect San Francisco from City College: Healthy Relationships Day 1
9. Healthy Relationships (*extension or alternative lesson to lesson #8*)
10. Expect Respect San Francisco from City College: Healthy Relationships Day 2
11. Rules, Roles, & Relationships (*extension or alternative lesson to lesson #10*)
12. Anatomy and Physiology (part 1): Puberty, Hygiene, & Male Bodies
13. Anatomy and Physiology (part 2): Female Bodies & Sexual Response
14. Menstruation, Conception, Pregnancy, & Childbirth
15. Youth Health Rights
16. Birth Control
17. Teen Parenting & Awareness
18. Sexually Transmitted Infections (STIs)
19. Safer Sex: Barriers & Lube
20. HIV & AIDS
21. Addressing Myths & Stereotypes Regarding People Living with HIV
22. Addressing Myths & Stereotypes Regarding People Living with HIV (*extension or alternative lesson to lesson #21*)
  - a. "Think HIV: This is Me"
  - b. "I'm Positive"
23. Online Sexual Health Resources
24. Sexual Decision Making

### **15-Lesson Series Option**

<b>Day</b>	<b>Lesson Number &amp; Title</b>
1	#1. Introduction and Wellness Center/Clinic Tour
2	#3. Human Sexuality
3	#7. Sexuality: Privilege, Oppression, & Being an Ally
4	#8. Expect Respect SF: Healthy Relationships Day 1 or #9. Healthy Relationships
5	#10. Expect Respect SF: Healthy Relationships Day 2 or #11. Rules, Roles, & Relationships
6	#12. Anatomy and Physiology (part 1): Puberty, Hygiene, & Male Bodies
7	#13. Anatomy and Physiology (part 2): Female Bodies & Sexual Response
8	#14. Menstruation, Conception, Pregnancy, & Childbirth
9	#15. Youth Health Rights
10	#16. Birth Control
11	#17. Teen Parenting & Awareness
12	#18. Sexually Transmitted Infections (STIs)
13	#19. Safer Sex: Barriers & Lube
14	#20. HIV & AIDS*
15	#24. Sexual Decision Making

**\*Notes:**

- Assign lesson #22. Online Sexual Health Resources, as homework during the 15-lesson series.
- Assign “HIV – Think it Through,” from lesson #22. Addressing Myths & Stereotypes Regarding People Living with HIV, as additional homework for day 14, lesson #20. HIV & AIDS.