



High School Family Life Education Instructional Topics

Health I – Get Real (Seven Classes)

- Accessing Healthcare Services
- Birth Control
- Condom Demonstration
- Gender, Sex and Shared Responsibility
- Healthy Communication (negotiation and setting boundaries)
- Healthy and Unhealthy Relationships
- Preventing Sexually Transmitted Infections (STIs)
- Reproductive Anatomy
- Sexuality
- Social Media

Health II – The Power to Decide: Your Life, Your Call (Five Classes)

- Adolescent Brain Development
- Birth Control
- Communication and Consent
- Condom Demonstration
- Decision Making and Goal Setting
- Healthy and Unhealthy Relationships
- Pregnancy: signs and symptoms, fetal development, labor, and birth
- Preventing Sexually Transmitted Infections (STIs)
- Responsibilities of Parenting
- Sexting