

Get Real MS Curriculum Overview

6th Grade

| Unit Number & Title | Lesson or Activity Title | # | Key Concepts and Skills |
|---------------------|------------------------------------------|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6th Grade | Creating the Classroom Climate | 6.1 | Create group rights and responsibilities, communicate with peers about sexuality, and Identify an adult with whom the student can talk about sexuality |
| 6th Grade | Communication and Refusal Skills | 6.2 | Demonstrate use of skills for effective communication Name reasons why assertive communication is important Demonstrate refusal skills in role-play |
| 6th Grade | Relationships and Boundaries | 6.3 | Establish personal boundaries and identify consequences of crossing others' boundaries Rehearse responses to inappropriate behavior |
| 6th Grade | Sexual Anatomy 1: Assigned Male Bodies | 6.4 | Identify key parts of the male anatomy Discuss the connection between anatomy and reproduction |
| 6th Grade | Sexual Anatomy 2: Assigned Female Bodies | 6.5 | Identify key parts of the female anatomy Define menstrual cycle Discuss the connection between menstrual cycle and reproduction |
| 6th Grade | Puberty | 6.6 | Identify emotional and physical changes of puberty Address values around abstinence and sex Discuss links between anatomy and puberty Discuss emerging sexual feelings and the difference between sexual feelings and sexual readiness |
| 6th Grade | Abstinence | 6.7 | Identify healthy and unhealthy behaviors State reasons why postponement and condom use are healthy behaviors for sixth-graders Name risks of unprotected sex and drug/ alcohol use Give reasons why a majority of students in sixth grade abstain from sex |
| 6th Grade | Decision Making and Cultural Values | 6.8 | Examine personal values and how they inform decision making Discuss factors that go into decision making |
| 6th Grade | Conclusion and Review | 6.9 | Summarize Previous Topics |

Information is summarized from [Get Real 6-7-8 Flash Drive](#)

7th Grade

| Unit Number & Title | Lesson or Activity Title | # | Key Concepts and Skills |
|---------------------|-------------------------------------------------|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7th Grade | Creating the Classroom Climate | 7.1 | Create group rights and responsibilities Name key components of anatomy and reproduction Explain the importance of thoughtful decision making |
| 7th Grade | Media Literacy and Sexuality | 7.2 | Identify myths surrounding sexual behaviors Identify ways in which the media promotes myths Name types of media Explain the relationship between media and consumerism Categorize how ads promote healthy or unhealthy behaviors |
| 7th Grade | Sexual Identity | 7.3 | Identify myths and facts surrounding sexual orientation and gender identity Explain differences between sexual orientation and gender identity Discuss LGBTQ issues respectfully |
| 7th Grade | Creating a Safe School Environment | 7.4 | Discuss the motivations of bullies and consequences of bullying Clarify personal and school values around bullying and harassment Brainstorm ways to be an ally to people who are different from oneself Rehearse and demonstrate ways to confront hurtful behavior |
| 7th Grade | Deciding about Sexual Behavior | 7.5 | List types of sexual behavior Explain possible outcomes of sexual behaviors Discuss how values affect sexual decisionmaking Discuss nonsexual activities for dating Examine what qualities are important to students in a dating relationship |
| 7th Grade | Defining and Maintaining Abstinence | 7.6 | Define abstinence and postponement Identify reasons why abstinence is a healthy choice for teens Identify links between healthy choices and goals Practice and demonstrate refusal skills relating to abstinence Explain the relationship between drug and alcohol use and abstinence |
| 7th Grade | Introduction to Sexually Transmitted Infections | 7.7 | List modes of transmission and most common STIs for teens List behaviors that transmit STIs |

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| | | | Name the best ways to prevent STI transmission Contextualize sexual risk for most-impacted communities Identify having multiple partners as a risk factor |
| 7th Grade | Introduction to Protection Methods | 7.8 | Name the pros and cons of the protection methods most commonly used by teens. List the key steps in putting on a condom. Identify places to obtain condoms and other protection methods. Identify resources for information and support. |
| 7th Grade | Conclusion and Review | 7.9 | Explain importance of communication in relationships. Demonstrate skills demanding use of condoms from partner. Demonstrate refusal skills. Name possible outcomes of sexual activity. |

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8th Grade

| Unit Number & Title | Lesson or Activity Title | # | Key Concepts and Skills |
|---------------------|-------------------------------------|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8th Grade | Creating the Classroom Climate | 8.1 | Create group rights and responsibilities Review decision making Familiarize students with resources |
| 8th Grade | Healthy and Unhealthy Relationships | 8.2 | Name and contrast qualities of healthy and unhealthy relationships Develop a plan for healthy relationships Discuss the importance of respect and boundaries |
| 8th Grade | Addressing Obstacles to Abstinence | 8.3 | Identify positive outcomes of abstinence Brainstorm obstacles to abstinence Plan approaches to dealing with these obstacles (peer pressure, alcohol, etc.) |
| 8th Grade | Comprehensive Protection Methods | 8.4 | Name two ways to protect against unintended pregnancy and STIs Demonstrate knowledge of at least one form of contraception, including how to access it Evaluate reasons people use or don't use condoms and discuss outcomes |
| 8th Grade | STI HIV Transmission | 8.5 | Identify feelings attached to STI exposure Analyze how feelings affect subsequent behavior Name two behaviors in each category of risk Name highest-risk behaviors Name ways to reduce risk Identify a resource for support and testing |
| 8th Grade | Living with HIV | 8.6 | Identify at least three issues faced by people living with HIV Debunk two myths about people who are living with HIV Express empathy for people with HIV by writing a letter after the presentation or video |
| 8th Grade | Refusal Skills | 8.7 | Reflect on hearing a first-hand story of living with HIV Model, rehearse and demonstrate refusal skills in sexual contexts Discuss feelings of characters in scenarios and challenges to communication |
| 8th Grade | Goals and Decision Making | 8.8 | Consider goals for the future. Describe how sexual decision making can lead to unintended outcomes that affect future goals. |
| 8th Grade | Capstone Project | 8.9 | Complete a media project highlighting a Get Real topic Present accurate information about sexual health |