



HIGH SCHOOL HEALTH

Sexual & Reproductive Health

4-Week Complete Unit

20 Lesson Plans • Student Activity Packet • Discussion Slides
Case-Study Cards • Quiz Set + Keys • Parent Letter

Anatomy &
Reproduction

Consent &
Relationships

STIs &
Contraception

Online
Safety

Grades 9–12 | Standards-Aligned | No-Prep Required

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Student Activity Packet (40 pages)

Discussion Slides

Case-Study Cards

Quiz Set & Answer Keys

PARENT COMMUNICATION LETTER

Dear Parents/Guardians,

As part of our high school Health & Physical Education curriculum, your student will be participating in a **Sexual & Reproductive Health Unit** over the next four weeks. This letter provides a comprehensive overview of the topics, objectives, and instructional approach so you can be an informed partner in your child's learning.

This standards-aligned unit provides students with accurate, age-appropriate, and medically sound information about sexual and reproductive health. The curriculum emphasizes personal well-being, responsible decision-making, and respect for self and others. All content is grounded in evidence-based research and aligns with the National Health Education Standards (NHES) as well as applicable state standards.

Topics Covered:

Week	Theme	Key Topics
1	Anatomy & Reproductive Systems	Male and female reproductive anatomy, puberty, hormonal changes, menstrual cycle, sperm production
2	Consent & Healthy Relationships	Definition and components of consent, boundary-setting, communication skills, healthy vs. unhealthy relationships, dating violence awareness, emotional wellness
3	STIs & Contraception	Bacterial and viral STIs (transmission, symptoms, prevention, treatment), barrier methods, hormonal contraception, LARC, emergency contraception
4	Online Safety & Review	Digital boundaries, sexting and image-based abuse, media literacy, body image, comprehensive unit review and assessment

Instructional Approach: Lessons are designed to be interactive, inclusive, and respectful of diverse backgrounds and beliefs. Students will engage in guided discussions, case-study analyses, and reflective activities. A foundation of mutual respect and classroom ground rules will be established on day one to ensure a safe learning environment.

Opt-Out Procedure: We respect the rights of parents and guardians to make decisions about their child's participation in sexual health education. If you wish to have your student opt out of any or all portions of this unit, please complete the form below and return it to the school by [DATE]. Alternative health assignments will be provided for any missed lessons.

We encourage you to discuss these topics with your student at home. Open communication between school and home supports the best outcomes for student health and well-being. If you have any questions about the curriculum, materials, or instructional methods, please do not hesitate to contact me.

Sincerely,

OPT-OUT FORM

Student Name: _____ Grade: _____

Parent/Guardian Name: _____

■ I DO NOT wish my student to participate in the following lessons:

■ I DO NOT wish my student to participate in the entire Sexual & Reproductive Health Unit.

Parent/Guardian Signature: _____ Date: _____

UNIT OVERVIEW & STANDARDS

This 4-week unit is designed for high school students in grades 9–12. It provides a comprehensive, medically accurate, and age-appropriate exploration of sexual and reproductive health, aligned with the National Health Education Standards (NHES).

National Health Education Standards (NHES) Addressed:

Standard	Description	Lessons
1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.	1–15, 18–19
2	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	6–10, 16–18
3	Students will demonstrate the ability to access valid information, products, and services to enhance health.	11–15
4	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	6–10, 16–17
5	Students will demonstrate the ability to use decision-making skills to enhance health.	6–10, 14–17
6	Students will demonstrate the ability to use goal-setting skills to enhance health.	7, 10, 16
7	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	11–17
8	Students will demonstrate the ability to advocate for personal, family, and community health.	6, 9, 17, 20

Essential Questions:

- How do understanding my body and reproductive health empower me to make safe and healthy choices?
- What does consent look like in various contexts, and why is it foundational to healthy relationships?
- How can I protect myself and others from STIs and unintended pregnancies?
- How do digital interactions impact real-world relationships, and how can I navigate online spaces safely?