

RealTalk Curriculum Outline

1. Establish Safe Zone / Equality / Non-Discrimination agreement
2. What's considered sex
3. What's consent?
4. Three purposes for sex
5. Three consequences of sex
 - a. Pregnancy:
 - i. Fetal Development
 - ii. Contraception
 - iii. Parenting
 - iv. Adoption
 - v. Abortion
 - b. Sexually Transmitted Infections & Diseases
 - i. **HIV:** Symptoms, Transmission, Treatment, & Prevention
 - ii. **HPV:** Symptoms, Transmission, Treatment, & Prevention
 - iii. **HSV:** Symptoms, Transmission, Treatment, & Prevention
 - iv. **Chlamydia:** Symptoms, Transmission, Treatment, & Prevention
 - v. **Gonorrhea:** Symptoms, Transmission, Treatment, & Prevention
 - vi. **Syphilis:** Symptoms, Transmission, Treatment, & Prevention
 - c. Emotional Pain
 - i. Relationship Trauma, Break-up, Depression, Bullying, Suicide, Sexting, Online Safety, Sexual Abuse
6. Abstinence: What Why & How?
 - a. Self-Respect – safety in relationships
 - i. Benefits of Reserving Sex for Marriage/Long term monogamous relationship
 - b. Filters
 - i. What types of person do you want to be in a relationship with?
 - c. Boundaries
 - i. Identify the steps that can lead to sex
 - ii. Protect yourself: Decide in advance where you draw your boundary line