

# NATIONAL SEX ED STANDARDS



By End of <b>2nd Grade</b>	By End of <b>5th Grade</b>	By End of <b>8th Grade</b>	By End of <b>10th Grade</b>	By End of <b>High School</b>
<ul style="list-style-type: none"> <li>How to identify adults that feel safe asking questions of</li> <li>How to be a good friend</li> <li>How to keep your body safe</li> <li>Understand that all families look different and that's OK</li> <li>Accurate names for body parts</li> <li>All living things reproduce, including humans</li> <li>How to identify situations that may be uncomfortable or dangerous</li> <li>How to identify trusted adults to seek help from</li> </ul>	<ul style="list-style-type: none"> <li>How to build dignity and respect for yourself and others</li> <li>How to share your personal boundaries &amp; how to respect other people's boundaries</li> <li>Your body is yours, and other people's bodies belong to them</li> <li>What consent is and why it's important</li> <li>How our reproductive systems work, and that every body's body is different</li> <li>What happens during puberty and why</li> <li>The differences and similarities of gender, what gender identity and expression are, and dispelling gender stereotypes</li> <li>The basics of sexual orientation</li> <li>Relationship between sex and reproduction</li> <li>Definitions of STIs and basics of transmission</li> <li>The different ways people can have babies (e.g. IVF, surrogacy, naturally)</li> <li>Definitions of child sexual abuse, sexual harassment, domestic violence</li> <li>Steps you or someone you know can take if you or they are or have been sexually abused or harassed</li> <li>More on how to identify trustworthy adults</li> </ul>	<ul style="list-style-type: none"> <li>Which sources and adults you can trust to answer questions on puberty and sexual health</li> <li>Deeper understanding of healthy and unhealthy relationships, consent, and personal boundaries</li> <li>Consent and feeling comfortable expressing what you do and do not want to do in a sexual situation as well as how to say "no" to sexual activity</li> <li>Impact of technology and social media on relationships</li> <li>Deeper understanding of how our reproductive systems work, and the ways other people's can be the same or different from ours</li> <li>Deeper understanding of sexual orientation</li> <li>How to decide whether and when to be sexual with someone else and how alcohol and drugs can make it harder to know</li> <li>Ways to reduce sexual health risks, including abstinence and condom use</li> <li>Interpersonal and sexual violence</li> <li>Strategies for bystander intervention</li> <li>Ability to recognize strategies used by sex traffickers and sexual predators</li> </ul>	<ul style="list-style-type: none"> <li>How the people around you, the media, and racism and other biases can influence the way you think about healthy sexuality</li> <li>Information on your state and federal laws related to safe haven, sexting, child pornography, parenting, abortion access, and sexual violence</li> <li>Deeper understanding of healthy and unhealthy relationships, consent, and personal boundaries, and how alcohol and drugs can make healthy relationships harder</li> <li>More on how our reproductive systems work, and the ways other people's can be the same or different from ours</li> <li>How our bodies and emotions can change from adolescence to early adulthood</li> <li>Pros and cons of different kinds of birth control and how to use condoms correctly</li> <li>How to talk with a partner about choosing abstinence, using birth control, and STI prevention</li> <li>Major milestones of fetal development</li> <li>Types of abuse and sex trafficking, including recruitment tactics</li> <li>How to reduce your risk of trafficking and abuse in-person and online</li> </ul>	<ul style="list-style-type: none"> <li>How to advocate for school and community programs that promote dignity and respect for everyone</li> <li>How to stay safe on social media</li> <li>How culture, racism and other biases, and the people around you can influence your personal decisions, power dynamics in your relationships, and your ideas about sex and relationships</li> <li>The human sexual response cycle</li> <li>How family, peer and social support can improve your health and well-being</li> <li>How to reduce your risk of getting or spreading STIs and HIV</li> <li>The importance of reproductive health care</li> </ul>



- KEY:
- Overarching Skills Developed
  - Consent & Healthy Relationships
  - Anatomy & Physiology
  - Puberty & Adolescent Sexual Development
  - Gender Identity & Expression
  - Sexual Orientation & Identity
  - Sexual Health
  - Interpersonal Violence