

## **Lesson summaries, learning objectives, and activities for each Middle School FLASH lesson**

[MS Lesson 1, Reproductive System and Pregnancy](#)

[MS Lesson 2, Sexual Orientation and Gender Identity](#)

[MS Lesson 3, Rules of Dating \(Sexual Violence Prevention\)](#)

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## **Middle School FLASH**

### **Lesson 1, Reproductive System and Pregnancy**

#### **Summary**

An overview of basic reproductive organs and their functions is provided in a lecture format, while students follow along on a worksheet. Small groups compete for points by answering questions related to pregnancy and the reproductive system. The lesson concludes with an explanation of FLASH Family Homework.

#### **Student Learning Objectives**

The student will be able to ...

1. Describe basic reproductive organs and their functions.
2. Describe conception and its relation to the menstrual cycle.
3. Describe the signs and symptoms of pregnancy.

#### **Activities**

- Warm up
- Purpose of lesson
- Review reproductive system and conception
- Reproductive system and pregnancy game
- Explain homework
- Exit ticket

## **Middle School FLASH**

### **Lesson 2, Sexual Orientation and Gender Identity**

#### **Summary**

Students learn the definition of identity and the importance of feeling positively about our identities. Sexual orientation and gender identity are introduced as two categories of identity held by everyone. Students learn common terms and foundational information related to these concepts through small- and large-group activities. They discuss strategies that help people develop pride in any of their identities and practice applying these strategies to a scenario about sexual orientation and gender identity.

#### **Student Learning Objectives**

The student will be able to ...

1. Explain that everyone has a gender identity and a sexual orientation, and differentiate between them.
2. Communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations.
3. Explain why it's important for people to feel proud of their identities, including their sexual orientation and gender identity.

#### **Activities**

- Warm up
- Introduction to identity
- Definitions activity
- Common questions activity
- Developing pride in our identities
- Scenario activity
- Assign homework
- Exit ticket

**Middle School FLASH**  
**Lesson 3, Rules of Dating (Sexual Violence Prevention)**

**Summary**

Students brainstorm common behaviors, both positive and negative, for each step of dating. Acting as the Teen Dating Commission, they work in small groups to develop dating rules that would result in healthier relationships. Students vote for their favorite new rules, setting positive norms for healthy dating behaviors.

**Student Learning Objectives**

The student will be able to ...

1. Explain the qualities of a healthy dating relationship.
2. Collaborate with others to advocate for safe, respectful, and equitable relationships.

**Activities**

- Warm up
- Introduce topic
- Brainstorm and debrief dating behaviors
- Review state laws on relationships and sex
- Presidential Teen Dating Commission activity
- Discuss Dating Commission activity
- Assign homework
- Exit ticket

**Middle School FLASH**  
**Lesson 4, Saying No (Abstinence)**

**Summary**

Students define abstinence and learn the steps to refusing effectively. In small groups, they practice using refusal skills and observe their peers modeling effective refusal skills.

**Student Learning Objectives**

The student will be able to ...

1. Define sexual abstinence as it relates to pregnancy and STD prevention.
2. Demonstrate effective peer refusal skills to avoid sexual risk behaviors.

**Activities**

- Warm up
- Definition of abstinence
- Refusal skills
- Refusal skill scenario – large group
- Refusal skill scenarios – small group
- Assign homework
- Exit ticket

## **Middle School FLASH**

### **Lesson 5, Preventing STDs**

#### **Summary**

Students review STD transmission by doing a True/False activity. Working in pairs or triads, they use a persuasion map to develop convincing argument about preventing STDs. Then pairs/triads create STD prevention Public Service Announcements for social media and share them with the class.

#### **Student Learning Objectives**

The student will be able to ...

1. Describe the benefits of sexual abstinence as the safest, most effective risk avoidance method of protection from STDs.
2. Describe the benefits of condoms in reducing the risk of STDs.
3. Describe the benefits of testing in reducing the spread of STDs.
4. State a health-enhancing position on the prevention of STDs supported with medically accurate information.
5. Collaborate with others to advocate for behaviors that prevent STDs.

#### **Activities**

- Warm up
- Introduce topic and warm-up answer key
- Testing locations
- STD review exercise
- Persuasion maps
- Public service announcements
- Assign homework
- Exit ticket

## **Middle School FLASH**

### **Lesson 6, Condoms to Prevent HIV and Other STDs**

#### **Summary**

The lesson focuses on encouraging the correct use of condoms for students who may need condoms now or in the future. The lesson opens with a brainstorm about the benefits of condoms, and sets positive norms for condom use. Students learn correct condom use by assembling condom instructions in the correct order and by observing a teacher demonstration. In small groups, students come up with solutions to common problems related to correct and consistent condom use by responding to scenarios. The lesson concludes with students setting their own goals with regard to condoms.

#### **Student Learning Objectives**

The student will be able to ...

1. Describe how condoms can reduce the risk of HIV and other STDs.
2. Describe how condoms can reduce the risk of pregnancy.
3. Describe the steps to using a condom correctly.

#### **Activities**

- Warm up
- Brainstorm benefits and set norm
- Condom card line-up
- Condom demonstration
- Condom solutions
- Goal setting
- Assign homework
- Exit ticket

## **Middle School FLASH**

### **Lesson 7, Birth Control Methods**

#### **Summary**

The overall purpose of the lesson is for students to learn about birth control methods while developing positive attitudes and positive peer norms about birth control. Students first work in small groups to study their assigned method of birth control. In a full-class activity, the teacher reads aloud a statement about birth control and each small group must determine if the statement is true for their method. There is brief class discussion between statements. The class concludes with students making observations about the positive aspects of the different methods of birth control.

#### **Student Learning Objectives**

The student will be able to ...

1. Describe how birth control methods can reduce the risk of pregnancy.
2. Define emergency contraception and its use.
3. Describe the benefits of birth control methods.
4. Identify resources for reproductive and sexual healthcare services.

#### **Activities**

- Warm up
- Introduce the lesson
- Birth control study groups
- “The truth about birth control” activity
- Complete the sentence
- Assign homework
- Exit ticket