

2022 8th Grade FLASH

Lesson Plan Instructions & Adaptations

Lessons Overview

Lesson 1- Reproductive Anatomy – FLASH

Lesson 2- Sexual Consent - [Adapted Lesson Plan](#)

Lesson 3- STI Prevention – [Adapted Lesson Plan](#)

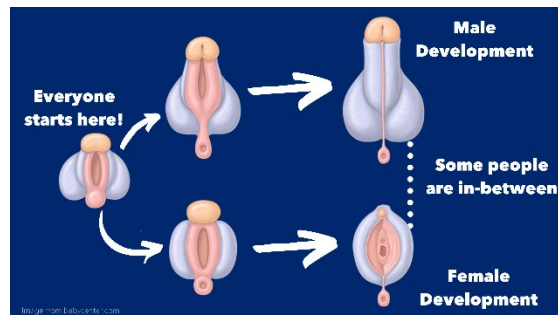
Lesson 4- Birth Control Methods - FLASH

1 - Reproductive Anatomy

FLASH Lesson 1, As Written

Adaptations:

- 1) Emphasize again that the terms **male and female refer to a person's sex assigned at birth** (or biological sex). Emphasize that if someone is born with male reproductive parts, they may commonly identify as a boy/man, and they may also identify as a girl, non-binary, genderqueer, or another gender (repeat this for born female).
- 2) Before reviewing the male and female anatomy, **review this image (below) with the class**. Say “We are going to take a look at the male and female reproductive systems. But first, let’s look at where our reproductive body parts come from. When babies are growing in the womb, we all have a similar set of genital structures- we all start out the same! Depending on what genes and chromosomes a person has, their body usually grows into male development or female development and some people wind up somewhere in-between. When a person has genitals or reproductive organs that don’t fit our usual definitions of male or female, they are called intersex. About 2% of people are born intersex. Because we all start out the same, you will notice that there are a lot of similarities between the male and female reproductive systems. Really, we all have the same parts, just arranged differently.” Or play [this video](#) (start at (0:43)).



- 3) **Mention the Vulva** when reviewing the Female Anatomy. The vulva is a term used to describe the external genitals on the female body. The vulva includes the labia, the clitoris, the urethral opening,

and the vaginal opening. Many people call the vulva the vagina, but actually the vagina is just the inner canal leading the uterus.

- 4) **Trivia Question 10:** This question should be adapted to “True or False? All male reproductive systems look exactly the same, as do all female reproductive systems.”
- 5) **Trivia Question 18 Answer.** Define masturbation. “Masturbation refers to when a person touches their genitals in a way that feels good to them. People usually masturbate by touching their penis or clitoris. Masturbation is not harmful to the body and it is something that should always be done in private. Many people have different opinions about whether masturbation is okay or not. Some people have cultural or religious beliefs that masturbation is *not okay* to do. Other people do not hold these beliefs and feel that masturbation *is okay* to do. If you have questions about whether masturbation is okay or not, you should talk to an adult that you trust, like a parent, family member, or faith leader.”
- 6) **If short on time,** skip Trivia Questions 5, 13, 14, and/or 16 (these are least pertinent to the learning objectives)

2 - Sexual Consent

New Lesson Plan – Adapted from 3Rs Curriculum + FLASH Lesson 3

Notes:

- 1) Pre-work
 - a) Print Understanding Consent prompt posters (at bottom of lesson plan).
 - b) Create posters for communicating consent activity (alternatively, you can write this on a whiteboard). Have sticky notes available.
- 2) The first “understanding consent” activity is meant to focus on general consent (consent in everyday life) whereas the second, “Understanding Sexual Consent”, is specific to consent for sexual activity.

3 - STI Prevention

New Lesson Plan – Adapted from FLASH Lessons 5 & 6

Notes:

- 1) Pre-Work
 - a) Print & cut condom steps for groups. **Print from FLASH Lesson 6.**
 - b) Print the STI Transmission Worksheet (bottom of lesson.)
 - c) Print the Sexual Health Resources handout from FLASH Lesson 5.

- d) Decide whether you want to demonstrate condom use or play the video from last year. The video has been age-restricted by YouTube, but the script is directly from the FLASH lesson. If you play the video, you will need to log into an account to access it. If you will demonstrate, obtain condoms and (if possible) a demonstration tool.
- 2) Aim to use the language STI and Sexually Transmitted Infection over STD. Both are correct, however, STI is more accurate and less stigmatizing.

4 – Birth Control Methods

FLASH Lesson 7 – As Written

Reach out to our High School health teachers to borrow a birth control kit. MBPP has some birth control demo tools we could give you, but we don't have one of each method. We do have 2 full birth control kits you could borrow for this lesson.

Adaptations:

- 1) A few notes to reinforce about Withdrawal (The Pull-Out Method)
 - a) Withdrawal requires someone to remove the penis from the vagina before ejaculation begins. This requires a person to be very in-tune with their body so they can remove the penis at the right moment.
 - b) This can be a challenging method to use because it can require someone to stop sex at the moment when it might feel the best. There is a lot of room for human error which is why withdrawal is only about 80% effective.
 - c) However, if a person didn't have access to another birth control method, withdrawal may still be a good option for them. It is more effective than using no method at all.