

Parent Meeting - Sexual Health Education
Presented by Scout Bratt of the Chicago Women's Health Center
November 18, 2019

In Attendance: Scout Bratt, Svetlana Vasilev, Beau Sample, Marcelene Cunningham, Anisa Patel, Catherine Korda, Heather Earnhart, Scott Birney, Carmen Karnuth, Reema Surgit, Maria Jimenez, & Mandy Bevacqua.

- I. Welcome
- II. Chicago Women's Health Center (CWHC) has worked with Peterson for six years. Curriculum is based off of best practice standards and is aligned with Chicago Public Schools: it is age appropriate, medically accurate, and evidence based. CPS has a mandate for K-4th 300 minutes per year, 5th-12th grade 675 minutes per year.
- III. Overview of Content – Presentations to students will begin on Friday, November 22nd and groups will be divided by grade level but not by gender. Anonymous questions from students will be collected at the start of each session and the answers incorporated throughout the session.

4th Grade Content:

In-depth conversation about puberty: physical changes, how to take care of yourself (i.e. growing hair, starting to smell, shaving, deodorant), puberty social/emotional changes, pencil-drawing anatomy for females and males. Menstruation will be taught. 4 sessions.

5th Grade Content:

Similar to 4th grade (puberty and anatomy) but expands on changes in relationships - friendship changes, adult relationship changes and how to handle these changes. How to relate/talk to peers, what does that mean for how I am changing and growing? Cliques and identity will be discussed. 5 sessions.

6th grade Content:

Expand talk on gender identity and sexuality. What it means to have a crush on someone (and that not all people have them). What it means to identify as a gender vs. assigned a sex M/F. Discuss mood swings, self-consciousness. Defining healthy relationships and emotional & physical boundaries (How do you use them? How do you know when someone is crossing them and how do you respond?). Safer sex education, pregnancy creation and pregnancy prevention (including meeting of sperm and egg: IVF, sperm donation, uterus donation etc.). Prevention (does not include condom demonstration or specific information – just generally about changing behavior, using hormones or barriers and surgery). STIs will be discussed but prevention will not be discussed—only transmission. The impact of language and why some terms are not appropriate to use in a joking manner. Health includes physical, social, emotional, and mental health. 6 sessions.

7th Grade Content:

Anatomy, how to care for your body. How the body will respond to sex the activity – pleasure. Sexually healthy relationships (consent). What are complicated components of this i.e. what does it mean to consent to sex the activity? STI's: Testing and prevention methods, how to discuss status with a partner. Condom demonstration will be included (parent permission will be required and students can step out for this portion if parents desire). 7 sessions.

8th Grade Content:

Sexually transmitted infections. Pregnancy prevention methods: How to decide which method to use? How to make decisions on how to take care of ourselves and how to make decisions. Pregnancy options will be discussed. A lot of discussion on relationships and communication. What can we do to support people in our community (bullying, identity terms used as slur, etc.)? Scenarios to apply content covered through all of the years: STI/STD, pregnancy prevention/options. What if a condom breaks? Who can you talk to? What if you spot a rash on your body? Other "What if ...". Another component will be media literacy: body image, impact of technology, where do I find medically accurate information, sexual responsiveness based on our anatomy growing and changing. 8 sessions.

Parent questions: Can you talk about terms like rape and how using them inappropriately is wrong? Can upstander/bystander anti-bullying tools be taught? Yes this will be included in the 6th grade discussion. Will masturbation be discussed? – yes from the perspective of anatomy. Yes they can provide daily topics covered and good parental/family discussion questions you could use to follow-up at home. Will 5th graders learn about STIs? No.