

National Sexuality Education Standards

Planned Parenthood believes that all students have the right to comprehensive sexuality education that is age-appropriate, medically accurate, comprehensive, and inclusive and respectful of all pupils regardless of race, ethnicity, gender, disability, sexual orientation, or gender identity. The National Sexuality Education Standards provide clear, consistent and straightforward guidance on the essential minimum, core content for sexuality education that is developmentally and age-appropriate for students in grades K–12.

GRADE K-2

To be completed by the end of grade 2

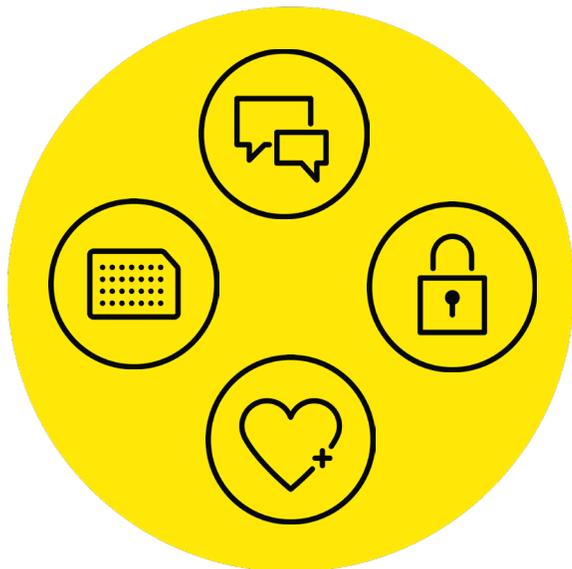
Identify different **FAMILY** structures, **FRIENDSHIPS**, and healthy ways to **EXPRESS** feelings.

Explain that **ALL PEOPLE** have the right to **NOT** be touched. Identify trusted adults and demonstrate how to clearly say “**NO.**”

Explain why **BULLYING** and teasing are wrong and how to respond.

Understand that **ALL** living things reproduce.

Use **PROPER NAMES** for body parts, including male and female anatomy.



GRADE 3-5

To be completed by the end of grade 5

Explain the physical, social, and emotional changes during **PUBERTY** and **SELF-MANAGEMENT** techniques.

Describe **HEALTHY** relationships and demonstrate positive **COMMUNICATION**.

Define teasing, **HARASSMENT**, and sexual abuse. Demonstrate ways to communicate **REFUSAL** skills. Discuss effective responses to bullying.

Describe reproductive **SYSTEMS** and **PROCESSES** and identify medically accurate information.

Define **SEXUAL ORIENTATION** and demonstrate **DIGNITY** and **RESPECT**.

Define **HIV**, including age-appropriate discussions of transmission and prevention.



Planned Parenthood Empire State Acts

For questions about this material, contact
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GRADE 6-8

To be completed by the end of grade 8

Compare and contrast characteristics of healthy relationships; analyze **CONSENT** and potential **POWER** dynamics in relationships.

Analyze cultural influences on self-concept and **BODY IMAGE**; identify accurate sources of information on puberty.

Differentiate between gender **IDENTITY**, **EXPRESSION**, and sexual **ORIENTATION** and promote dignity for all communities.

Explain benefits and risks of various **CONTRACEPTIVE** methods and demonstrate effective communication skills about their use.

Describe signs of **PREGNANCY** and identify **PRENATAL** practices that contribute to healthy pregnancy.

Define sexually transmitted diseases (**STDs**) and how they are transmitted; describe steps to using a **CONDOM**, and compare behaviors to determine risk level.

Define sexual **INTERCOURSE** and **ABSTINENCE** as they relate to reproduction and pregnancy prevention; identify credible sources of information about sexual health.

Explain why a person who has been sexually assaulted is **NOT** at fault.

GRADE 9-12

To be completed by the end of grade 12

Demonstrate communication and decision making regarding contraceptive choices; describe steps to correctly using a **CONDOM**.

Analyze the impact of **BRAIN** development on cognitive, social, and emotional changes in adolescents.

Differentiate between biological sex, sexual orientation, and gender; and between orientation, behavior, and identity. Advocate for **SAFE** and encouraging environments.

Describe sexual response cycle, including the role of **HORMONES**.

Develop a plan to reduce risk for **STDs**, demonstrate skills to communicate with a partner about **PREVENTION**, and analyze individual responsibility for testing.

Define emergency contraception and how it works; access **MEDICALLY ACCURATE** information about contraception, pregnancy, options counseling, and prenatal services.

Compare and contrast **LAWS** relating to pregnancy, adoption, abortion, parenting, sexual health care, bullying, sexual assault, rape, and dating violence.

Demonstrate ways to access credible information and **RESOURCES** for all of the topics in the learning standards.

The development of these national standards is a result of an ongoing initiative, the Future of Sex Education (FoSE).

The full standards are available at:

<http://www.futureofsexed.org/documents/josh-fose-standards-web.pdf>