



uBEATS Teacher Guide

Sexual and Reproductive Health

(Grades 6-12)

This teacher guide is a supplementary text to support the use of the uBEATS Sexual and Reproductive Health module for grades 6-12.

To help students develop the knowledge necessary for an incredible future in health care, we created UNMC Building Excellence in Academics Through STEM (uBEATS), an online health science resource for Nebraska students.

UNMC uBEATS modules are short (15 minutes or less), interactive online health science modules to supplement curriculum taught in grades 6–12. These do not replace curriculum but are a supplement for teachers and students incorporating evidence-based information and UNMC expert guided material. Each module is chunked into sections with formative and summative assessments with immediate feedback provided.

Tips on how to utilize uBEATS modules:

- Internet access is required to view uBEATS modules.
- For those who have access to one-to-one technology, modules can be used in or outside of the classroom as a topic introduction, extension, or review.
- For classrooms without individual student devices modules can be used in whole group instruction. Formative assessment questions can use the teacher's preferred call and response method and summative assessment questions can be displayed on the board and answered individually by students or printed and distributed to students after viewing the module.

Objectives

- Identify family and community resources available to adolescents for the development and protection of their sexual and reproductive well-being (physical, mental, emotional, and social).
 - Describe major issues facing girls and women in terms of reproductive choice.
 - Explain causes and treatments for various sexual diseases.
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Introduction

Sexual intimacy is a normal, pleasurable, healthy human behavior. However, sexual activity can involve serious risks that must be understood by both partners before intimate sexual contact begins. Unwanted pregnancy can seriously disrupt a person's life. And sexually transmitted infections can threaten a person's health.

Prior Knowledge

Before beginning this module, the teacher should understand the Next Generation Science Standards (NGSS) featuring [Three-Dimensional Learning](#).

Core Idea LS1.A: Structure and Function

- **By the end of grade 5.** Plants and animals have both internal and external structures that serve various functions in growth, survival, behavior, and reproduction. [A Framework for K-12 Science Education](#).

Core Idea LS1.B: Growth and Development of Organisms

- **By the end of grade 8.** Animals engage in characteristic behaviors that increase the odds of reproduction. [A Framework for K-12 Science Education](#).

Science and Engineering Practices [NGSS](#)

- Developing and using models.

Crosscutting Concepts [NGSS](#)

- Cause and Effect
- Structure and Function

Key Terms/Vocabulary

Sexual well-being, reproductive well-being, sexually transmitted diseases (STD), sexually transmitted infections (STI), Centers for Disease Control and Prevention (CDC), National Institutes of Health (NIH), World Health Organization (WHO), sexual relationship, sexual intercourse, pregnancy, abstinence, contraception, condom, vasectomy, sterility, hormonal pills, IUD, diaphragm, female condom, hormonal patch, vaginal ring, hormonal injection, hormonal implant, tubal ligation, prenatal care, labor and delivery, menstruation, menopause, hormone imbalance, cervical cancer, ovarian cancer, endometriosis, gynecology, miscarriage, depression, anxiety, sexual harassment, sexual assault, sexual abuse, domestic abuse, gender bias, gender inequality, bacterial, parasitic, viral, chlamydia, gonorrhea, syphilis, trichomoniasis, pubic lice, HIV, HPV, genital herpes, vaccine.

Standards

Nebraska's College and Career Ready Standards for Science 2024

Nebraska Science Standards

SC.HSP.6.9: Gather, analyze, and communicate evidence of the relationship between the structures and physiological processes of the reproductive system.

Nebraska Health Science Standards

HS.HS.7.2.a: Describe the fundamentals of health, wellness, and disease prevention

HS.HS.7.2.b: Explain physical, mental, social, and behavioral health and its impact on healthcare, disease, and prevention.

Nebraska Family and Consumer Education Standards

HSE.MS.7.3: Address benefits of abstinence and increase awareness of risks associated with sexual activity.

National Health Science Standards (NCHSE)

1.2.1: Describe etiology, pathology, diagnosis, treatment, and prevention of common diseases and disorders

9.1.3: Describe public health strategies for prevention of disease.

9.2: Healthcare Across the Lifespan

9.2.1: Discuss physical, mental, social, and behavioral development and its impact on healthcare.

9.2.2: Identify socioeconomic determinants of health and wellness.

Extensions of the Lesson

To help students become more familiar with the Key Terms of this module, the teacher can use the vocabulary list for a classroom Word Wall, or integrate the vocabulary into classroom word games during review sessions.

Encourage students to check current events for the latest news involving health standards and sexuality education standards.

As student misconceptions become apparent, the teacher may need to reinforce these important concepts:

- The nature of sexuality is extremely complicated. Adolescents and adults need access to reliable information and support systems in order to maintain healthy physical, mental, emotional and social relationships.



- Each person receives half of their DNA from a female and half from a male. The result is a unique combination of genes that create an individual with its own features and personality. That individual faces many uniquely personal health decisions throughout their life.
- Sexual intimacy allows the exchange of reproductive cells and disease organisms.

Enrichment

For information about Healthcare Career Opportunities, see UNMC's [Careers in Healthcare](#).

To make connections in your community, contact local health clinics.

For a classroom activity about the transmission of STI's, see [Disease Transmission](#).

The [National Sexuality Education Standards](#) (see page 16 of the document) suggest learning goals for each grade level K-12 for these topic strands:

- Anatomy and Physiology
- Puberty and Adolescent Sexual Development
- Gender Identity and Expression
- Sexual Orientation and Identity
- Sexual Health
- Consent and Healthy Relationships
- Interpersonal Violence

To study the correlation between the Nebraska Science Standards and the Next Generation Science Standards (NGSS) see the [Crosswalk](#).

For an intense and sensitive presentation about Sexual Reproductive Health Rights, watch the TEDTalks [SRHR](#).

For a Crash Course on the Human Reproductive System, see [Female Reproductive System](#) and [Male Reproductive System](#).