

Major changes in the Scott & White Worth the Wait® Sex Education Curriculum 2008

6th Grade Level

Lesson #1: "Positive Personal Character Traits and Emotional Needs" Revised wording and condensed the list of emotional needs of teens. A section on positive personal character traits was added. New objective added to explore the relationship between one's character, self-sufficiency, and maintaining the expected standard of abstinence from risky behaviors, including sexual activity.

Lesson #2: "What's Puberty" Adds the objective of encouraging students to respect themselves and others.

Lesson #3: "Anatomy/Puberty Review" includes new objective of defining abstinence and renewed abstinence.

Lesson #4: "Pregnancy and STDs" PowerPoint is updated adding new slides with definitions.

Lesson #5: "The Benefits of Waiting" The physical, emotional, and social benefits for teens when they remain abstinent until marriage are related to teens' lives. PowerPoint on benefits of waiting is updated. Major viral and bacterial STDs are introduced. Discussion of Trichomoniasis (a protozoal STD) was eliminated.

Lesson #6: "Healthy Relationships with Family and Peers" adds a new objective of recognizing how family and peers meet emotional needs. Handouts are updated.

Lesson #7: "No Thank You! Mastering Refusal Skills" Includes updated handout on refusal skills, and "No Practice" role playing.

Lesson #8: "Media and Its Influence" Adds new objectives of developing self-limiting boundaries in regards to the media and identifying the amount of media personally used on a daily basis, including keeping a media diary.

Lesson #9: "Sexual Abuse" Additional objectives added in regards to decision-making skills and character development, as they relate to strategies for avoiding potentially dangerous situations. Updated story used to discuss. The handout and PowerPoint presentation were updated.

Lesson #10: "I'm Worth It!" Additional information on self-sufficiency as important was added.

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7th Grade Level

Lesson #1: “Emotional Needs and Positive Personal Character Traits” Revised wording and condensed the list of emotional needs of teens. A section on positive personal character traits was added. Discourages early dating and emphasizes the need for several trusted adults in the lives of each teen.

Lesson #2: (ENTIRE LESSON IS NEW) “Friends and Marriage” Discusses how friendships affect future relationships, boundaries, trust, and communication. The differences between acquaintances and friendships are covered. The “Levels of Friendship” pyramid is provided along with a discussion. Characteristics of healthy relationships are highlighted and emphasized.

Lesson #3: (Previously Lesson 2) “Puberty/Anatomy Review” includes new objective “to recognize the physical and emotional changes that occur during puberty and the benefits of remaining abstinent through this turbulent time.” Also summarizes the process of menstruation and pregnancy. A PowerPoint presentation was added. Introduces the concepts of abstinence and renewed abstinence.

Lesson #4: (Previously Lesson 3) “STDs and Other Facts” Updated PowerPoint using current statistics, the legal definition of sex, and including new HPV vaccine information. Hepatitis B Virus and Hepatitis C Virus are eliminated. Discusses the benefits of abstinence and renewed abstinence.

Lesson #5: “Why Do Some Teens Have Sex?” Discusses the characteristics of healthy and unhealthy relationships (no longer labeled as love versus infatuation). Added self-sufficiency as a characteristic of maturity. The benefits of abstinence are used in creating some counterarguments to early sexual debut.

Lesson #6: “Sexual Offenses” Revised objectives for chapter on sexual offenses including acknowledging that it is never the victim’s fault. New examples of what is sexual harassment (through cell phones, email, etc.) Provides the information that “forcing sex on someone is a serious crime.” Updates facts on PowerPoint presentation which includes a new slide “misconceptions regarding sexual abuse”. Re-iterates abstinence as the healthiest choice.

Lessons #7, #8, #9: No significant changes.

Lesson #10: “Making Good Choices!” Updated look to PowerPoint slides. New slide included regarding the steps of making a good decision.

Media Presentation “Just Thought You Oughta Know” is now on DVD.

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8th Grade Level

Lesson #1: “Emotional Needs” Tweaked and condensed the list of emotional needs of teens. Placed teens’ emotional needs in the context of healthy relationships.

Lesson #2: “Puberty & Pregnancy” Added the benefits of remaining abstinent from risky behaviors during the changes of puberty. Reviews the changes of puberty, explains how pregnancy occurs, describes fetal development, and discusses some consequences for babies of teen parents with a new PowerPoint. Introduces the concept of renewed abstinence. Combines the former Lesson 3 regarding pregnancy and fetal development and this lesson.

Lesson #3: (Previously Lesson 4) “Pregnancy – It’s Impact on a Teen’s Life” Updates references on the impact of pregnancy on a teen’s life and gives updated legal ramifications. The role play scenarios are revised (less scripted finish).

Lesson #4: (Previously Lesson 5) “Parental Responsibilities” Updated costs of raising a baby and costs of teen pregnancy. Before, costs to nation quoted as 29 billion from the Robin Hood study. Now gives the 9.1 billion yearly as the cost from the National Campaign to Prevent Teen Pregnancy.

Lesson #5: (Previously Lesson 6) “STDs” Adds the objective to “state that abstinence is the healthiest choice and 100 % effective against STDs”; updated STD statistics; Uses legal definition of sex as “any contact with genitals, buttocks, or breasts for the purpose of sexual stimulation.” Eliminates discussion on Hepatitis B virus and Hepatitis C virus. Added information that Pelvic Inflammatory Disease (PID) can cause tubal pregnancy or infertility. Human Papillomavirus vaccine info added. New AIDS stats cited. Wording on condom facts was updated.

Lesson #6: (Previously Lesson 7) “More STDs” Unprotected oral sex moved to “low risk” for transmission of HIV.

Lesson #7: (Previously Lesson 8) “Sex & the Law: Texas” No significant changes.

Lesson #8: (Previously Lesson 9) “Sexual Limits & Goal Setting” Action plan added (student forms an action plan in 5 situations that involve setting sexual limits.).

Lesson #9: ENTIRE LESSON IS NEW “Peer Pressure” How it influences decisions and the consequences of those decisions. Passive, aggressive, and assertive behaviors are discussed. Self evaluation tools are included for these behaviors.

Lesson #10: “Relationships & Marriage” The section regarding qualities of a good spouse has been modified to focus on qualities of good relationships and qualities of a good girlfriend/boyfriend.

Media presentation “Sex is Not a Game” is now on DVD.

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High School Level

Section #1: "Let's Talk About Character Development" Added Generation "Y" lingo. Discussion and sources were updated.

Section #2: "Developing Lifetime Skills" Added new scenarios including what you would do if you are teased for your decision to remain abstinent. Optional analogy stories were eliminated.

Section #3: "You Decide" Updated pictures and a presentation on peer pressure on PowerPoint were added.

Section #4: "Teens, Sex, and the Law" New PowerPoint replaces former quiz show format. **(No additional binder for Teens, Sex and the Law.)** New references cited for sexual abuse/assault. Evaluation of physical and emotional consequences of acquiring an STD was moved to Section 5.

Section #5: "Considering Health Risks" Eliminated teaching on the physical, emotional, and psychological differences of gender. Statistics are updated regarding STDs and new cases per year. Hepatitis B and Hepatitis C viruses, as well as bacterial vaginosis are no longer covered.

Section #6: "Pregnancy" Updated statistics on pregnancy and the decline in teen sexual activity. Information was added regarding reasons for unplanned pregnancies in teens.

Section #7: "Risky Behaviors and You" Data on alcohol, drugs, smoking, and the media updated with new handouts. Violent music is moved to the media portion of risky behaviors.

Section #8: "Developing Healthy Relationships" Sections added regarding the characteristics of a healthy and unhealthy marriage and the benefits of marriage. The PowerPoint on marriage is updated.

Media "Fathers Too Soon" and "Mothers Too Soon" are now on DVD.