

**TAMALPAIS UNION HIGH SCHOOL DISTRICT  
Larkspur, California**

**Course of Study**

**HUMAN SEXUALITY**

**I. INTRODUCTION**

Human Sexuality is a one-semester elective offered in the *Family and Consumer Education* area of the Applied Technology Department. It is intended for eleventh and twelfth grade students. This course has been taught in TUHSD since 1973 when it was established after considerable Board and community interest and input.

**II. EXPECTATIONS**

**A. Objectives**

1. To foster an understanding of the responsibilities and consequences of personal decision-making.
2. To develop and practice communication skills
3. To develop understanding of the function of the human body as it relates to normal reproductive processes including anatomy, intercourse, pregnancy, and childbirth.
4. To understand problem-solving as it relates to Human Sexuality including such topics as birth control/unwanted pregnancies, sexually transmitted diseases, and abusiveness.
5. To analyze social issues relating to human sexuality as they relate to individuals, the family and community including marriage and divorce, parenting choices, stereotyping, child abuse and family violence, sex and the law, homosexuality, and other topics.
6. To create an awareness of the services for individuals and families available through school and community resources.
7. To respect values and opinions different from one's own.

**B. General Competencies**

The student will be able to:

1. Use the basic academic skills of reading, writing, speaking and listening.
2. Apply basic concepts of biological science as appropriate to human sexuality.
3. Apply critical thinking skills to issues related to human sexuality.

**C. Course Description**

Most of the first quarter of Human Sexuality covers physical topics including anatomy, birth control, sexually transmitted diseases, pregnancy, birth defect prevention, childbirth, and abortion. The second quarter includes social issues such as mate selection, marriage/dissolution, sex and the law, rape, child abuse and family violence, prostitution, handicapped, homosexuality, scientific research into human reproduction, and other issues which may arise.

Throughout the entire course, students practice decision-making and communication skills as they relate to the particular topics. Weekly journals and quarter projects develop written and oral communication skills. Students are frequently asked to analyze and support their own values in context with family, peers and society.

### **III. GENERAL INFORMATION**

Human Sexuality was established as a course guided by input from the TUHSD Citizen's Advisory Committee Subcommittee on Health Education Between 1972-1985. During the school year 1989-1990, the ETF established a Health/Physical Education Task Force which recommended that Human Sexuality be continued as an upper level elective to follow Health Education at the ninth/tenth grade level.

Parents are required to give permission for minors to participate in this class. Written and audio-visual materials are available for parental preview if requested.

### **IV. COURSE OF STUDY – HUMAN SEXUALITY**

A. Develop decision-making skills and anticipate the responsibilities and consequences of various decisions.

1. Investigate how one's values and goals are influenced by one's self concept, other family members, significant peers, cultural and economic background, media and society.
2. Discuss the relationship of values and goals to the decision-making process.
3. Review the sequence involved in decision-making.
4. Apply decision-making skills in a variety of situations.
5. Analyze how emotions can affect decisions.

B. Develop written and oral communication skills.

1. Participate in pair and group activities and "ice breakers" with other students.
2. Practice use of communication skills such as active listening, "I" messages, eye contact, and body language.
3. Compare passive, aggressive and assertive communication patterns and appropriateness in various situations.
4. Participate orally in class discussions and other oral activities including debates or reports of projects.
5. Express themselves in depth about class issues in weekly written journals.
6. Prepare at least one outside-of-class project per quarter.

- C. Develop an understanding of the normal functioning of the human body.
1. Identify and describe the functioning of the parts of male and female reproductive systems.
  2. Describe health practices that can prevent or detect reproductive illnesses including sexually transmitted diseases.
  3. Identify terms and processes of pregnancy, childbirth, and pregnancy termination.
  4. Explore consequences of various behaviors during pregnancy as related to birth defect prevention.
- D. Develop problem-solving skills as they relate to personal issues.
1. Compare how family and peer communication patterns affect approaches to solving problems.
  2. Reinforce the exploration and evaluation steps in the decision-making process.
  3. Identify community resources available to individuals and families to help various problems.
- E. Analyze social issues relating to human sexuality as they relate to individuals, the family and community.
1. Using speakers, videos, debates and class discussions, explore current social issues including, but not limited to:
    - a. marriage and dissolution
    - b. parenting choices
    - c. gender stereotyping
    - d. sex and the law
      - 1) family violence
      - 2) rape/date rape
      - 3) prostitution
      - 4) sexual abuse
    - e. homosexuality
    - f. handicapped
    - g. suicide
    - h. substance abuse and dependency
  2. Participate in anonymous class polls.
- F. Create an awareness of community resources available to individuals and families.
1. Utilize expert speakers from community agencies on appropriate topics within class.
  2. Allow quarter project credit for volunteer activity with family service community agencies.