

6th Grade Health 11/12/19

EQ: What is OWL and sexuality?

CW: Intro to OWL

HW: No HW

Agenda

1. What is OWL?
2. Class agreements
3. Book Checkout
4. Circles of sexuality
5. Taking sides (If time allows)

What do you think we  learning about in the

Collaborate!

What do you think we will be learning about in the OWL

OWL focuses on the idea that sexuality is something that people have from the moment they are born, sort of like skin.

It's not something you get by a certain age and it's not just body changes.

Class Agreements - Do we need to add to this?

1. One person talks at a time, everyone else listens
2. No one must talk about themselves. You can always choose to pass. You may still be called on if the question is not personal.
3. No "put downs", making fun of others or being sarcastic
4. What happens here, stays here (No Gossip - always encouraged to talk with family about class)
5. Try not to laugh, even if it's hard

Anonymous Question Submission

Link on my webpage

Can use it anytime to ask questions related to sexuality that you are not comfortable asking the group.

I will start each class by responding to questions that are asked

I will not respond to personal questions

Objectives and goals Part 1

Students will:

Understand that sexuality is a large holistic concept bigger than just puberty and reproduction

Show appreciation for themselves by naming something about themselves that they like

Word Bank words for this lesson

Puberty

Reproduction

Pregnancy

gender

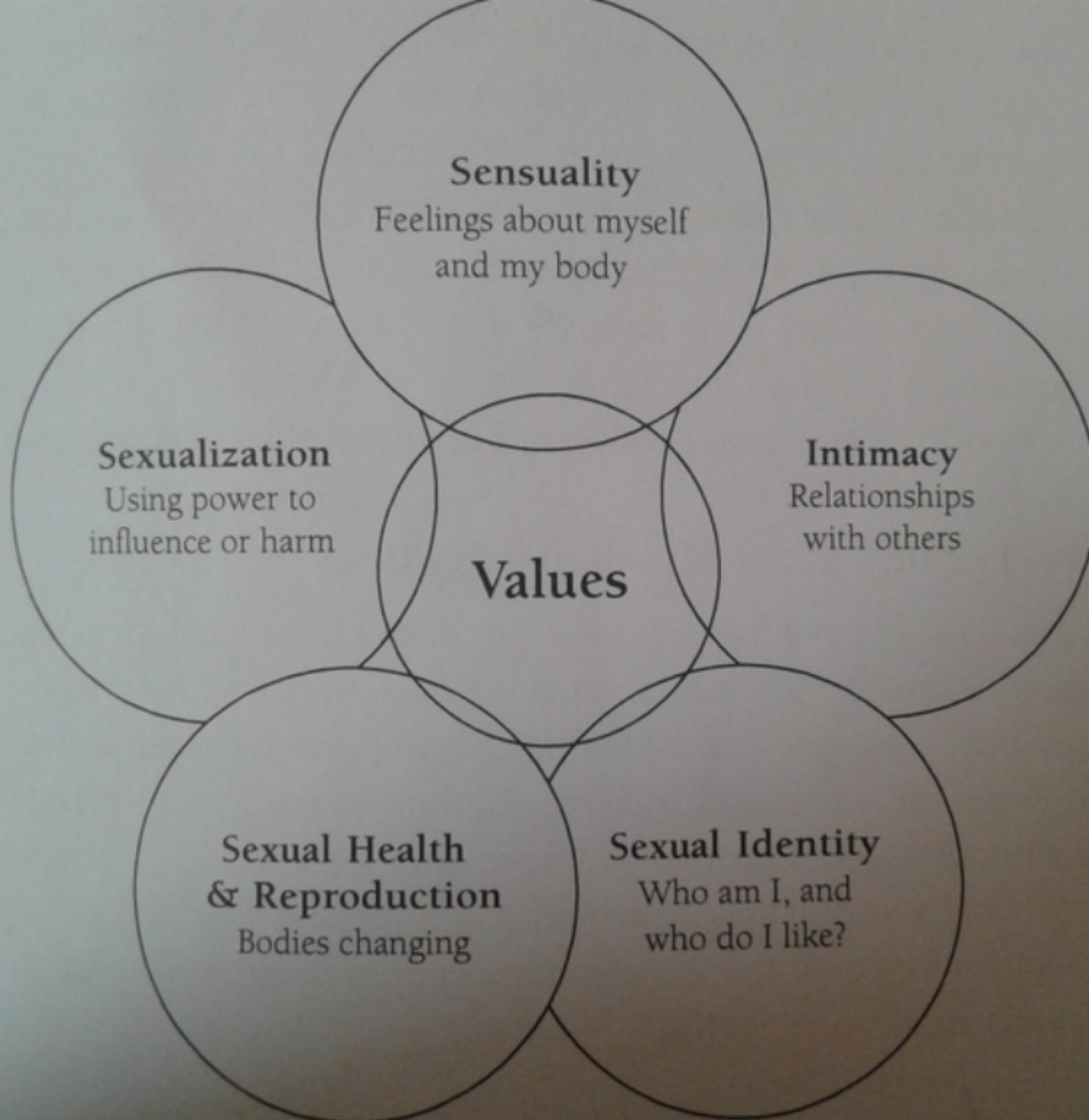
Circles of Sexuality

Sexual Health and Reproduction- Bodies changing . Bodies get taller, weight changes and body starts releasing hormones.

Hormones=chemicals that make things happen like hair growth or change of body shape.

Reproduction is natural process that produces babies, young animals or plants.

“How babies are made”.



Intimacy

Relationships with others.

Feelings can change. You can start to have crushes or intense feelings for others. Friendships can change. Feelings towards parents or guardians can change.

Intimacy= emotional closeness with others.

Sexual Identity

Who am I and Who do I like?

Gender=person's feeling or sense, in their mind and heart, of whether they are a boy or girl, man or woman, or combo of both, or neither.

For most people the gender they were assigned at birth matches the sex of their body for others the gender and sex don't match.

Sexual Identity= Person's sense of both their own gender and of whom they may be attracted to.

Sensuality

Feelings about myself and my body

5 senses-touch, smell, hearing, sight, and taste. Also imaginations and feelings

Sensuality=how we use these senses and imaginations to enjoy our bodies and others bodies.

It's important to know what feels good and how to talk to people about what you enjoy and don't. Like saying you don't want a hug or kiss.

It's important to learn to respect other's feelings about their bodies.

Sexualization

Advertising companies use lots of messages and images to influence your ideas about what is attractive.

Sometimes people will misuse their relationship with someone to touch them inappropriately or abuse them.

People also use social emotional or physical power in hurtful harassing ways related to sexuality.

Social power can also be used to encourage people to do things that are kind and helpful. Healthy use of social power!

Work with your table group and decide which circle of sexuality the card you have belongs under. There can be more than one answer.

How easy was it to decide where to put the phrases?

What did you learn?

Partner sharing

Share in your small group:

One thing you like about your personality or something you can do well.

Thank each other after sharing!

Values

Values are ideas that are very important to us.

One person may value friendship another may value good health.

Every aspect of our sexuality is affected by our values, our families values, our friend's values, or our culture's values.

Sometimes these values are similar and sometimes they are different/not compatible.

The OWL program will help you to explore your values about sexuality and talk about these values with family and other important people!

Taking Sides

This activity will help you think about your values about dating, gender roles, and relationships with family and friends.

Values are ideas that are very important to us. One person might value friendships; another person might value good health.

Activity:

One side of the room agree opposite side disagree.

I will read statements. Place yourself on either the “agree” or “disagree” side of the room. You must pick one side. No middle ground!

Everyone has the opportunity to share why they chose that side.

After sharing your position you may change your mind and switch sides.

Remember: many issues have no right or wrong answers; people simply have differences of opinion that are worth listening to.

Anyone, no matter what gender, should be allowed to try out for any sports team.

Parents/caregivers should know all their children's passwords so they can monitor their children's use of cell phones and the internet.

It's ok for a boy to cry when he feels sad.

Only people who are married or in lifetime partnerships should have sex.

I would rather be really rich than really good looking.

It's important for my best friend to have the same views that I have on most things.

People our age are too young to date.

Girls shouldn't be so emotional.

Many issues, including the ones in this activity have no right or wrong answers; people simply have differences of opinions that are worth listening to!

Prejudice and stereotypes -see other slides

Anonymous Question Form

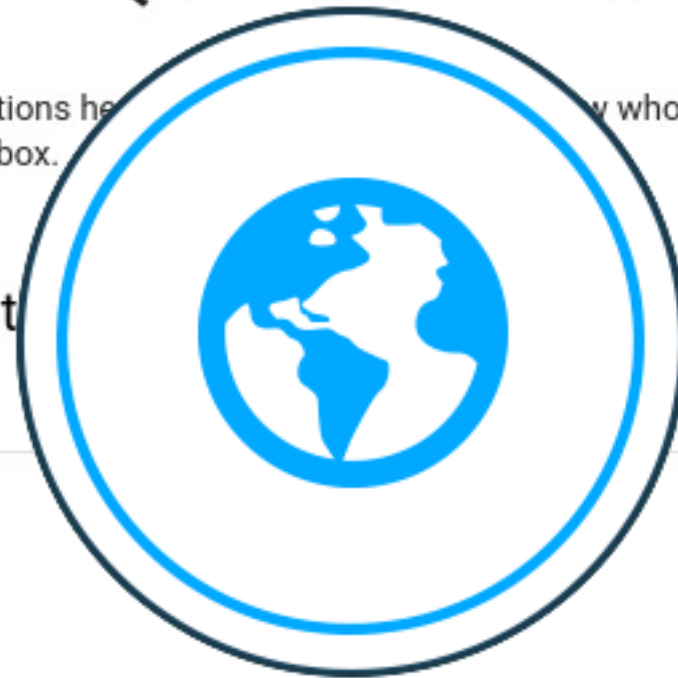
You may submit your questions here. If you want to know who the question is from - add your name in the question box.

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Your answer

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