

LTISD HUMAN SEXUALITY CURRICULUM

Scope and Sequence

Each public school district in Texas is required to deliver academic instruction within the guidelines of the Texas Essential Knowledge and Skills (TEKS). Starting as early as Kindergarten, the Health TEKS address healthy relationships, refusal skills, setting boundaries and decision making; all of these skills are the precursors to more developmentally appropriate TEKS regarding human sexuality, such as human anatomy, HIV and blood borne pathogens, as well as sexually transmitted diseases.

The TEKS include a section specifically related to Health Education at the high school level. The Health Education TEKS are available at: <http://ritter.tea.state.tx.us/rules/tac/chapter115>.

Lake Travis ISD currently embeds the sequence of learning below through health lessons in P.E., the counselors' guidance lessons, nurse-lead instruction and guest speakers from Austin LifeGuard and the Big Decisions Curriculum:

GRADE LEVEL(S)	CONTENT/TEKS (Texas Essential Knowledge and Skills)	When/ How Taught	Instructor(s)	Parental Consent Form Sent Home	Additional Information
Kinder-3 rd	Health TEKS Ch. 115 that includes naming body parts and functions, having manners and using healthy communication, how to get help from a trusted adult if they don't feel safe with another child/adult, expressing needs, wants and emotions in appropriate ways, using self-control, refusal skills, the difference between positive and negative peer pressure, how germs are transmitted, how friends can influence health	Guidance Lessons Physical Education: Health Lessons	Campus Counselor P.E. Teachers Campus Nurse	No	Health TEKS are progressively taught in a developmentally appropriate sequence. For TEKS by grade level, visit www.tea.state.tx.us (and see link above referring to Chapter 115.)
4 th Grade	Similar TEKS as K-3, with additional information for GIRLS ONLY on menses	Spring Lesson	Campus Nurse	Yes	30 minute lesson
5 th Grade	Similar TEKS as K-4 with additional information for GIRLS and BOYS, taught separately on Puberty	Spring Lesson	Campus Nurse	Yes	30 minute lesson

Grade	CONTENT/TEKS (Texas Essential Knowledge and Skills)	When/ How Taught	Instructor(s)	Parental Consent Form Sent Home	Additional Information
6 th Grade	Similar TEKS as K-5 with additional age-appropriate, information on puberty for GIRLS and BOYS taught separately such as anatomy and physiology, the role of hormones, the benefits of abstinence, the difference between positive and negative relationships, resisting peer pressure, and conflict management, healthy ways to express love	Spring Semester through PE: Health Lesson	Approved Guest Speaker, Planned Parenthood	Yes	1 class period
7 th /8 th Grade	Health TEKS that cover information such as the difference in growth patterns and how the onset of puberty may affect personal health, physical and emotional changes of puberty, risk factors associated with communicable and non-communicable diseases, abstinence ONLY approach to relationships in preventing pregnancy, STI's, and HIV, the influence of media on our decision, refusal skills	Science Class	Austin LifeGuard	Yes	3 day lesson (3 consecutive Science periods)
High School Health	Health TEKS that include appraising the significance of body changes during adolescence, the analysis of refusal skills and the avoidance of unsafe situations such as sexual relationships, analysis of the importance and benefits of abstinence as it related to emotional health and the prevention of pregnancy , discussion of abstinence as the only method that is 100% effective in pregnancy and STI prevention	Health Class	Austin LifeGuard (Abstinence ONLY) Or Big Decisions (Abstinence PLUS)	Yes	Austin LifeGuard is a 3-class period lesson as is Big Decisions. Students/Parents opt for one, both or neither presentations.