



Department of Teaching and Learning

Family Life Education

GRADE: 9

Lesson 3

TIME:

One class period

LESSON FOCUS: Pregnancy prevention and disease control

STATE STANDARD:

9.11

The student will demonstrate knowledge of pregnancy prevention and disease control.

DESCRIPTIVE STATEMENT:

Topics include planning for adult relationships, a review of factors to consider in planning for a family, misconceptions about contraception, a review of methods of contraception in relation to effectiveness in pregnancy prevention and disease control and the decisions associated with contraception. Abortion is not presented as a method of birth control, but spontaneous abortion or miscarriage is explained and the risks of induced abortion are analyzed.

STATE STANDARD:

9.12

The student will explain the transmission and prevention of HIV.

DESCRIPTIVE STATEMENT:

This is a review of the ways in which HIV is transmitted and the techniques for preventing this disease.

Note to Teacher: Students will explore the benefits of abstinence from sexual activity including topics on teen pregnancy, legal implications and STI's.

LEARNING TARGET:

I can list and describe 3 benefits of abstaining from sexual activity.

I can describe various ways to prevent pregnancy.

KEY TERMS:

- Abstinence
- Sexually Transmitted Infections (STI's)
- High-Risk Behavior
- HIV
- AIDs
- Epidemic
- Opportunistic infection
- Kaposi's Sarcoma

MATERIALS NEEDED:

- PowerPoint
- What Are Your Goals handout (see attachment)
- "I AM" handout
- *Show Me the Money* Activity
- Strategies for the lesson are listed in **red** within the lesson (all strategy procedures are listed at the bottom of the lesson plan)

Videos and Links: (The following links will be found within the PowerPoint presentation):

Too Young <https://www.youtube.com/watch?v=n8UEX2R-uGo>

LINK (activate prior knowledge/lesson intro.) Open the PowerPoint presentation- The lesson will be taught using the presentation with the lesson strategies, video directions and activities embedded within the PowerPoint.

1. **Slide 1:** Introduce the lesson and the learning target.
2. **Bell Ringer:** What are your goals? Record 5 life goals you hope to achieve over the next 5-15 years. **(Slide 2)** Use script in notes section of the PowerPoint.
 - Have students participate in a **Think/Pair/Share** for this bell ringer question. If you do not know this strategy, please refer to the strategies used for the lesson at the bottom of the lesson plan.
 - Have partners discuss what actions and mindsets are necessary for them to achieve their goals.

ENGAGE AND EXPLAIN (direct instruction/guided practice)

1. What is sexual abstinence? **(Slide 3)** Read slide to students.
2. As partners or in groups, students will brainstorm the benefits of sexual abstinence and consequences of not choosing abstinence using the sentence starters on the slide. **(Slide 4)**
3. Consequences of Not Choosing Sexual Abstinence Review: Review each benefit and consequence with students. Use script in notes section of the PowerPoint. **(Slides 5-6)**
4. Did You Know? **(Slides 7)** Read slide to students.
5. "Too Young," Teen parents from a variety of backgrounds share their stories and—in their own words—offer their candid views about the difficulties they have faced **(Slide 8)**.

ACTIVE LEARNING (collaborative learning/work):

Have students work together to complete the Show Me...the Money estimation worksheet (**Slide 9**). Students will work with a partner to estimate values for the items and procedures related to infants' needs. They will then use a digital device to go on a "scavenger hunt" to find the real prices. Encourage them to search sites such as Walmart.com, Target.com, Babiesrus.com and Amazon.com. Next to their estimations, partners should record the actual price and add up and then compare their estimates. Once the activity is complete, pose the following question to the entire class and take student responses: Were there any surprises for you in this activity? What did you learn?

ENGAGE AND EXPLAIN (direct instruction/guided practice)

1. Costs of a child's first year of life statistics (**Slide 10**).
2. Specific laws on the VA code -Title 18 relating to premarital sex (**Slide 11**). Read to students.
3. STIs True and False (**Slide 12**): Have students use the **SHOW DOWN** strategy to complete the T/F statements. Answers to the T/F are located at the bottom of the learning plan.
4. Vocabulary (**Slides 13-15**) - Read to students.
5. STI review- Read to students and **use script in notes section of the PowerPoint**.
6. What is HIV and AIDS (**Slides 17-18**) - Read to students.
7. Abstinence and Barrier Methods (**Slide 19**). **Use script in notes section of PowerPoint**.

REFLECTION (individual work):

Exit Ticket: Your younger cousin who is entering middle school is starting to hear from peers about sex. Thinking about today's lesson, what are three important points you would want your cousin to know rather than the misinformation he or she is receiving from his or her peers?
Write a brief letter to your cousin. (**Slide 20**)

LESSON CLOSURE:

- Exit Ticket serves as lesson closure.
- Show slides for additional resources and point students toward those resources if they would like additional information about any of the topics covered in today's lesson. (**Slides 21-22**)

Instructions for strategies within lessons:

Think/Pair/Share (strategy):

Step 1: Think individually think about the topic and brainstorm ideas (1-3 minutes).

Step 2: Pair with a partner share and jot down ideas to determine common ideas and new ideas.

Step 3: Share take turns sharing ideas in a larger group (1-3 minutes).

Show Down (strategy):

1. Students need 2 sheets of paper. On one, they should write TRUE in large print. On the other, they should write FALSE in large print.
2. Teacher reads the True/False statement aloud.
3. Students think independently and choose TRUE or FALSE
4. Teacher calls "SHOW DOWN!"
5. Students SHOW answer (hold up their true or false signs.)
6. Teacher reviews correct answer.

T/F Questions about STI's (Answers)

- T 1. Many people with STIs don't even know they have them.
- T 2. People who start having sex at a younger age are more likely to get an STI.
- F 3. Using a condom can only help prevent pregnancy, not any STIs.
- F 4. A person who only had unprotected sex once doesn't have to worry about an STI.
- T 5. The only way to know for sure if you have an STI is to get tested by a medical professional.
- F 6. If you ignore an STI, it will probably go away.
- F 7. The Pill can protect a girl from an STI.
- F 8. You can't have more than one STI at one time.
- T 9. Having sex with many different partners can increase your risk of getting an STI.
- F 10. As long a person with an STI isn't sexually active while he or she is having symptoms, their partner can't catch the disease.

What are your Goals?

What if you could do or be anything you wanted to be for the next five to fifteen years? Where would you be, and what would you be doing? List five possibilities.

What actions will you need to take between now and then to help you achieve those goals?

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Show Me...The Money!

You just found out that you are going to be a parent! Before you begin your “shopping” for this child, **guess** how much money you will need to raise your baby in a healthy environment for ONE YEAR! Estimate what each item costs.

Continuing Expenses	Cost Estimate	One-Time Expenses	Cost Estimate
Doctor Visits/Shots		Car Seat	
Formula		Dresser	
Bottles		Stroller	
Baby Food		Bassinet	
Juice		Crib	
Toys		Mattress	
Diapers		Sheets/blankets	
Medicine		Mattress Cover	
Child Care		High Chair	
Transportation		Pack ‘n Play	
Baby Clothes		Changing Table	
Washcloth/towels		Baby Monitor	
Total		Total	

Add the total for continuing expenses and your total for one-time expenses to come up with your one-year estimate.

My Estimate: _____

Actual Total: _____