

Mind Matters

National Sexuality Education Standards – *Second Edition 2020*

GRADES 9, 10, 11, 12

<https://advocatesforyouth.org/wp-content/uploads/2020/03/NSES-2020-web.pdf>

Lesson 1: Self-Soothing

No Correlations Found

Lesson 2: Discover Emotions

CHR.10.INF.2 Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 3: The Difference Between Emotion & Thought & The Internal Journal

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 4: Empathy

CHR.10.INF.2 Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

IV.12.ADV.1 Advocate for school and community policies that promote safety, respect, and equity for all people (e.g., race, ethnicity, socio-economic status, differing abilities, immigration status, family configuration)

Lesson 5: I Get By With a Little Help from My Friends & Wheel of Awareness

CHR.10.INF.1 Evaluate strategies to end an unhealthy relationship, including when situations may require adult and/or professional support

CHR.10.INF.2 Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships

CHR.12.SM.1 Evaluate strategies to use social media safely, legally, and respectfully

- IV.12.ADV.1** Advocate for school and community policies that promote safety, respect, and equity for all people (e.g., race, ethnicity, socio-economic status, differing abilities, immigration status, family configuration)

Lesson 6: Compassion for the Hijacked Brain

- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- IV.10.CC.2** Describe the types of abuse (e.g., physical, emotional, psychological, financial, and sexual) and the cycle of violence as it relates to sexual abuse, domestic violence, dating violence, and gender-based violence*
- IV.10.CC.3** Explain why a victim/survivor of interpersonal violence, including sexual violence, is never to blame for the actions of the perpetrator

Lesson 7: Trauma Containment & Rhythm

- CHR.10.INF.1** Evaluate strategies to end an unhealthy relationship, including when situations may require adult and/or professional support
- CHR.10.INF.2** Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 8: Tapping & Efficient Sleep

No Correlations Found

Lesson 9: Let's Get Moving

No Correlations Found

Lesson 10: Life of Intention

No Correlations Found

Lesson 11: Code of Honor & Asking for Help

- CHR.10.INF.1** Evaluate strategies to end an unhealthy relationship, including when situations may require adult and/or professional support

Lesson 12: The Ongoing Journey

- CHR.10.INF.1** Evaluate strategies to end an unhealthy relationship, including when situations may require adult and/or professional support
- CHR.10.INF.2** Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships
- CHR.12.SM.1** Evaluate strategies to use social media safely, legally, and respectfully

Topic Key

CHR – Consent and Healthy Relationships

AP – Anatomy and Physiology

PD – Puberty and Adolescent Sexual Development

GI – Gender Identity and Expression

SO – Sexual Orientation and Identity

SH – Sexual Health

IV – Interpersonal Violence

National Health Education Standards and Indicators Key

CC – Core Concepts

INF – Analyzing Influences

AI – Accessing Information

IC – Interpersonal Communication

DM – Decision Making

GS – Goal-Setting

SM – Self-Management

ADV – Advocacy