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PBH 645: Teaching Methods in School Health Education

Part 1: Unit Plan Rationale

Part 2: Learning Experience – 3 Week Unit Plan

Title: *Sex Education: A Plan for Students and Teachers to Stay Informed*

Abstract

This unit plan was created for educators to have a better understanding on the importance of sex education in high school. A unit plan rationale was first created to justify the reasons behind teaching sex education within a high school health education curriculum. Determinants of health were discussed, along with evidence-based research to advocate for students at Ichabod Crane High School. Next, a 3-week unit plan was developed which consisted of 15 daily lessons. The purpose behind creating this unit plan was to develop a skills-based NYS curriculum that is supported by current information and that aligns with the NHES (National Health Education Standards) and NYSHE (New York State Health Education) Standards. The 3-week unit plan delivers lessons that focus on communication strategies to improve students' knowledge regarding sex education. The results I hope to gain from teaching this unit include increased student knowledge on sex education and increased student engagement with communication strategies. Overall, this unit plan is designed to support student growth by introducing effective ways to teach sex education. The field of health education is always evolving, so further research regarding teaching strategies and evidence-based curriculum is essential.