

## AWARE Concepts and OSPI Core Idea/Topics

Grade	Concepts Taught	OSPI Core Idea/Topic Included
5 <sup>th</sup>	<ul style="list-style-type: none"> <li>● Whole Health</li> <li>● Decision Making</li> <li>● Goal Planning</li> <li>● Abstinence as a protective factor for whole health (physical – including STDs/HIV and pregnancy, intellectual, emotional, social, spiritual and financial health)</li> <li>● Healthy/unhealthy friendships</li> <li>● Analyzing influences</li> <li>● Media safety</li> <li>● Puberty</li> <li>● Reproduction system</li> <li>● Hygiene</li> <li>● Types of abuse</li> <li>● Avoiding violence</li> </ul>	<p>Wellness</p> <ul style="list-style-type: none"> <li>● Dimensions of Health</li> <li>● Hygiene</li> <li>● Disease Prevention</li> <li>● Analyzing Influences</li> <li>● Communication</li> <li>● Decision-Making</li> <li>● Goal Setting</li> </ul> <p>Sexual Education</p> <ul style="list-style-type: none"> <li>● Anatomy and Physiology</li> <li>● Growth and Development</li> <li>● Reproduction</li> <li>● HIV Prevention</li> <li>● Healthy Relationships</li> </ul> <p>Safety</p> <ul style="list-style-type: none"> <li>● Violence Prevention</li> </ul>

Middle School	<ul style="list-style-type: none"> <li>• Goal setting</li> <li>• Maturity and character</li> <li>• Abstinence</li> <li>• Healthy/unhealthy relationships</li> <li>• Friendships</li> <li>• Results of risky sexual behavior (STDs, pregnancy, emotional)</li> <li>• Boundary setting</li> <li>• Sexual progression</li> <li>• Internet safety</li> <li>• Puberty</li> <li>• Hygiene</li> </ul>	<p>Wellness</p> <ul style="list-style-type: none"> <li>• Disease Prevention</li> <li>• Analyzing Influences</li> <li>• Decision-Making</li> <li>• Goal-Setting</li> </ul> <p>Safety</p> <ul style="list-style-type: none"> <li>• Injury prevention</li> <li>• Violence Prevention</li> </ul> <p>Sexual Education</p> <ul style="list-style-type: none"> <li>• Anatomy, Reproduction and Pregnancy</li> <li>• Puberty and Development</li> <li>• Prevention</li> <li>• Healthy Relationships</li> <li>• Washington State Laws</li> </ul>
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Grade	Concepts Taught	OSPI Core Idea/Topic Included
High School	<ul style="list-style-type: none"> <li>• How relationships affect us</li> <li>• Personality style</li> <li>• Examine family of origin</li> <li>• Future expectations</li> <li>• Attractions and starting relationships</li> <li>• Principles of smart relationships</li> <li>• Identifying healthy and unhealthy relationships</li> <li>• Sexual assault</li> <li>• Decision making</li> <li>• Communication</li> </ul>	<p>Wellness</p> <ul style="list-style-type: none"> <li>• Disease prevention (STDs)</li> <li>• Analyzing influences</li> <li>• Communication</li> <li>• Decision Making</li> <li>• Goal Setting</li> </ul> <p>Safety</p> <ul style="list-style-type: none"> <li>• Injury Prevention</li> <li>• Collaboration skills to avoid violence</li> <li>• Violence prevention</li> </ul> <p>Sexual Health</p> <ul style="list-style-type: none"> <li>• Anatomy and Physiology</li> <li>• Prevention</li> </ul>

	<ul style="list-style-type: none"><li>• Intimacy</li><li>• Emotional effects of sex</li><li>• STDs/HIV</li><li>• Refusal Skills</li><li>• Planning skills</li><li>• Teen pregnancy and children</li><li>• Technology and social media</li></ul>	<ul style="list-style-type: none"><li>• Healthy Relationships</li><li>• Washington State Laws</li></ul> <p>Social Emotional</p> <ul style="list-style-type: none"><li>• Stress Management</li><li>• Expressing Emotions</li><li>• Harassment, Intimidation, and Bullying</li></ul>
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