

## 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>• Values</li> <li>• Dimensions of Health</li> <li>• Maturity</li> <li>• Abstinence</li> <li>• Healthy/Unhealthy relationships</li> <li>• STDs</li> <li>• Birth Control Methods</li> <li>• Pacing Relationships</li> <li>• Consent</li> <li>• Media Dangers</li> <li>• Puberty</li> <li>• Communication</li> <li>• Effects of Violence</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>• 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>• Personality Style</li> <li>• Examine Family of Origin</li> <li>• Future Expectations</li> <li>• Attractions and Starting 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>

	<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>• Media Dangers</li></ul>	<p>Sexual Health</p> <ul style="list-style-type: none"><li>• Anatomy and Physiology</li><li>• Prevention</li><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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