

New Oregon Sex Ed Standards for High School	Positive Prevention Plus Lessons that Cover This Standard
HE.1.12.13 Compare and contrast human sexual and reproductive systems including body parts and their functions.	Preview + Sexual Development (Getting Started)
HE.1.12.14 Define contraceptive methods including emergency contraception and describe their mechanism of action.	4: Family Planning and Contraception
HE.1.12.15 Identify health care practices related to physical changes during adolescent development and early adulthood.	Preview + Sexual Development (Getting Started)
HE.1.12.16 Differentiate between biological sex, sexual orientation, sexual identity and sexual behavior, gender identity and gender	Preview + Sexual Development (Getting Started)
HE.1.12.17 Explain how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood.	
HE.1.12.18 Describe the intersections of varied identities, including gender, race, ethnicity, sexual orientation, ability, etc.	
HE.1.12.19 Discuss the importance of treating people with HIV or other STDs with respect.	6: Myths/Stereotypes HIV 7: The HIV/AIDS Epidemic 8: Preventing STIs
HE.1.12.20 Describe the human sexual response cycle, including the role hormones play.	

HE.1.12.21 Describe the laws related to sexual health care services, including confidential testing and treatment; and disclosure of STD status.	8: Preventing STIs
HE.1.12.22 Describe characteristics of healthy and unhealthy romantic and/or sexual relationships.	2: Healthy Relationships 3: Relationship Abuse
HE.1.12.23 Explain characteristics of a healthy relationship that is free from threats, coercion	2: Healthy Relationships 3: Relationship Abuse
HE.1.12.24 Express that everyone has the right to say who touches their body and how.	3: Relationship Abuse
HE.1.12.25 Express that it is never ok to touch someone, or make someone touch you if they don't want to.	3: Relationship Abuse
HE.1.12.26 Describe a range of ways to express affection within healthy relationships.	2: Healthy Relationships
HE.1.12.27 Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, stalking, and dating violence.	3: Relationship Abuse
HE.1.12.28 Define sexual consent and explain its implications for sexual decision-making.	3: Relationship Abuse
HE.1.12.29 Explain the role and impact of technology and social media in personal safety	3: Relationship Abuse 10: Media & Peer Pressure
HE.1.12.30 Explain Oregon's laws related to bullying, sexual harassment, coercion, sexual abuse, sexual assault, incest, rape, stalking, domestic violence, and dating violence.	
HE.1.12.31 Identify the laws related to reproductive and sexual health care service (i.e., confidentiality, contraception, pregnancy options, safe surrender policies, prenatal care.)	5: Teen Pregnancy - Choices/Resp

HE.1.12.32 Explain Oregon laws relating to minors' rights around contraception pregnancy, adoption, abortion and parenting.	
HE.1.12.33 Describe the importance of getting tested for HIV and other STDs when people are sexually active.	7: The HIV/AIDS Epidemic 8: Preventing STIs
HE.1.12.34 Explain that sexuality includes a multitude of sexual expressions and behaviors that are a normal part of being human.	
HE.1.12.35 Describe prenatal practices that can contribute to a healthy pregnancy and possible risk factors. (i.e. healthy nutrition, behaviors, etc.)	5: Teen Pregnancy - Choices/Resp
HE.1.12.36 Define affirmative consent as a freely given enthusiastic yes.	3: Relationship Abuse
HE.1.12.37 Demonstrate an understanding of how affirmative consent mitigates the impact and consequences of sexual pressure.	
HE.1.12.38 Recognize that many teens successfully use condoms.	9: Protection & Communication
HE.1.12.39 Discuss laws related to sex and sexual health.	
HE.1.12.40 Explain how fertilization occurs, the stages of pregnancy, and responsibility of parenting.	
HE.1.12.41 Explain the ovulation cycle and its relationship to fertilization and pregnancy.	
HE.1.12.42 Compare and contrast situations and behaviors that may constitute bullying, sexual harassment, coercion, sexual abuse, sexual assault, incest, rape stalking, domestic violence, and dating violence.	
HE.1.12.43 Explain the potential severity of injury or illness if engaging in risky or unhealthy behaviors, including how the development of the teen brain affects the decision-making process.	

HE.2.12.5 Analyze what influences our values around self-concept and body image, including the media.	10: Media & Peer Pressure
HE.2.12.10 Analyze potential impacts of power differences (e.g., age, status or position) within sexual relationships.	3: Relationship Abuse
HE.2.12.15 Analyze factors that may influence condom use and other safer sex decisions.	10: Media & Peer Pressure
HE.2.12.16 Analyze external influences that can impact one's decisions within a healthy intimate relationship.	10: Media & Peer Pressure
HE.2.12.17 Analyze the external influences and societal messages that impact attitudes about bullying, sexual harassment, coercion, sexual abuse, sexual assault, incest, rape, stalking, domestic violence, and dating violence.	10: Media & Peer Pressure
HE.2.12.18 Analyze factors that can affect the ability to give or perceive the provision of consent to sexual activity.	
HE.2.12.19 Analyze influences that may have an impact on deciding whether or when to engage in sexual behaviors.	
HE.2.12.20 Analyze how our values impact our sexual health-related decisions.	
HE.2.12.21 Analyze internal and external influences on decisions about pregnancy options and parenthood.	5: Teen Pregnancy - Choices/Resp
HE.3.12.5 Access community resources that provide medically-accurate information about adolescent sexual anatomy and reproductive health.	4: Family Planning and Contraception

HE.3.12.6 Access medically-accurate information and resources about pregnancy, pregnancy options, including parenting, abortion, and adoption, prenatal care and services.	5: Teen Pregnancy - Choices/Resp
HE.3.12.7 Access accurate information about healthy sexuality, including sexual orientation and gender identity.	Preview + Sexual Development (Getting Started)
HE.3.12.8 Access reliable information and resources about healthy and unhealthy relationships, and healthy boundaries as they relate to intimacy and sexual behavior.	
HE.3.12.09 Access accurate information and resources for survivors of sexual abuse, incest, rape, sexual harassment, sexual assault, domestic violence, dating violence, and stalking	3: Relationship Abuse
HE.3.12.10 Access resources for help if they or someone they know are being bullied or harassed, or have been sexually abused or assaulted or otherwise feel unsafe.	3: Relationship Abuse
HE.3.12.11 Access medically-accurate information about STDs and HIV transmission and prevention, including local STD and HIV testing and treatment services with support for disclosure of STD status.	7: The HIV/AIDS Epidemic 8: Preventing STIs 11: Accessing Community Resources
HE.3.12.12 Access medically-accurate information and resources about contraceptive methods, including abstinence, emergency contraception, and condoms.	4: Family Planning and Contraception
HE.4.12.5 Demonstrate respectful communication with and about people of all gender identities, gender expressions and sexual orientations.	
HE.4.12.6 Demonstrate communication skills that foster healthy intimate and sexual relationships and show personal boundaries and respect for the boundaries of others.	9: Protection & Communication

HE.4.12.7 Demonstrate the use of effective communication about the use of contraception including abstinence, condoms, and other safer sex practices.	9: Protection & Communication
HE.4.12.8 Practice effective communication skills to ensure affirmative consent in all sexual relationships.	
HE.4.12.9 Demonstrate skills to communicate decisions about whether or when to engage in sexual behaviors, and to practice safer sex, including STD and HIV prevention, and STD and HIV testing and disclosure of status.	7: The HIV/AIDS Epidemic 9: Protection & Communication
HE.4.12.10 Demonstrate effective skills to negotiate agreements about the use of technology in relationships.	
HE.4.12.11 Demonstrate asking for help and support, if they or someone they know is being hurt or feels unsafe in an intimate or sexual relationship.	
HE.4.12.12 Demonstrate effective strategies to avoid or end an unhealthy relationship	
HE.5.12.8 Apply a decision-making process to make choices about contraception, including abstinence and condoms.	
HE.5.12.9 Model a decision making process to make healthy choices around sexual health	
HE.5.12.10 Apply a decision making process to promote consensual sexual activity within healthy relationships	
HE.6.12.6 Set a personal goal to not have sex until you're ready.	1: Life Planning 12: Steps to Success
HE.6.12.7 Set a personal goal to use protection when sexually active.	1: Life Planning 12: Steps to Success

HE.6.12.9 Develop short and long-term goals to maintain sexual health.	1: Life Planning 12: Steps to Success
HE.7.12.4 Demonstrate ways to treat yourself and others with dignity and respect, with regard to gender, gender identity, gender expression, and sexual orientation.	
HE.7.12.5 Explain individual responsibility for testing and informing partners about STDs and HIV status.	7: The HIV/AIDS Epidemic 8: Preventing STIs
HE.7.12.6 Describe how alcohol and other drug use can affect one's ability to perceive or provide consent.	3: Relationship Abuse
HE.7.12.7 Demonstrate on anatomical models, or list the steps for how to perform breast, testicular, and genital self-exams.	
HE.7.12.8 Demonstrate the steps to correctly use a condom and/or other barrier methods.	9: Protection & Communication
HE.7.12.9 Analyze the criteria for evaluating the health of a relationship.	
HE.7.12.9 Analyze the criteria for evaluating the health of a relationship.	3: Relationship Abuse
HE.7.12.11 Demonstrate how to set and respect boundaries around social media and technology use in relationships.	10: Media & Peer Pressure
HE.8.12.6 Advocate for school policies and programs that promote healthy relationships and a safe and inclusive environment for all.	
HE.8.12.7 Advocate for school policies and programs that promote healthy relationships with dignity and respect for all in a safe and inclusive environment.	
HE.8.12.8 Advocate for programs that support young parents and families.	
HE.8.12.9 Advocate for access to products, services and medical care to maintain sexual and reproductive health.	
HE.8.12.10 Advocate for use of products, services and medical care to maintain sexual and reproductive health.	