

CHART Curricula

The Mississippi Department of Education (MDE) has approved two sex education curricula that have been recommended for use with the CHART Abstinence-Plus Policy. These evidence-based curricula include medically-accurate instruction about abstinence, contraceptives, and healthy decision-making. They have also been recommended by the U.S. Department of Health and Human Services.

Draw the Line/Respect the Line

Middle School (Grades 6-8)

6th Grade Lessons

5 Lessons

Focus: Address personal limits and meeting challenges to personal limits

Lesson 1: Draw the Line/Respect the Line

- Personalize the concept of drawing the line

Lesson 2: Steps for Drawing the Line – Part 1

- Identify ways to tell someone where they draw the line

Lesson 3: Steps for Drawing the Line – Part 2

- Review and practice the Steps for Drawing the Line

Lesson 4: The Roleplay Challenge

- New skills to stick to personal limits and walking away from pressure situations

Lesson 5: Friends Respect the Line

- Introduction to the concept of respecting the line

7th Grade Lessons

7 Lessons

Focus: Determine personal limits, skills used to draw and maintain those limits, and respecting other people's limits

Lesson 1: Welcome

- Review of 6th grade lessons, and discuss what can make it difficult to draw the line

Lesson 2: Reasons for Not Having Sex

- Discuss the possible consequences of having sex and not having sex

Lesson 3: Handling Risky Situations

- Identify situations that could lead to sex and warning signs to watch for

Lesson 4: Drawing the Line in Situations That Could Lead to Sex

- Review and practice Steps for Drawing the Line using roleplays

Lesson 5: STD Facts

- Learn the common symptoms of STDs and what to do to prevent its spread (promotes abstinence as the best way to avoid problems caused by STDs)

Lesson 6: STD and Relationships

- Provide advice to other teens on how to draw the line in sexual pressure situations

Lesson 7: Making a Commitment

- Apply the skills of avoiding risky situations, drawing the line and respecting someone else's line.

8th Grade Lessons

7 Lessons

Focus: Determine personal limits and reasons for those limits, identifying situations that could challenge a limit, and practicing strategies to handle those situations

Lesson 1: HIV and Teens

- Make personal promises about how they will draw the line to reduce their risk for STDs or pregnancy

Lesson 2: Draw the Line Challenges

- Review important information about how to prevent HIV and other STDs

Lesson 3: Difficult Moments

- Discuss emotions, situations or thoughts that can make it hard to stick with their limits

Lesson 4: Sticking to Your Limit

- Practice ways to stick with their limits

Lesson 5: Talking with a Person Who Has HIV

- Q&A with an HIV-positive guest speaker

Lesson 6: Reducing Your Risk

- Discuss effective methods of protection for preventing pregnancy and STDs, including "dos and don'ts" of condom use.

Lesson 7: Staying Safe

- Evaluate their personal limit to determine how much it will protect them from pregnancy and STDs

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Reducing the Risk High School (9th Grade)

Curriculum Lessons

16 Lessons

Focus:

- Examination of the risks and lasting consequences of pregnancy and STDs,
- recognizing that abstaining from sex or using contraceptives are the only ways to avoid pregnancy and STDs,
- learning factual information about contraception and protection, and
- using effective communication skills for remaining abstinent and avoiding unprotected sex

Lesson 1A: Abstinence, Sex and Protection: Pregnancy Prevention Emphasis

- The importance of avoiding teen pregnancy, which can be done by abstaining (best choice) or using protection (next best choice)

Lesson 1B: Abstinence, Sex and Protection: HIV Prevention Emphasis

- Everyone's at risk for HIV, but teens can avoid HIV by abstaining from sex or needle use (best choice), using condoms (2nd best choice), or having one and long-term partner (3rd best choice)

Lesson 2: Abstinence: Not Having Sex

- Discuss ways to respond to the "It's hard to remain abstinence" message.

Lesson 3: Refusals

- Use of a roleplay and a checklist to record the use of effective refusals

Lesson 4: Using Refusal Skills

- Practice in using effective verbal and nonverbal refusal skills

Lesson 5: Delay Tactics

- Introduction to delay tactics to help in situations where there may feel pressure to have sex or do something else they don't want to do.

Lesson 6: Avoiding High-Risk Situations

- Truths v. Myths about protection, along with identifying “yellow alert” and “red alert” situations

Lesson 7: Getting and Using Protection (Part I)

- Information about contraceptives; examine where condoms can be purchased locally
[includes parent discussion]

Lesson 8: Getting and Using Protection (Part II)

- Complete a worksheet to review and personalize the abstinence and protection information they have learned

Lesson 9: Knowing and Talking About Protection: Skills Integration (Part I)

- Role play: practice communication skills to avoid pregnancy and STDs

Lesson 10: Skills Integration (Part II)

- Group roleplay: practice communication skills

Lesson 11: Skills Integration (Part III)

- Discuss reasons not to have sex, reasons to have sex, and good ways to encourage kids not to have sex

Lesson 12: Preventing HIV and Other STDs

- Examine factual information about HIV and other STDs

Lesson 13: HIV Risk Behaviors

- Identify risky behaviors, and discuss ways they can avoid HIV *before* getting into potentially risky situations

Lesson 14: Implementing Protection from STD and Pregnancy

- Practice in planning out every detail what they’re going to do and say in any situation to stay protected from pregnancy or other STDs

Lesson 15: Sticking with Abstinence and Protection

- Identify “doubt busters” that can be used to counter the doubts a student or friends may have about abstinence or using protection

Lesson 16: Skills Integration (Part IV)

- Final lesson: review of the skills learned.