

# Maryland Comprehensive Health Education Standard 1

*Students will comprehend concepts related to health promotion and disease prevention to enhance health.*

## c. Family Life and Human Sexuality

Topic	Pre-K	K	1	2
Healthy relationships and consent	Identify what is special about your family. 1c.P.1	Identify that family is a group of people that support each other. 1c.K.1	Describe differences in families. (e.g., single-parent, same-gender, intergenerational, cohabitating, adoptive, foster, etc.). 1c.1.1	Explain why it is important to respect different kinds of families (e.g., single-parent, same-gender, intergenerational, cohabitating, adoptive, foster). 1c.2.1
	Recognize that family is a group of people that support each other. 1c.P.2	Identify different types of families (e.g., single-parent, same-gender, intergenerational, cohabitating, adoptive, foster, etc.). 1c.K.2	Identify healthy family and peer relationships. 1c.1.2	Describe healthy family and peer relationships. 1c.2.2
	Recognize that there are different types of families (e.g., single-parent, same-gender, intergenerational, blended, interracial, adoptive, foster, etc.). 1c.P.3	Recognize pro-social behaviors (e.g., helping others, being respectful of others, cooperation, and consideration). 1c.K.3	Demonstrate how to communicate respect for someone's personal boundaries. 1c.1.3	Demonstrate appropriate actions when someone says or does something that does not respect your personal boundaries. 1c.2.3
	Describe the characteristics of a friend. 1c.P.4	Recognize that individuals have personal boundaries and bodily autonomy. 1c.K.4		Practice communicating personal boundaries. 1c.2.4
	Recognize that individuals have personal boundaries and bodily autonomy. 1c.P.5			
Gender identity and expression	Recognize and respect that people express themselves in many different ways. 1c.P.6	Recognize a range of ways people identify and express their gender. 1c.K.5	Identify a range of ways people identify and express gender. 1c.1.4	Demonstrate ways to treat people of all gender identities and expressions with dignity and respect. 1c.2.5
		Recognize it is important to treat people of all gender identities and expressions with dignity and respect. 1c.K.6	Identify ways to treat people of all gender identities and expressions with dignity and respect. 1c.1.5	

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*Opt-out (not opt-in) is permitted for family life and human sexuality education starting in grade 4. All grade 4 and 5 content must be taught by the end of grade 5.*

Topic	3	4	5
Healthy relationships and consent	Define consent as people of all ages and abilities having the right to tell others not to touch their body when they do not want to be touched. 1c.3.1	Identify parents, caregivers, or other trusted adults (e.g., counselors and other health care professionals) that students can talk with about relationships, puberty, and health. 1c.4.1	Explain the importance of talking with parents and other trusted adults about issues related to relationships, growth and development, and sexual health. 1c.5.1
		Explain the relationship between consent, personal boundaries, and bodily autonomy. 1c.4.2	Analyze the relationship between consent and personal boundaries. 1c.5.2
Gender identify and expression	Demonstrate ways to treat people of all gender identities and expressions with dignity and respect. 1c.3.2		
Sexual orientation and identity		Identify sexual orientation as a person's physical and/or romantic attraction to an individual of the same and/or different gender. 1c.4.3	
Puberty and adolescent sexual development		Identify the physical, social, and emotional changes that occur during puberty. 1c.4.4	Describe the physical, social, and emotional changes that occur during puberty. 1c.5.3
		Explain how the onset and progression of puberty varies considerably. 1c.4.5	Summarize that the onset and progression of puberty varies considerably. 1c.5.4
		Identify human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.4.6	Describe human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.5.5
			Describe how puberty prepares human bodies for the potential to reproduce. 1c.5.6
		Identify that reproduction requires that a sperm and egg join and implant. 1c.5.7	

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Topic	6	7	8	
Healthy relationships and consent	Describe characteristics of healthy relationships. 1c.6.1	Explain the characteristics of a healthy dating relationship. 1c.7.1	Distinguish healthy relationships from unhealthy ones. 1c.8.1	
	Describe healthy ways to express affection, love, and friendship. 1c.6.2	Evaluate the impact of technology (e.g., use of smart phones and digital monitoring) and social media on communication and consent in relationships. 1c.7.2	Analyze how peers, family, media, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about relationships. 1c.8.2	
	Identify why individuals have the right to refuse sexual contact. 1c.6.3		Explain why individuals have the right to refuse sexual contact. 1c.7.3	Describe strategies a student might use to end an unhealthy relationship, including involving a trusted adult who can help. 1c.8.3
			Discuss what does and does not constitute sexual consent. 1c.7.4	Summarize why individuals have the right to refuse sexual contact. 1c.8.4
				Analyze factors, including alcohol and other substances that can affect the ability to give or perceive consent to sexual activity. 1c.8.5
				Explain the importance of setting personal limits to avoid sexual risk behaviors. 1c.8.6
Gender identity and expression	Define sex assigned at birth, gender identity, and gender expression. 1c.6.4	Compare sex assigned at birth and gender identity and explain how they may or may not differ. 1c.7.5	Explain sex assigned at birth and gender identity and explain how they may or may not differ. 1c.8.7	
Sexual orientation and identity	Explain sexual orientation. 1c.6.5	Define sexual identity and explain a range of identities related to sexual orientation. 1c.7.6	Describe sexual identity and explain a range of identities related to sexual orientation. 1c.8.8	

Topic	6	7	8
Harassment, teasing, and bullying	Describe ways to show courtesy and respect for others when aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, and gender identity) are different from one's own. 1c.6.6	Explain why it is wrong to tease or bully others based on aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, and gender identity). 1c.7.7	Describe how intolerance can affect others when aspects of their sexuality are different from one's own. 1c.8.9
Harassment, teasing, and bullying cont.		Identify strategies for respecting individual differences in sexual growth and development, or physical appearance. 1c.7.8	
Anatomy and physiology	Identify human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.6.7	Describe human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.7.9	Summarize human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.8.10
	Describe conception and its relationship to the menstrual cycle and vaginal sex. 1c.6.8	Describe menstruation, fertilization, and implantation. 1c.7.10	Explain menstruation, fertilization, and implantation. 1c.8.11
Sexual health		Identify ways to prevent pregnancy, including not having sex and effective use of contraceptives, including condoms. 1c.7.11	Describe ways sexually active people can reduce the risk of pregnancy. 1c.8.12
		Describe ways sexually active people can reduce the risk of HIV, and other STIs. 1c.7.12	Explain ways sexually active people can reduce the risk of HIV, and other STIs including condoms and preventative medications. 1c.8.13
		Identify solo, vaginal, anal, and oral sex along with possible outcomes of each. 1c.7.13	Identify proper steps to using barrier methods correctly. 1c.8.14
		Describe how the effectiveness of condoms can reduce the risk of HIV, and other STIs. 1c.7.14	Describe the state and federal laws related to minors' access to sexual healthcare services, including pregnancy and STI/HIV prevention, testing, care, and treatment. 1c.8.15
		Describe the relationship between substance use and sexual risk behaviors. 1c.7.15	Describe the factors that contribute to engaging in sexual risk behaviors including substance use. 1c.8.16
		Recognize racism and intersectionality and describe their impacts on sexual health 1c.7.16	Identify racism and intersectionality and describe their impacts on sexual health 1c.8.17

Topic	6	7	8
Sexually explicit media	Identify the impact sexually explicit media can have on one's body image, expectations about sex, relationships, and self-esteem. 1c.6.9	Explain the impact sexually explicit media can have on one's body image, expectations about sex, relationships, and self-esteem. 1c.7.17	Describe the state and federal laws that impact young people's sexual health and rights, ability to give and receive sexual consent, and engagement with sexually explicit media. 1c.8.18
Sexually explicit media cont.	Explain the negative consequences of sending sexually explicit pictures or messages by e-mail or cell phone or posting sexually explicit pictures on social media sites. 1c.6.10	Summarize the negative consequences of sending sexually explicit pictures or messages by e-mail or cell phone or posting sexually explicit pictures on social media sites. 1c.7.18	Analyze the negative consequences of sending sexually explicit pictures or messages by e-mail or cell phone or posting sexually explicit pictures on social media sites. 1c.8.19

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Topic	High School I	High School II
Healthy relationships and consent	Compare and contrast characteristics of healthy and unhealthy relationships. 1c.HS1.1	Analyze how peers, media, family, society, culture, and a person's intersecting identities can influence self-concept, body image, and self-esteem. 1c.HS2.1
	Summarize the importance of talking with parents and other trusted adults about issues related to relationships, growth and development, sexual decision-making, and sexual health. 1c.HS1.2	Describe effective ways to communicate consent, personal boundaries, and preferences as they relate to sexual behavior. 1c.HS2.2
	Justify the benefits of respecting individual differences in aspects of sexuality, growth and development, and physical appearance. 1c.HS1.3	Evaluate the potentially positive and negative roles of technology and social media in relationships. 1c.HS2.3
	Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent. 1c.HS1.4	Describe effective ways to communicate consent, personal boundaries, intimacy, and sexual limits. 1c.HS2.4
	Identify factors that can influence the ability to give and receive sexual consent. 1c.HS1.5	Analyze factors that can influence the ability to give and receive sexual consent. 1c.HS2.5
Gender identity and expression	Differentiate between sex assigned at birth, gender identity, and gender expression. 1c.HS1.6	
Sexual orientation and identity	Define sexual identity and explain a range of identities related to sexual orientation. 1c.HS1.7	Differentiate between sexual orientation, sexual behavior, and sexual identity. 1c.HS2.6
	Identify how school and community programs and policies can promote dignity and respect for people of all sexual orientations and gender identities and expressions. 1c.HS1.8	Analyze how school and community programs and policies can promote dignity and respect for people of all sexual orientations and gender identities and expressions. 1c.HS2.7
Anatomy and physiology	Summarize human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.HS1.9	Summarize human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.HS2.8
	Summarize the relationship between the menstrual cycle and conception. 1c.HS1.10	
Sexual health	Identify sexual behaviors, including solo, vaginal, oral, and anal sex, that impact the risk of unintended pregnancy and potential transmission of STIs, including HIV. 1c.HS1.11	Analyze ways systemic oppression and intersectionality impact the sexual agency of communities of color and other marginalized groups. 1c.HS2.9

Topic	High School I	High School III
	Identify how systemic oppression and intersectionality impacts the sexual health of communities of color and other marginalized groups. 1c.HS1.12	Summarize common symptoms, or lack thereof, of and treatments for STIs, including HIV. 1c.HS2.10
Sexual health cont.	Describe common symptoms, or lack thereof, of and treatments for STIs, including HIV. 1c.HS1.13	Demonstrate the steps to using barrier methods correctly (e.g. external and internal condoms and dental dams). 1c.HS2.11
	Explain the steps to using barrier methods correctly (e.g. external and internal condoms and dental dams). 1c.HS1.14	Identify the efficacy of biomedical approaches to prevent STIs, including HIV (e.g., hepatitis B vaccine, HPV vaccine, and PrEP, PEP). 1c.HS2.12
	Compare and contrast types of contraceptive and disease-prevention methods. 1c.HS1.15	Summarize community services and resources related to sexual and reproductive health. 1c.HS2.13
	Evaluate community services and resources related to sexual and reproductive health. 1c.HS1.16	Explain the laws related to reproductive and sexual health care services (e.g. contraception, pregnancy options, safe surrender policies, prenatal care). 1c.HS2.14
	Identify the laws related to reproductive and sexual health care services (e.g. contraception, pregnancy options, safe surrender policies, prenatal care). 1c.HS1.17	
Sexually explicit media	Explain the impact sexually explicit media can have on one's perceptions of, and expectations for, a healthy relationship. 1c.HS1.18	Evaluate the impact sexually explicit media can have on one's perceptions of, and expectations for, a healthy relationship. 1c.HS2.15
	Explain federal and state laws that prohibit the creation, sharing, and viewing of sexually explicit media that includes minors. 1c.HS1.19	Analyze the federal and state laws that impact young people's sexual health rights, ability to give and receive sexual consent, and engagement with sexually explicit media. 1c.HS2.16