

Sex Education Basics

HiTOPS Educator

Designed for: Males or Females, Grades 6-8.

“My brother told me....”
“I saw this gross thing on TV....”
“My friend says....”
“Is it true?...”
“ I don’t get it.”

Children are bombarded by sexual messages from a very early age. 83% of television programs directed at adolescents include sexual content and many young people find it difficult to sort out all that they see and hear. They have a lot of questions and may be too embarrassed to ask the adults in their lives.

Using activities focused on students’ questions, this class gives accurate, simple explanations of reproduction and sexuality. A flannel board with large felt figures, “Sam and Sally,” is used to explain and demonstrate menstruation, spermatogenesis and conception. This presentation works best in single sex groups.

Our goals are to help students:

- Identify male and female reproductive anatomy and physiology
- Describe the basics of human reproduction
- Understand the difference between sex and sexuality

Average length of program: 45 minutes; 90 minutes

Recommended number of Participants: 10-30