

Grades 7/8 KNOW HIV/STD Prevention Curriculum

The KNOW Curriculum is a model HIV/STD prevention curriculum designed to meet the requirements of Washington State's AIDS Omnibus Act (RCW 28A.230.070) and requirements for instruction about sexually transmitted diseases (RCW 28A.230.020).

The KNOW Curriculum is provided in three grade level manuals (Grades 5/6, 7/8, and High School). The KNOW Curriculum offers lessons specific to each grade level, including lesson objectives, activities, student handouts and visuals, recommendations for optional supporting videos, family newsletters and homework.

KNOW Compliance with Washington State Laws

The KNOW Curriculum is designed to fully meet the requirements of the AIDS Omnibus Act. It aligns with the WA State Health and Fitness Standards (2008), the WA State Guidelines for Sexual Health Information and Disease Prevention (2005), the National Sexuality Education Standards (2011), and current research on the prevention of HIV and other STDs.

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7/8 KNOW Standards Alignment

The entire 7/8 KNOW Curriculum meets the following recommendations from the Washington State Guidelines for Sexual Health Information and Disease Prevention:

- Is age and culturally appropriate
- Uses information that is medically and scientifically appropriate
- Enlightens people to develop and apply health-promoting behaviors, including disease prevention and detection and accessing accurate health information that is age appropriate
- Stresses that abstinence from sexual activity is the only certain way to avoid pregnancy and to reduce the risk of STDs, including HIV
- Recognizes and respects people with differing personal and family values

☐ Teaches youth that learning about their sexuality will be a lifelong process as their needs and circumstances change.

The following grid demonstrates how the 7/8 KNOW Curriculum aligns with state and national standards and guidelines.

Grade 7
Lesson 7-1, HIV and other STDs
<i>Washington State Health and Fitness Standards</i>
Understands the dimensions of health and relates to personal health behaviors (2.1.1)
Understands how to maintain sexual health throughout life (2.2.2)
Understands factors and prevention related to communicable diseases (2.3.1)
Understands abusive and risky situations and demonstrates safe behaviors to prevent injury to self and others at home, school and in the community (2.4.1)
Understands how family and cultural factors impact health (3.1.1)
<i>National Sexuality Education Standards</i>
Define STDs, including HIV, and how they are and are not transmitted (SH.8.CC.1)
Compare and contrast behaviors, including abstinence, to determine the potential risk of STD/HIV transmission from each (SH.8.CC.2)

Describe the signs, symptoms and potential impacts of STDs, including HIV (SH.8.CC.3)
Develop a plan to eliminate or reduce risk for STDs, including HIV (SH.8.GS.1)
Identify medically accurate information about STDs, including HIV (SH.8.AI.1)
<i>Washington State Guidelines for Sexual Health Information and Disease Prevention</i>
<i>In addition to the points listed above, this lesson also:</i>
Provides accurate information about STDs including how STDs are and are not transmitted and the effectiveness of all FDA approved methods of reducing the risk of contracting STDs

Lesson 7-2, Abstinence and Refusal Skills
<i>Washington State Health and Fitness Standards</i>
Understands how to maintain sexual health throughout life (2.2.2)
Understands abusive and risky situations and demonstrates safe behaviors to prevent injury to self and others at home, school and in the community (2.4.1)
Solves conflicts while maintaining safe and respectful relationships (3.3.1)
<i>National Sexuality Education Standards</i>
Demonstrate the use of a decision-making model and evaluate possible outcomes of decisions adolescents might make (PD.8.DM.1)
Analyze the impact of alcohol and other drugs on safer sexual decision-making and sexual behaviors (SH.8.INF.1)
Demonstrate communication skills that foster healthy relationships (HR.8.IC.1)
Demonstrate effective ways to communicate personal boundaries and show respect for boundaries of others (HR.8.IC.2)

<i>Washington State Guidelines for Sexual Health Information and Disease Prevention</i>
<i>In addition to the points listed above, this lesson also:</i>
Acknowledges that people may choose to abstain from sexual activity at various points in their life
Promotes the development of intrapersonal and interpersonal skills including a sense of dignity and self-worth and the communication, decision-making, assertiveness and refusal skills necessary to reduce health risks and choose healthy behaviors
Encourages young people to develop and maintain healthy, respectful and meaningful relationships and avoid exploitative or manipulative relationships
Address the impact of media and peer messages on thoughts, feelings, cultural norms and behaviors related to sexuality as well as address social pressures related to sexual behaviors
Promotes healthy self-esteem, positive body image, good self-care, respect for others, caring for family and friends and a responsibility to community
Lesson 7-3, Risk Recognition

<i>Washington State Health and Fitness Standards</i>
Understands the dimensions of health and relates to personal health behaviors (2.1.1)
Understands how to maintain sexual health throughout life (2.2.2)
Understands factors and prevention related to communicable diseases (2.3.1)
Understands abusive and risky situations and demonstrates safe behaviors to prevent injury to self and others at home, school and in the community (2.4.1)
<i>National Sexuality Education Standards</i>
Define STDs, including HIV, and how they are and are not transmitted (SH.8.CC.1)
Compare and contrast behaviors, including abstinence, to determine the potential risk of STD/HIV transmission from each (SH.8.CC.2)
Describe the signs, symptoms and potential impacts of STDs, including HIV (SH.8.CC.3)
Develop a plan to eliminate or reduce risk for STDs, including HIV (SH.8.GS.1)
Identify medically accurate information about STDs, including HIV (SH.8.AI.1)
<i>Washington State Guidelines for Sexual Health Information and Disease Prevention</i>
<i>In addition to the points listed above, this lesson also:</i>
Acknowledge that people may choose to abstain from sexual activity at various points in their lives
Provides accurate information about STDs including how STDs are and are not transmitted and the effectiveness of all FDA approved methods of reducing the risk of contracting STDs

Grade 8
Lesson 8-1, Review of HIV and other STDs
<i>Washington State Health and Fitness Standards</i>
Analyzes the dimensions of health and relates to personal health behaviors (2.1.1)
Understands how to maintain sexual health throughout life (2.2.2)
Understands factors and prevention related to communicable diseases (2.3.1)
Understands abusive and risky situations and demonstrates safe behaviors to prevent injury to self and others at home, school and in the community (2.4.1)
Evaluates health and fitness information (3.2)
<i>National Sexuality Education Standards</i>
Identify accurate and credible sources of information about sexual health (AP.8.AI.1)
Define STDs, including HIV, and how they are and are not transmitted (SH.8.CC.1)
Compare and contrast behaviors, including abstinence, to determine the potential risk of STD/HIV transmission from each (SH.8.CC.2)
Describe the signs, symptoms and potential impacts of STDs, including HIV (SH.8.CC.3)
Identify local STD and HIV testing and treatment resources (SH.8.AI.2)
Develop a plan to eliminate or reduce risk for STDs, including HIV (SH.8.GS.1)

Identify medically accurate information about STDs, including HIV (SH.8.AI.1)
<i>Washington State Guidelines for Sexual Health Information and Disease Prevention</i>
<i>In addition to the points listed above, this lesson also:</i>
Acknowledges that people may choose to abstain from sexual activity at various points in their lives
Addresses the health needs of all youth that are sexually active, including how to access health services
Provides accurate information about STDs including how STDs are and are not transmitted and the effectiveness of all FDA approved methods of reducing the risk of contracting STDs
Provides information on local resources for testing and medical care for STDs and pregnancy
Identify resources to address individual needs, for present and future concerns and questions

Lesson 8-2, Abstinence and Refusal Skills
<i>Washington State Health and Fitness Standards</i>
Understands how to maintain sexual health throughout life (2.2.2)
Understands abusive and risky situations and demonstrates safe behaviors to prevent injury to self and others at home, school and in the community (2.4.1)
Solves conflicts while maintaining safe and respectful relationships (3.3.1)
<i>National Sexuality Education Standards</i>
Demonstrate the use of a decision-making model and evaluate possible outcomes of decisions adolescents might make (PD.8.DM.1)
Analyze the impact of alcohol and other drugs on safer sexual decision-making and sexual behaviors (SH.8.INF.1)
Demonstrate communication skills that foster healthy relationships (HR.8.IC.1)
Demonstrate effective ways to communicate personal boundaries and show respect for boundaries of others (HR.8.IC.2)
<i>Washington State Guidelines for Sexual Health Information and Disease Prevention</i>
<i>In addition to the points listed above, this lesson also:</i>
Acknowledges that people may choose to abstain from sexual activity at various points in their life
Promotes the development of intrapersonal and interpersonal skills including a sense of dignity and self-worth and the communication, decision-making, assertiveness and refusal skills necessary to reduce health risks and choose healthy behaviors
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