


# High School Activity List

| UNIT | SESSION | ACTIVITY | MINS |
|---|---|---|---|
| **Unit 0 - The Social Justice Compass** | | | **120*** |
| 0 | Session 1: Caregiver Orientation | | 120 |
| | | 1: Getting to Know Us | 05 |
| | | 2: Getting to Know You | 10 |
| | | 3: UN\|HUSHED Sexual Values | 20 |
| | | 4: Social Justice Framework | 20 |
| | | 5: Experiencing a Program Activity | 30 |
| | | 6: Overview of the Program (with young people) | 15 |
| | | 7: Questions (with young people) | 15 |
| | | 8: Closing and Commitment (with young people) | 05 |
| 0 | Session 2: Young People Orientation | | 120 |
| | | 1: Welcome & Introductions | 05 |
| | | 2: What Have You Learned? | 10 |
| | | 3: UN\|HUSHED Sexual Values | 20 |
| | | 4: Social Justice Framework | 20 |
| | | 5: Survey of Topics | 30 |
| | | 6: Overview of the Program (with caregivers) | 15 |
| | | 7: Questions (with caregivers) | 15 |
| | | 8: Closing and Commitment (with caregivers) | 05 |
| *Note that these session should happen simultaniously which is why the unit time remains 120 mins. | | | |
| **Unit 1 - Identity** | | | **330** |
| 1 | Session 1: Identity, Values, & Sexuality | | 120 |
| | | 1: Welcoming, Group Agreements, & Question Box | 15 |
| | | 2: Icebreaker | 10 |
| | | 3: Who Am I? | 30 |
| | | 4: UN\|HUSHED Values & Social Justice | 30 |
| | | 5: The Sexualitree | 30 |
| | | 6: Question Box and Closing | 05 |
| 1 | Session 2: Gender Identity & Roles | | 120 |
| | | 1: Question Box | 10 |
| | | 2: Who Has Gender? | 20 |
| | | 3: Language Trivia | 20 |

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| | | 4: People's Gender | 30 |
| | | 5: Your Gender | 10 |
| | | 6: Allyship | 25 |
| | | 7: Question Box and Closing | 05 |
| 1 | Session 3: The 3 Elements of Orientation | | 120 |
| | | 1: Question Box | 10 |
| | | 2: Orientation I: Sexual and Romantic Attraction | 20 |
| | | 3: Orientation II: The Three Components | 25 |
| | | 4: Coming Out | 25 |
| | | 5: Allyship and Social Justice | 35 |
| | | 6: Question Box and Closing | 05 |
| **Unit 2 - Relationships** | | | **240** |
| 2 | Session 1: Communication | | 120 |
| | | 1: Question Box | 10 |
| | | 2: What We've Learned About Talking About Sex | 30 |
| | | 3: Boundaries | 30 |
| | | 4: Flirting & Initiation | 15 |
| | | 5: DOH! Miscommunication | 30 |
| | | 6: Question Box and Closing | 05 |
| 2 | Session 2: Love | | 120 |
| | | 1: Question Box | 10 |
| | | 2: Learning Love | 30 |
| | | 3: What is Love? Baby Don't Hurt Me | 30 |
| | | 4: Pressured to Love | 30 |
| | | 5: Intimacy | 15 |
| | | 6: Question Box and Closing | 05 |
| 2 | Session 3: Healthy & Unhealthy Relationships | | 120 |
| | | 1: Question Box | 10 |
| | | 2: Healthy or not? | 15 |
| | | 3: Columns and Shadows Model | 30 |
| | | 4: What to do? | 40 |
| | | 5: Self-care in Relationships | 20 |
| | | 6: Question Box and Closing | 05 |
| 2 | Session 4: Power & Control | | 120 |
| | | 1: Question Box | 10 |
| | | 2: Seniors vs. Freshmen | 50 |
| | | 3: Consent | 20 |
| | | 4: Without Consent | 20 |

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| | | 5: Facts about Alcohol and Consent | 15 |
| | | 6: Question Box and Closing | 05 |
| 2 | Session 5: Manipulationships | | 120 |
| | | 1: Question Box | 10 |
| | | 2: Manipulationships | 15 |
| | | 3: On-Screen Manipulationships | 30 |
| | | 4: Indie-Screen Manipulationships | 35 |
| | | 5: Turning Manipulation In On Itself | 35 |
| | | 6: Question Box and Closing | 05 |
| **Unit 3 - Sexual Health** | | | **360** |
| 3 | Session 1: Sexual Response | | 120 |
| | | 1: Question Box | 10 |
| | | 2: What We Know About the Body | 45 |
| | | 3: Masturbation | 25 |
| | | 4: Skin Hunger | 20 |
| | | 5: Sexual Activity Choices | 15 |
| | | 6: Question Box and Closing | 05 |
| 3 | Session 2: Pregnancy & Parenting Choices | | 120 |
| | | 1: Question Box | 10 |
| | | 2: Conception & Fetal Development Timeline | 25 |
| | | 3: Societal Pressures About Parenting | 25 |
| | | 4: Parenting Choices | 25 |
| | | 5: Abortion Fact Checker | 30 |
| | | 6: Question Box and Closing | 05 |
| 3 | Session 3: Facts About STIs | | 120 |
| | | 1: Question Box | 10 |
| | | 2: Intro to STIs | 20 |
| | | 3: STI Stories | 45 |
| | | 4: STI Conversations | 40 |
| | | 5: Question Box and Closing | 05 |
| 3 | Session 4: Prevention & Contraception | | 120 |
| | | 1: Question Box | 10 |
| | | 2: My Values About Prevention | 15 |
| | | 3: Barriers, Hormones, LARCs, Oh MY! | 40 |
| | | 4: Factors to Consider | 15 |
| | | 5: Conversation Starters | 20 |
| | | 6: Where to Go? | 15 |
| | | 7: Question Box and Closing | 05 |

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| 3 | Session 5: Checking In On Sexual Health | | 120 |
| | | 1: Question Box | 10 |
| | | 2: What is Sexual Health? | 10 |
| | | 3: Sexual Healthcare Needs | 30 |
| | | 4: Symptoms & Providers | 25 |
| | | 5: Selecting a Healthcare Provider | 10 |
| | | 6: Practicing a Conversation about Sexual Health | 25 |
| | | 7: Question Box and Closing | 05 |
| 3 | Session 6: Accessing Sexual Healthcare | | 120 |
| | | 1: Question Box | 10 |
| | | 2: Overview of Wellness Exams | 30 |
| | | 3: Q&A with a Healthcare Panel | 75 |
| | | 4: Question Box & Closing | 05 |
| **Unit 4 - Media** | | | **630** |
| 4 | Session 1: Body Media Literacy | | 120 |
| | | 1: Question Box | 10 |
| | | 2: Drawing Bodies | 25 |
| | | 3: Colors and Shapes | 35 |
| | | 4: Media Analysis | 20 |
| | | 5: Social Justice | 25 |
| | | 6: Question Box and Closing | 05 |
| 4 | Session 2: Sexually Explicit Media | | 125 |
| | | 1: Question Box | 10 |
| | | 2: What is SEM? What is Pornography? | 15 |
| | | 3: Influences of SEM & Porn | 30 |
| | | 4: Values & Beliefs | 30 |
| | | 5: Media Competence | 30 |
| | | 6: Question Box and Closing | 05 |
| 4 | Session 3: AI+Sexuality | | 125 |
| | | 1: Question Box | 10 |
| | | 2: Defining AI | 10 |
| | | 3: Being AI | 30 |
| | | 4: Unethical AI | 30 |
| | | 5: Deepfake AI | 30 |
| | | 6: Using AI Right | 05 |
| | | 7: Question Box and Closing | 05 |

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| **Unit 5 - Global Perspectives** | | | **300** |
| 5 | Session 1: Sexual Rights | | 120 |
| | | 1: Question Box | 10 |
| | | 2: What are Sexual Rights? | 20 |
| | | 3: The Rights You Have | 20 |
| | | 4: A Global Perspective | 35 |
| | | 5: Fighting for Your Rights | 30 |
| | | 6: Question Box and Closing | 05 |
| 5 | Session 2: What The Future May Bring | | 120 |
| | | 1: Question Box | 10 |
| | | 2: Responding to Life Challenges | 10 |
| | | 3: Speaking Up | 20 |
| | | 4: Creating Life Goals | 20 |
| | | 5: Saying Goodbye to UN\|HUSHED | 60 |

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