

19 Critical Sexual Education Topics

- 1 Communication and negotiation skills
- 2 Goal-setting and decision-making skills
- 3 How to create and sustain healthy and respectful relationships
- 4 Influences of family, peers, media, technology and other factors on sexual risk behavior
- 5 Preventive care that is necessary to maintain reproductive and sexual health
- 6 Influencing and supporting others to avoid or reduce sexual risk behaviors
- 7 Benefits of being sexually abstinent
- 8 Efficacy of condoms
- 9 Importance of using condoms consistently and correctly
- 10 Importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy
- 11 How to obtain condoms
- 12 How to correctly use a condom
- 13 Methods of contraception other than condoms
- 14 How to access valid and reliable information, products and services related to HIV, STDs, and pregnancy
- 15 How HIV and other STDs are transmitted
- 16 Health consequences of HIV, other STDs and pregnancy
- 17 Importance of limiting the number of sexual partners
- 18 Sexual Orientation
- 19 Gender roles, gender identity or gender expression

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Centers for Disease
Control and Prevention
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