

High School FLASH: Washington State Sexual Health Education Standards Alignment

The Washington State sexual health learning standards are the required elements of instruction. Outcomes are provided to support school districts in meeting each standard. HS FLASH aligns to all WA State sexual health learning standards. Specific examples of alignment to individual outcomes can be found in the grid below.

WA State Sexual Health Learning Standards	FLASH Lesson
1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.	2, 3, 6, 7, 8, 9, 10, 11, 12
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	5, 7
3. Students will demonstrate the ability to access valid information and products and services to enhance health.	7, 10, 13
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	6
5. Students will demonstrate the ability to use decision-making skills to enhance health.	14
6. Students will demonstrate the ability to use goal-setting skills to enhance health.	11
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	7, 11, 12, 15
8. Students will demonstrate the ability to advocate for personal, family, and community health.	13

Topic Strand	Outcomes	FLASH Lesson/Activity
1. Anatomy, Reproduction, and Pregnancy	Summarize fertilization, fetal development, and childbirth. H1.Se1.HSa	L3
	Explain the role hormones play in sexual behavior and decisionmaking. H5.Se1.HS	
	Describe emotional, social, physical, and financial effects of being a teen or young adult parent. H1.Se1.HSb	
	Describe behaviors that impact reproductive health. H1.Se1.HSc	L11 Graffiti Sheets
2. Puberty and Development	Describe steps of testicular selfexam and the importance of breast self-awareness. H7.Se1.HS	
	Explain the physical, social, mental, and emotional changes associated with being a young adult. H1.Se2.HSa	L2
3. Self Identity	Describe how sexuality and sexual expression change throughout the life span. H1.Se2.HSb	L9
	Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation. H2.Se3.HS	L5 Gender Stereotypes
4. Prevention	Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV. H1.Se4.HSa	L10, L11, L12

	Demonstrate steps to using a condom correctly. H7.Se4.HS	L11, L12
	Identify local youth-friendly sexual health services. H3.Se4.HS	L13
	Understand that people can choose abstinence at different times in their lives. H1.Se4.HSb	L9, L10,L11
	Advocate for STD testing and treatment for sexually active youth. H8.Se4.HS	L13 Testing Advice
	Use a decision-making model to make a sexual health-related decision. H5.Se4.HS	Statements
5. Healthy Relationships	Differentiate between affection, love, commitment, and sexual attraction. H1.Se5.HSa	
	Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships. H1.Se5.HSb	L6 Scenarios
	Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent. H4.Se5.HS	L6 Communication Skills Demo, L9
	Analyze factors that can affect the ability to give or recognize consent to sexual activity. H2.Se5.HS	L7
	Identify ways to access accurate information and resources for survivors of sexual offenses. H3.Se5.HS	L7 Resource Handout
6. Washington State	Describe laws related to accessing sexual health care services. H3.Se6.HS	L10
	Understand importance of personal and social responsibility for sexual decisions. H7.Se6.HS	L7, L15
	Examine laws and consequences related to sexual offenses, including when a minor is involved. H1.Se6.HSa	L7
	Identify laws and concerns related to sending or posting sexually explicit pictures or messages. H1.Se6.HSb	L8