

Watershed Counseling & Consultation Services, LLC



Training, Consultation and Counseling Services

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Watershed - An essential point that marks a change of course;
a turning point often involving support and movement

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Curriculum Information - Health Education in Schools

FLASH Health Education Curriculum

- [FLASH Lesson Plans](#)
- Curricula Material & Family Communication Materials
- Overview: "FLASH is unique in many ways. It is a comprehensive science-based sexual health education curriculum designed to prevent pregnancy, STDs and sexual violence. It is designed to be used in school classrooms, as a part of a health unit, although it can be successfully implemented in a variety of environments. It does not require training, and provides substantial teacher support so that it can be immediately implemented by any school that is ready. It includes a strong family involvement component, creating opportunities for families to talk with their children about important sexual health topics. It is an inclusive curriculum, including examples and activities that will resonate with youth from a variety of geographical regions, racial identities and sexual orientations. It is highly interactive and is respectful of students with a variety of sexual experiences."
- FLASH Middle School Curriculum
 - [Middle School FLASH \(2nd Edition\) Overview](#)
 - [Updates to FLASH Middle School Lessons](#)
 - [Sample Lessons](#) - see Middle School tab

Example of BSD's Health & Wellness Education

Boston Public Schools Health and Wellness Education

- [Boston Public Schools \(BPS\) Health Education: Health & Wellness](#)
- [Sex Health Education \(BPS\) Overview: K - 12 Grades](#)
- [Comprehensive Health Education Policy for Boston Public Schools](#)

[3RS \(Rights, Respect, Responsibility\) - Advocates for Youth](#)

- Curriculum and lesson plans for K-12th grades, teacher's guide, resources for educators across all grade levels and family homework activities

Additional Information - Health Education in Schools

[Sex Education Rights by State](#)

[General Requirements for Sex & HIV Education by State \(Chart\)](#)

SCI Inclusivity / Equity Information for Puberty & Health Education

[Gender-Inclusive Puberty Education - Gender Spectrum](#)

- Principles for Gender-Inclusive Puberty & Health Education from Gender Spectrum
- "PHE that reflects the gender diversity of all young people and meet the needs of students frequently neglected by PHE programs" such as gender expansive and transgender students

[Principles for Gender-Inclusive Puberty and Health Education - Executive Summary](#)

[Principles for Gender-Inclusive Puberty and Health Education - Full Document](#)

[Full Spectrum-Educators' Guide to Implementing LGBTQ+ Inclusive Sex Education \(Vermont Agency of Education\)](#)

- Includes a list of Exclusionary Practice Indicators and a list of Inclusive Practice Indicators designed to help identify strengths and growth areas for health education that is LGBTQ+ inclusive in content and language***

[Sexual Health Professional Development Resources](#)

Media Resources - Health Education in Schools

[AMAZE Sex Education Videos for Youth and Adolescents](#)

[TGD Infographics / Training Images](#)

[The Gender Unicorn](#)

Standards - Health Education in Schools

[National Health Education Standards \(NHES\) - CDC](#)

- The National Health Education Standards (NHES) were developed to establish, promote, and support health-enhancing behaviors for students in all grade levels—from pre-Kindergarten through grade 12. The NHES provide a framework for teachers, administrators, and policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress. Importantly, the standards provide students, families and communities with concrete expectations for health education.

[Characteristics of an Effective Health Education Curriculum - CDC](#)

[National Sexuality Education Standards \(NSES\)](#)

- The goal of the National Sexuality Education Standards: Core Content and Skills, K–12 is to provide clear, consistent and straightforward guidance on the essential minimum, core content for sexuality education that is developmentally and age-appropriate for students in grades K–12 (Note: From 2011 and has not been updated but contains useful information)

[Professional Learning Standards for Sex Education \(PLSSE\)](#)

- [PLSSE One Page Summary](#)

[National Teacher Preparation Standards for Sexuality Education](#)

[Health Education Curriculum Analysis Tool \(HECAT\)](#)

- [HECAT - Sexual Health Curriculum](#)