

# SEX(ED) PROGRAM SCHEDULE

9/14-9/18

**WEEK 1**

## Welcome to Sex(Ed)!

Introductions, guidelines/goals/expectations, go over program schedule & structure, discuss background knowledge, go over anonymous questions, pre-survey

9/21-9/25

**WEEK 2**

## Bodies & Safe Sex

Fetal sex development and the sex spectrum, virginity, STIs, reproductive health, birth control, pregnancy, abortion

9/28-10/2

**WEEK 3**

## Happy & Healthy Sex

Sex positivity, types of sex, sex toys, kink, sexting, porn

10/5-10/9

**WEEK 4**

## Gender

Pronouns, the gender spectrum, gender expression, the three-layer cake model, sex spectrum review, transition, cisnormativity, coming out

10/12-10/16

**WEEK 5**

## Sexuality

Labels, review the three-layer cake model, types of attraction, the ace and aro spectrums, heteronormativity, questioning and coming out, kink and sexual preferences

10/19-10/23

**WEEK 6**

## Consent

FRIES, consent in everyday life, affirmative consent, boundaries, communication, power dynamics

10/26-10/30

**WEEK 7**

## Healthy Relationships

Healthy relationships, unhealthy relationships, abuse, red flags, how to resolve an unhealthy relationship, relationship models, cheating, boundaries

11/2-11/6

**WEEK 8**

## Sexual Violence & Society

Power dynamics, the #MeToo movement, social accountability, restorative justice

11/9-11/13

**WEEK 9**

## Sexual Harassment & Assault

Definitions, how to support someone who has experienced sexual harassment or assault, reporting, mandatory reporters, legal protections

11/16-11/20 **WEEK 10**

### Normalized Sexual Violence

How society normalizes sexual violence, combatting normalization, gendered power dynamics

11/23-11/27 **THANKSGIVING**

No sessions meet this week!

11/30-12/4 **WEEK 11**

### Bystander Intervention

The bystander effect, intervention methods, social accountability

12/7-12/11 **WEEK 12**

### Reflection & Wrap-Up

Closing thoughts, post-survey