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March 2005

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# Promoting Healthy Sexuality



**A RESOURCE GUIDE FOR EDUCATORS**

FAMILY ♦ LIFE ♦ EDUCATION ♦ SERVICES

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## About Promoting Healthy Sexuality

Promoting Health Sexuality (PHS) is a resource guide developed for schools by Maine's Family Life Education Consultants.

For over two decades, Family Life Educators have assisted schools and communities to integrate comprehensive K-12 family life education into their curricula. PHS is a collaborative effort resulting from their vast experience in the classroom.

## Using Promoting Healthy Sexuality

Studies indicate that family life education is most effective when taught sequentially throughout a child's education experience. PHS is based on this philosophy and therefore is divided into four age-appropriate volumes.

Each volume includes:

1) Research-based and field-tested, easy-to-understand activities, worksheets and handouts.

2) Dynamic, effective teaching strategies such as:

- Group problem-solving
- Large/small group discussion
- Brainstorming
- Improvisation
- Case studies
- Values clarification
- and much more...

## Promoting Healthy Sexuality

Each volume contains valuable lesson plans in key subject areas. The following chart highlights *selected* units from each of the four volumes.

Unit	K-3	4-6	7-8	9-12
Anatomy & Physiology				
Communication				
Birth Control				
Decision-Making				
Gender Roles				
Introduction to Sexuality				
Pregnancy & Parenting				
Puberty				
Families & Relationships				
Self-Esteem				
Sexual Orientation				
Disease Prevention				

## Praise for PHS

The lessons in this resource guide fit so many different areas that are taught. Thanks so much for making this available in a "teacher-friendly" format.

*Lois Cooper, Teacher  
Waterville High School*

I introduce *Promoting Healthy Sexuality* to my pre-service students as an example of a well-thought-out, sequential curriculum that they can use in student teaching and as beginning teachers. They appreciate the comprehensiveness of its scope and the simplicity of its use.

*Lucy P. Stroble, Associate Professor  
University of Maine, Presque Isle*

## Ordering PHS

Order **PHS** on-line or complete the order form on the reverse side and mail with your check, money order, or purchase order made payable to the Family Planning Association of Maine.

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