



EyesOpenIowa is honored to have joined with national and state partners to develop the ***Professional Learning Standards for Sex Education (PLSSE)***.

The PLSSE is the newest set of standards designed to improve educators' ability to effectively address sexuality in the classroom.

The developers intend for the ***PLSSE*** to guide school administrators and classroom educators about the content, context, skills, and professional disposition needed to implement sex education effectively.

The ***PLSSE*** are divided into four domains:

- Domain #1: Context for Sex Education
- Domain #2: Professional Disposition
- Domain #3: Best Practices for Sex Education
- Domain #4: Key Content Areas

The domains are then divided into topics and indicators that relate to educators' knowledge of content, familiarity with teaching methods, or understanding of best practices.

EOI has aligned its trainings with the new ***PLSSE*** standards. EOI constantly reviews and updates its trainings to ensure that they meet the best practices in the sexual health education field.

EyesOpenAcademy Standards Alignment: In person trainings

All curricula, including:

- 3Rs
- FLASH
- Draw the Line
- Safer Choices

PLSSE Domain #1: Context for Sex Education (K-12)

- Indicator 1: describe three health or academic benefits of sex education for young people
- Indicator 2: describe state and/or district laws, policies, and standards that relate to sex education in Iowa.

PLSSE Domain #2: Professional Disposition (K-12)

Topic 2.1: Values

Indicator 1: Describe the differences between personal and universal values relating to sexuality.

Indicator 2: Describe how verbal and nonverbal expression of personal values and comfort with topics related to sex education, could impact one's teaching.

Indicator 3: Explain the importance of educators refraining from sharing their personal values when implementing sex education.

Indicator 4: Demonstrate the ability to respond effectively to students' value-based comments and questions.

Topic 2.2: Conscious and Unconscious Bias about Race, Ethnicity, and Culture

Indicator 1: Define conscious and unconscious bias and explain how they could influence one's teaching of sex education.

Indicator 2: Describe three impacts that conscious and unconscious bias could have on cross-cultural interactions when teaching sex education.

Indicator 3: Explain how an educator's personal beliefs about racial and reproductive justice could influence their teaching of sex education.

Topic 2.3: Disclosure

Indicator 1 Describe the importance of teachers' maintaining professional boundaries when teaching sex education.

Indicator 2: List three factors to consider regarding personal disclosure when teaching sex education.

Indicator 4: Explain the roles and responsibilities of a mandated reporter.

PLSSE Domain #3: Best Practices for Sex Education (K-12)

Topic 3.1: Racial and Reproductive Justice

Indicator 2: Name three sexual health inequities and some of their systemic causes.

Indicator 3: Describe three ways power, privilege, prejudice, discrimination, and stereotypes related to age, race, ethnicity, sexual orientation, gender, gender identity, socio-economic status, immigration status, and/or physical or intellectual ability can impact sexual health and reproductive justice.

Topic 3.2: Creating an inclusive and affirming learning environment

Indicator 1: Demonstrate three techniques to create an inclusive and affirming learning environment.

Indicator 2: Demonstrate three strategies for creating culturally responsive classrooms.

Indicator 3: Describe three elements of a trauma-informed approach to sex education.

Topic 3.3 Effective Teaching Strategies

Indicator 3: Explain the differences between positive vs. shaming approaches to teaching sex education.

Indicator 7: Demonstrate the ability to analyze and tailor lesson plans to match the age, developmental stages, cultural backgrounds, and other identities of the students.

Topic 3.4 Responding to Challenging Questions

Indicator 1: Explain three reasons why it is important to respond to every question students ask when teaching sex education.

PLSSE Domain #4: Key Content Areas

Topic 4.1: Healthy Relationships (K-12)

Indicator 1: Describe three distinguishing characteristics between healthy and unhealthy relationships involving family, friends, and/or romantic partners.

Indicator 3: Describe three strategies for teaching students communication skills.

Indicator 4: (3Rs only): Describe three strategies for incorporating the positive and negative impacts of communicating through technology into lessons on healthy relationships.

Indicator 5: Describe three ways to help students set and respect personal boundaries in relationships.

Topic 4.2: Consent, Interpersonal and Sexual Violence (K-12)

Indicator 1: Define consent.

Indicator 2: Explain why consent is a fundamental right for people of all ages.

Indicator 3: Differentiate between situations in which sexual consent is and is not present.

Indicator 6: Explain body autonomy and how it relates to consent and sexual abuse prevention.

Topic 4.3: LGBTQ+ Identities (K-12)

Indicator 1: Explain how the availability of supportive school staff, presence of Gay-Straight Alliances (GSAs), LGBTQ-inclusive curricular resources, and the presence of comprehensive, enumerated, anti-harassment school policies are related to improved school climate for students of all sexual orientations.

Indicator 2: Define sexual orientation and sexual identity, including that everyone has both.

Indicator 3: Explain the difference between sexual orientation, sexual behavior, and sexual identity.

Indicator 4: Demonstrate the use of inclusive and affirming language.

Indicator 8: Explain why it is essential to include positive portrayals of LGBTQ+ people in lessons.

Indicator 9: Demonstrate three strategies that can be used to include positive portrayals of LGBTQ+ people in lessons.

Topic 4.4: Transgender and gender expansive identities (K-12)

Indicator 1: Explain how the availability of supportive school staff, presence of Gay-Straight Alliances (GSAs), gender-inclusive curricular resources, and the presence of comprehensive, enumerated, anti-harassment school policies are related to improved school climate for students of all gender identities.

Indicator 2: Demonstrate the use of inclusive and affirming language.

Indicator 3: Define gender identity and sex assigned at birth.

Indicator 4: Explain how gender identity and gender expression are distinct from each other and sexual orientation.

Indicator 8: Explain why it is essential to include positive portrayals of transgender and gender expansive people in lessons.

Indicator 9: Demonstrate three strategies that can be used to make lessons affirming for transgender and gender expansive people.

Teens and Tech

PLSSE Domain #1: Context for Sex Education (K-12)

Indicator 2: describe state and/or district laws, policies, and standards that relate to sex education in Iowa.

PLSSE Domain #2: Professional Disposition (K-12)

Topic 2.1 Values

Indicator 3: Explain the importance of educators refraining from sharing their personal values when implementing sex education.

PLSSE Domain #4: Key Content Areas (K-12)

Topic 4.1: Healthy Relationships

Indicator 1: Describe three distinguishing characteristics between healthy and unhealthy relationships, involving family, friends, and/or romantic partners.

Indicator 2: Explain three ways that healthy relationships can positively impact personal well-being.

Indicator 3: Describe three strategies for teaching students communication skills.

Indicator 4: Describe three strategies for incorporating the positive and negative impacts of communicating through technology into lessons on healthy relationships.

Indicator 5: Describe three ways to help students set and respect personal boundaries in relationships.

Topic 4.2: Consent, Interpersonal and Sexual Violence

Indicator 1: Define consent.

Indicator 3: Differentiate between situations in which sexual consent is and is not present.

Indicator 4: Describe three strategies for incorporating positive and negative impacts of communicating through technology into lessons on healthy relationships.

Awkward to Awesome

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PLSSE Domain #2: Professional Disposition (K-12)

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Indicator 3: Explain the importance of educators refraining from sharing their personal values when implementing sex education.

Indicator 4: Demonstrate the ability to respond effectively to students' value-based comments and questions.

Topic 2.2: Conscious and Unconscious Bias about Race, Ethnicity, and Culture

Indicator 1: Define conscious and unconscious bias and explain how they could influence one's teaching of sex education.

Indicator 2: Describe three impacts that conscious and unconscious bias could have on cross-cultural interactions when teaching sex education.

Indicator 3: Explain how an educator's personal beliefs about racial and reproductive justice could influence their teaching of sex education.

Topic 2.3: Disclosure

Indicator 1 Describe the importance of teachers' maintaining professional boundaries when teaching sex education.

Indicator 2: List three factors to consider regarding personal disclosure when teaching sex education.

Indicator 3: Demonstrate how to reduce the impact of educators' passive and/or active personal disclosure on the educational environment.

Indicator 4: Explain the roles and responsibilities of a mandated reporter.

PLSSE Domain #3: Best Practices for Sex Education (K-12)

Topic 3.1: Racial and Reproductive Justice

Indicator 1: Define racism, racial micro-aggressions, and reproductive justice.

Topic 3.2: Creating an inclusive and affirming learning environment

Indicator 1: Demonstrate three techniques to create an inclusive and affirming learning environment.

Indicator 2: Demonstrate three strategies for creating culturally responsive classrooms.

Indicator 3: Describe three elements of a trauma-informed approach to sex education.

Topic 3.3 Effective Teaching Strategies

Indicator 2: Demonstrate three student-centered instructional approaches that support a variety of learning styles.

Indicator 3: Explain the differences between positive vs. shaming approaches to teaching sex education.

Indicator 5: Describe three strategies for practicing skills with students.

Indicator 7: Demonstrate the ability to analyze and tailor lesson plans to match the age, developmental stages, cultural backgrounds, and other identities of the students.

Topic 3.4 Responding to Challenging Questions

Indicator 1: Explain three reasons why it is important to respond to every question students ask when teaching sex education.

Indicator 2: Demonstrate the ability to effectively respond to three different types of challenging questions.

PLSSE Domain #4: Key Content Areas

Topic 4.1: Healthy Relationships (K-12)

Indicator 3: Describe three strategies for teaching students communication skills

Indicator 5: Describe three ways to help students set and respect personal boundaries in relationships.

Topic 4.3: LGBTQ+ Identities (K-12)

Indicator 1: Explain how the availability of supportive school staff, presence of Gay-Straight Alliances (GSAs), LGBTQ-inclusive curricular resources, and the presence of comprehensive, enumerated, anti-harassment school policies are related to improved school climate for students of all sexual orientations.

Indicator 2: Define sexual orientation and sexual identity, including that everyone has both.

Indicator 3: Explain the difference between sexual orientation, sexual behavior, and sexual identity.

Indicator 4: Demonstrate the use of inclusive and affirming language.

Indicator 6: Explain three ways that LGBTQ+ youth are at disproportionate risk for health disparities.

Indicator 7: Identify three credible, medically accurate, youth-friendly resources that can provide information or support related to sexual orientation.

Indicator 8: Explain why it is essential to include positive portrayals of LGBTQ+ people in lessons.

Indicator 9: Demonstrate three strategies that can be used to include positive portrayals of LGBTQ+ people in lessons.

Topic 4.4: Transgender and gender expansive identities (K-12)

Indicator 1: Explain how the availability of supportive school staff, presence of Gay-Straight Alliances (GSAs), gender-inclusive curricular resources, and the presence of comprehensive, enumerated, anti-harassment school policies are related to improved school climate for students of all gender identities.

Indicator 2: Demonstrate the use of inclusive and affirming language.

Indicator 3: Define gender identity and sex assigned at birth.

Indicator 4: Explain how gender identity and gender expression are distinct from each other and sexual orientation.

Indicator 6: Explain three ways that transgender and gender expansive youth are at disproportionate risk for health disparities.

Indicator 8: Explain why it is essential to include positive portrayals of transgender and gender expansive people in lessons.

Indicator 9: Demonstrate three strategies that can be used to make lessons affirming for transgender and gender expansive people.

Puberty/RA/Contraception

PLSSE Domain #2: Professional Disposition (K-12)

Topic 2.1: Values

Indicator 4: Demonstrate the ability to respond effectively to students' value-based comments and questions.

Topic 2.3: Disclosure

Indicator 1 Describe the importance of teachers' maintaining professional boundaries when teaching sex education.

PLSSE Domain #4: Key Content Areas

Topic 4.5: Puberty and Adolescent Development (K-12)

Indicator 1: Describe how puberty prepares the human body for the potential to reproduce.

Indicator 2: List three physical, three social, and three emotional changes that occur during puberty.

Indicator 3: Identify three practices that students can adopt for maintaining healthy habits beginning during puberty.

Topic 4.6: Sexual and Reproductive Anatomy and Physiology

Indicator 1 (K-5): Explain the benefits of teaching young children the medically accurate terms for genitals.

Indicator 2 (K-12): Demonstrate the ability to use medically accurate terms for sexual and reproductive anatomy, including all external genitals.

Indicator 3 (K-12): Explain the function of the individual sexual and reproductive body parts and how they typically work.

Indicator 4 (6-12): Explain the stages of the human sexual response cycle.

Topic 4.7: Contraception, Pregnancy, and Reproduction (6-12)

Indicator 1: Explain fertilization, implantation, conception, and how pregnancy occurs.

Indicator 2: Demonstrate the steps necessary for effective external and internal condom use and how to access condoms.

Indicator 3: Describe the differences in mechanisms of action and access between emergency contraception and the abortion pill.

Indicator 4: Explain methods of contraception, including the latest medical advances that are popular among young people.

Indicator 5: Explain pregnancy options, including parenting, adoption, and abortion.

Indicator 6: Identify three federal and/or state laws that impact young peoples' access to effective reproductive and sexual health care (e.g., age of consent for services, confidential access to health care services, and access to condoms).

HIV/AIDS/STDS

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Topic 2.3: Disclosure

Indicator 1 Describe the importance of teachers' maintaining professional boundaries when teaching sex education.

Indicator 4: Explain the roles and responsibilities of a mandated reporter.

PLSSE Domain #3: Best Practices for Sex Education (K-12)

Topic 3.1: Racial and Reproductive Justice

Indicator 2: Name three sexual health inequities and some of their systemic causes.

PLSSE Domain #4: Key Content Areas

Topic 4.8: HIV and Other Sexually Transmitted Diseases/Infections (6-12)

Indicator 1: Describe HIV and three common STDs/STIs, and how each can and cannot be transmitted.

Indicator 2: Explain that many STDs/STIs do not cause symptoms and the only way to know if you have one is to be tested.

Indicator 3: Explain the benefits of getting tested and treated for HIV and other STDs/STIs.

Indicator 4: Explain three facilitators and three barriers to STD/STI testing and treatment.

Indicator 5: Demonstrate the steps necessary for effective external and internal condom use and how to access condoms.

Indicator 6: Describe the latest medical advances in HIV and other STDs/STIs prevention and treatment.

Indicator 7: Identify three medically accurate and youth-friendly resources for STD/STI and HIV prevention, testing, and treatment.

EyesOpenAcademy Online Courses

The online curricula overviews provide an introduction to the overarching themes, strategies, and approaches of each curriculum. There is also time to dive deeper into particular topical areas. The online courses are not intended to replace in-person trainings where there is more time for participants to work through the content areas and indicators of the PLSSE and to practice the recommended skills.