

## **Middle School Human Sexuality Opt Out Lesson Info**

Students who have opted out of the HSR lessons should go to the library (or other designated location) and work on the lessons independently. All lessons are Google based so that you can upload into BLEND, if you choose, or provide the links for students using a forced copy. All students will need an editable version of the lessons to complete them. There are two options. One is Google Slides and the other is a Google document. Students only need to complete one or the other, NOT BOTH for each lesson. Assign the lessons in order of what they opted out of and have the students work through them.

There are 9 lessons total for students to complete.

- Lesson 1: Climate Change and Global Warming
- Lesson 2: How the Environment Affects Our Health
- Lesson 3: Are We in A Water Crisis?
- Lesson 4: Importance of Recycling and Composting
- Lesson 5: Social Media vs. Reality
- Lesson 6: Value Yourself and Others
- Lesson 7: Empathy and Understanding Others
- Lesson 8: Addiction to Social Media
- Lesson 9: Is Technology Making Your Life Better or Worse?

## **(MS) Environmental Health Lesson 1: Climate Change and Global Warming**

### **Introduction:**

*Why is environmental health important for students? Environmental health urges us to understand the connection between the environment's health and our own health. By looking after the health and safety of our environment, we can ensure that our mental well-being and physical health remain intact. But first, we need to understand what is happening in our environment when it comes to climate.*

The decisions we make every day when it comes to what we eat, how much sleep we get, if we exercise or not, how we deal with our stress, etc... all have a direct impact on our health. Much like our health, the decisions we make when it comes to things like recycling and driving our cars can have just as direct an impact on our environment which in turn will affect our health.

### **Questions to Consider:**

- What is Global warming?
- How does global warming have an affect on our current weather?
- Can we do anything to help with global warming?

For this lesson, you will first watch the video that starts each section and then answer the questions on the slides that follow that video. To get complete credit for each lesson, you need to answer the questions using at least 4-5 sentences.

But before watching the first video, answer the next few questions.

- Have you noticed a change in the summer heat over the past few years? What changes have you noticed?
- Why do you think these climate changes are occurring?

### **(Watch the video and answer the questions that follow) Weather vs Climate #9**

<https://youtu.be/a7xACnOyRYg>

- How has the climate changed over the past 100 years?
- What are some of the things that could occur in the future if we don't take care of our environment?
- Is there anything any 1 person can do to slow down the effects of climate change? If so, what?

### **(Watch the video and answer the questions that follow) Too Much Carbon Dioxide #4**

<https://youtu.be/HK8LLWSIlm4>

- How do we define "atmosphere"? How does the atmosphere act as a blanket for the earth?
- We know carbon dioxide can be good and bad. What are some good things we need carbon dioxide for?
- Too much carbon dioxide can cause problems like the Greenhouse Effect, how would you describe the Greenhouse Effect?

### **(Watch the video and answer the questions that follow) Where Does Carbon Dioxide Come From? #5**

<https://youtu.be/bpazvRVh4y0>

- With inventions that make our life easier, we are creating more and more CO<sub>2</sub>. What are some of these inventions that add to our levels of CO<sub>2</sub> in the atmosphere?
- All of the inventions we listed require ENERGY which we get from fossil fuels. What are Fossil fuels?
- What is the relation between Fossil Fuels and CO<sub>2</sub>?

**Bottom Line:**

*We don't always think about how some of the choices we make everyday can affect our entire environment, like turning off the lights when you leave a room. Does knowing that even one person can make a difference in simple, everyday choices make you want to do some things differently to make our environment better?*

## (MS) Environmental Health Lesson 2: How the Environment Affects Our Health

### **Introduction:**

*From protecting the earth to decluttering your room, actively working to serve your environment can improve your health and the health of the people around you. In this lesson we are going to look at how the environment can affect our health and what we can do to make it better.*

Question to Consider:

- How can cleaning your room affect how you feel?

For this lesson, you will first watch the video that starts each section and then answer the questions that follow that video. To get complete credit for each lesson, you need to answer the questions using at least 4-5 sentences.

Before watching the 1st video, answer the following question

- How are our health and our environment connected?

### **(Watch the video and answer the questions that follow) The Environment and our Health**

[https://youtu.be/l7STZsY\\_-Ps](https://youtu.be/l7STZsY_-Ps)

- According to the video, how does severe weather affect our health?
- According to the video, how do other changes in our environment affect our health?
- How can you protect yourself from the dangers of a changing environment?

### **(Watch the video and answer the questions that follow) How climate Affects Community Health**

<https://youtu.be/JywsWktvODc>

- What are some of the consequences of severe weather that could affect your health?
- The video talked about the effects of severe weather, not only on our physical health but on our mental health.
  - Think of the last severe weather emergency you experienced, (think about the ice storm of 2023 or the snow storm of 2021) how did this affect you mentally? How about those around you?
  - If you were NOT affected by either of these storms, think about a storm that you heard about, how do you think you would feel if you were affected?
- Why do you think some people are affected more than others by poor air quality?
- What is the connection between severe weather and rodents or pests? Who is most at risk of diseases spread by pests and rodents?
- How do rodents and pests, that can spread disease, affect our health?

### **(Watch the video and answer the questions that follow) Crucial Connection: Climate Change and Health**

<https://youtu.be/FGs2QQWFqyQ>

This video reiterated some of the information you have already seen about climate change causing severe weather and how that can affect not only our physical health, but our mental and emotional health as well.

- From the video, what are some of the ways YOU can help when it comes to climate change?
- Of those strategies, which one will you do and why?

### **Bottom Line:**

*Sometimes we think of extreme weather conditions as “Mother Nature” that we don’t have any control over, but as you have seen in this lesson, if we all do our part to cut down on using energy, we can slow down climate change that has a huge impact on our weather.*

## **(MS) Environmental Health Lesson 3: Are we in a water crisis?**

### **Questions to Consider:**

- What is a water crisis? Are we in one?
- What is a water footprint and why is it important?
- Why is it important to lower our water footprint?

Even though many of us have fresh water available daily, we can find ourselves in a water crisis at any time. This lesson will point out what we mean by “water crisis” and what we can do to help in this crisis.

For this lesson, you will first watch the video that starts each section and then answer the questions on the slides that follow that video. To get complete credit for each lesson, you need to answer the questions using at least 4-5 sentences.

**(Watch the video) I Am Water** [https://youtu.be/vSz9IRbl\\_0I](https://youtu.be/vSz9IRbl_0I)

**(Watch the video and answer the questions that follow) Water Crisis- A Short Introduction**

<https://youtu.be/JyzvcrZluf0>

- With water covering 71 % of the earth’s surface, why are people concerned about running out of water?
- What can you do to protect our current clean water supply?
- Do you believe we are in a water crisis? Why or Why not?

**(Watch the video and answer the questions that follow) Water Changes Everything**

<https://youtu.be/BCHhwvxvQqxg>

- What are some things that can be affected by the scarcity of water?
- What do countries do when they do not have access to fresh water? What is the result of this?
- Why would people drink water that they know is contaminated?
- What is currently being done to help bring fresh water to countries without access to it?
- What can you do to help

**(Watch the video and answer the questions that follow) Are We Running Out of Clean Water?**

<https://youtu.be/OCzYdNSJF-k>

- What % of water on the earth’s surface is “clean water” for us to use?
- How much of the world’s water is consumed as drinking water?
- What is the biggest threat to our water supply? Why?
- On a personal level, what can be done to reduce water usage when it comes to the food we buy?

**(Watch the video and answer the questions that follow) Water Footprints: Everything is Water**

<https://youtu.be/Wpm7cvGqI8g>

- When the video says there is water in *everything*, what specifically does that mean?
- Why do vegans and vegetarians have a lower water footprint than people who eat meat?
- What are some of the other ways you can reduce your water footprint?

**(Click on this website to complete this activity) Water Calculator** <https://www.watercalculator.org/>

Go to the website above and provide the information to find your Individual water footprint. You will be doing this for 1 person

- How does your water footprint compare to the US average? (it will tell you when you finish adding in the information).
- What areas are out of your control when it comes to your water footprint?
- What are some of the areas where you could make a change to lower your water footprint?

**BOTTOM LINE:**

Most of us take for granted the fact that we have fresh water available to us every day, but that doesn't mean that we aren't in danger of losing that. If we don't do the little things to help conserve water, we could find ourselves having to make major changes to our water usage. We all need to be aware of what we can do to save water every day.

## **(MS) Environmental Health Lesson 4: Importance of Recycling & Composting**

### **Questions to Consider:**

- Do you know what type of things can be recycled?
- Composted?
- How is compost used?

In this lesson, students will recognize the benefits to the environment to recycle and compost certain items instead of sending everything to landfills.

For this lesson, you will first watch the video that starts each section and then answer the questions on the slides that follow that video. To get complete credit for each lesson, you need to answer the questions using at least 4-5 sentences.

### **(Watch the video and answer the questions that follow) Why Should We Recycle?**

<https://youtu.be/xWpaN6S16xY>

- What can be recycled?
- Why should we recycle?
- What are the 3 R's?

### **(Watch the video and answer the questions that follow) What Really Happens to the Plastic You Throw Away?**

<https://youtu.be/6xINyWPPpB8>

- What is the connection between plastic bottles and oil fields
- What is *leachate* and why is it bad?
- How is plastic in the oceans dangerous to sea creatures?
- What is the process of recycling plastics? How are we able to use them again?
- Do you think recycling is important? Why or Why not?

### **(Watch the video and answer the questions that follow) Composting for Kids**

<https://youtu.be/dRXNo7leky8>

- What are the 2 components of composting?
- What can compost be used for?
- Do you think composting is important? Why or Why not?
- What are 5 things you should not put in a compost bin?

### **(Watch the video and answer the questions that follow) Austin Resource Recovery How to Use Your Green Cart**

[https://youtu.be/v8w\\_UIEWLiI](https://youtu.be/v8w_UIEWLiI)

- Which of the following can be put in a compost bin? Choose one answer for each.
  - Dairy Products (YES or NO)
  - Coffee Grounds (YES or NO)
  - Pet Hair (YES or NO)
  - Pasta (YES or NO)
  - Bread & Tortillas (YES or NO)
  - Fruits (YES or NO)
  - Vegetables (YES or NO)
  - Popsicle Sticks (YES or NO)
  - Cooked Meat (YES or NO)
  - Raw Meat (YES or NO)
  - Paper Products (YES or NO)
  - Pizza Boxes (YES or NO)
- How often should the green compost bin be put out at the curb?

**(Watch the video and answer the questions that follow) Curbside Organics Collection Program Tips**

<https://youtu.be/VRglFyQ9tzQ>

- What can you do to cut down on the odors in your compost green cart?
- Why should you always keep the lids closed on the compost green cart?
- What can you do if not all your yard trimmings will fit in your compost green cart?

**BOTTOM LINE:**

*The more items we can recycle and compost, the better our environment will be for it. While it may take more time than just throwing things away, the time and effort will pay off in the long run by reducing the amount of trash in landfills that negatively affects our environment.*



## **(MS) Social Health Lesson 1: Social Media vs Reality**

### **Questions to Consider:**

- Is social media true?
- What does social media do to the brain?
- What is your relationship to social media?

Before watching the first video, answer the following questions:

- What effect does social media have on you as an individual?
- What effect does social media have on society?
- Does social media make you feel better or worse about yourself?
- Could you live without social media? Why or Why not?

For this lesson, you will first watch the video that starts each section and then answer the questions that follow that video. To get complete credit for each lesson, you need to answer the questions using at least 4-5 sentences.

### **(Watch the video and answer the questions that follow) Are You Living An Insta Lie?**

<https://youtu.be/0EFHbruKEmw>

- How much of what you post on social media is 100% true? That means no photoshop, no retake of pictures till you get the perfect one, no liking something you don't like, etc.
- Do you think the video is a true reflection of most social media posts? Why or Why not?
- If you are on social media, list 3-4 reasons why you use it? If you are not on social media, go to the next question.
- Why do you think people post things on social media that are not true?

### **(Watch the video and answer the questions that follow) NIH Study Tracks Effects of Social Media on Adolescents Brains**

<https://youtu.be/7RY3gSdKRn0>

- What does the psychologist from the video think is the most concerning about the results of the study of adolescents' brains on social media?
- Why is the release of dopamine in the brains of adolescents on social media a problem?

Digital technology disrupts things that are important for healthy development like sleep, face-to-face one-on-one interactions, learning how to focus on schoolwork, and physical activity. Limit your use of digital technology to protect healthy development.

- Do you personally have any guidelines around digital technology or screen time? Do you follow them? Why or Why not?
- Do you think you need guidelines to help you limit your screen time? Why or Why not?

### **(Watch the video and answer the questions that follow) How Social Media Makes Adolescence Even Harder**

<https://www.youtube.com/watch?v=k8ybN0Zc5r4>

- What is the iGen generation?
- Social Media is described as a "double-edged sword". What does this mean to you?
- What role does social media play in the lives of adolescents? Do you think social media affects how adolescents figure out who they are?
- How do you think social media affects adolescents' attention span? Do you think your attention span has been affected by social media? Why or Why not?

**(Watch the video and answer the questions that follow) FOMO - Our Relationship with Social Media**

[https://youtu.be/q5zv9\\_ZgYoQ](https://youtu.be/q5zv9_ZgYoQ)

- Do you think the concept of FOMO is real? Why or Why not?
- Have you or someone you know ever experienced FOMO? What was the circumstance or situation?
- If you have not experienced it, what situation might create that feeling for you?
- What suggestion do you have for someone experiencing FOMO on a regular basis?

**(Watch the video and answer the questions that follow) Social Media, Social Life**

<https://youtu.be/GGGDfciqyvw>

- How many times a day do you check your phone? How many times per hour do you check your phone?
- What specifically are you looking for or looking at when you are checking your phone?
- Do you think social media is connected to depression? Why or Why not?
- People say they use social media to “stay connected” with others, but research shows that social media makes us less social. Do you think this is true for you and your friends? Why or Why not?

***Bottom Line:***

*When it comes to social media, nothing could be more fake or detached from reality. Real life is perfectly imperfect and often complicated, messy and inconvenient. Don't fall into the trap of letting others' social media feeds make you feel as if you're inferior or someone else's life is better than yours.*

## **(MS) Social Health Lesson 2: Value Yourself and Others**

### **Questions to Consider:**

- What type of things affect how you value yourself?
- What makes you not value others?
- Can you value others if you don't value yourself?

Today's lesson is about how to value yourself as well as other people. We will take a look at the things that cause us not to value ourselves and in turn to not value others. If we are aware of these things, hopefully we can make a change for the positive instead of living with the negative.

- Before watching the next video, list 3 or 4 words or labels you would use to describe yourself
- Would others be surprised by these labels or would they agree with them?

For this lesson, you will first watch the video that starts each section and then answer the questions that follow that video. To get complete credit for each lesson, you need to answer the questions using at least 4-5 sentences.

### **(Watch the video and answer the questions that follow) The Labels We Carry**

<https://youtu.be/z0sU78HdjjE>

- Do you think the labels we put on ourselves are harsher than the ones others put on us? Why or why not?
- Do you think we worry more about the labels others put on us than the ones we put on ourselves?
- What might affect how we react to the labels others put on us?

### **(Watch the video and answer the questions that follow) Too Quick To Judge Others**

[https://youtu.be/Fzn\\_AKN67oI](https://youtu.be/Fzn_AKN67oI)

Lots of times we are quick to make a judgment about someone based on how they look, what they are wearing, or who they are with. Once we find out more about them we can realize that our judgment was wrong.

- Have you ever judged someone prematurely? Describe the details of the situation.
- Has someone ever judged you without knowing you? Describe the details of the situation.
- What type of things might make us jump to conclusions about someone? Be specific about what it is and what conclusion you may jump to. (*Example: Someone who doesn't talk much might be thought of as "stuck-up" when in reality they are just really shy and aren't comfortable talking to new people.*)
  - What might you do differently to avoid jumping to conclusions in the future?

### **(Watch the video and answer the questions that follow) Every Teenager Needs To Hear This (Part 1)**

<https://youtu.be/UB7nGT3egak>

- In the video he makes the statement "It's better to be hated for who you are than to be liked for who you're not"... what do you think this means?
- According to the video, what is the difference between "fake people" and "real people"? Do you agree? Why or why not?

### **(Watch the video and answer the questions that follow) Every Teenager Needs To Hear This (Part 2)**

<https://youtu.be/pLgVB1stuJ8>

- The people we hang out with can have a huge impact on how we feel about ourselves. Are there certain people in your life who make you feel bad or negative about yourself? Why do you hang around them?
- Have you ever said anything to the people who make you feel bad about yourself? Why or Why not?
- What would happen if you quit being around people that made you feel bad about yourself and only hung out with people who made you feel good about yourself?

**(Watch the video and answer the questions that follow) Sticks and Stones**

<https://youtu.be/jT6hSFAsrhY>

- The saying “sticks and stones may break my bones, but words will never hurt me” isn’t always true. Was there ever a time that you were hurt by the words of someone else? How did that affect you?
- Can you think of a time you hurt someone with your words? What could you have done differently?
- Do you believe that hurtful words directed at someone can have a long lasting effect? Why or Why not?
- What might be the result of hurtful words directed at others?

**(Watch the video and answer the questions that follow) How You Treat People Is Who You Are**

<https://youtu.be/mTsvSAItPqA>

- Do you think the actions of 1 person can have a lasting effect on another person? Give an example.
- How could being kind to 1 person change how we feel about ourselves?
- How could being kind to 1 person change how that person feels about themselves?
- Choose 1 quote from the video and paste it in the box. Explain what that quote means to you.

**Bottom Line:**

*If we don't value ourselves, how can we value others? Sometimes the things that affect how we feel about ourselves are out of our control, but most of the time we can make a change if we are aware of the circumstances. Treat others with kindness and respect and see what kind of ripple effect that has on others as well as yourself!*

## **(MS) Social Health Lesson 3: Empathy and Understanding Others**

### **Questions to Consider:**

- What does empathy mean to you?
- When is it most important to show empathy?
- Does it make you feel better or worse about yourself?
- Do you consider yourself to be an empathetic person?

For this lesson, you will first watch the video that starts each section and then answer the questions that follow that video. To get complete credit for each lesson, you need to answer the questions using at least 4-5 sentences.

### **(Watch the video and answer the questions that follow) How Social media makes you Unsocial <https://www.youtube.com/watch?v=d5GecYjy9-Q>**

- What social media platform do you use the most? Why?
- How often are you on social media?
- How often do you check for responses when you post on social media? How do you feel if people don't respond?
- Can you walk away for an hour from your phone? How do you feel if you don't have your phone with you?
- What feeling did you get when you thought about having to walk away from your phone for an hour? For example: Does it give you anxiety or make you feel relieved? Explain your answer.
- Do you think that social media makes you less social? Why or Why not?

### **(Watch the video and answer the questions that follow) Empathy Can Change the World <https://youtu.be/aU3QfyqvHk8>**

- What is your definition of empathy?
- How do you think empathy can change the world?
- Do you think everyone has a need for empathy? Why or Why not?

### **(Watch the video and answer the questions that follow) Put Yourself in Someone Else's Shoes <https://youtu.be/cTOhzcSYMIM?si=1XhREy4x86XbtQiN>**

- Why do you think the man in the video gave his shoes to the other person?
- Empathy is referred to as putting yourself in someone else's situation. Have you ever tried to do this? Explain the situation.
- If you showed empathy to someone, what effect do you think it would have on your life?

### **(Watch the video and answer the questions that follow) How to be empathetic**

- What is the difference between empathy and sympathy?
- Is it important to understand empathy? Why or Why not?
- How is a connection with someone related to empathy?
- Can you have a healthy relationship with someone without empathy? Why or why not?

**Bottom Line:**

*You don't have to have experienced first hand what someone else is experiencing to be empathetic, it just takes you putting yourself in their shoes to consider how they are feeling. By doing this you will be able to help them through whatever the situation is.*

## **(MS) Social Health Lesson 4: Addiction to Social Media & Technology**

Questions to Consider:

- Do you think people are addicted to social media and technology?
- Do you think something needs to be done about it?

Checking and scrolling through social media has become an increasingly popular activity over the last decade. Although the majority of peoples' use of social media is non-problematic, there is a small percentage of users that become addicted to social networking sites and engage in excessive or compulsive use. In fact, psychologists estimate that as many as 5 to 10% of Americans meet the criteria for social media addiction today.

In this lesson, students will learn about addiction to the internet and social media and what the internet is actually doing to our brains.

For this lesson, you will first watch the video that starts each section and then answer the questions on the slides that follow that video. To get complete credit for each lesson, you need to answer the questions using at least 4-5 sentences.

### **(Watch the video and answer the questions that follow) 7 Signs You're Addicted to Social Media**

<https://youtu.be/ftB3gl6t0fo>

- Does this video show a realistic picture of media use in most teens' lives? Why or Why not?
- How much time do you spend on social media each day?
- Has your inability to put your phone down interfered with something in your life? How did that make you feel?

### **(Watch the video and answer the questions that follow) Are you addicted to the internet?**

<https://www.youtube.com/watch?v=iOUsiXgtHGQ>

- How does someone know they are addicted to the internet?
- What are some aspects of life that might be affected by an internet addiction?

### **(Watch the video and answer the questions that follow) Why We Can't Stop Scrolling**

[https://youtu.be/uBkeKv\\_6U4c](https://youtu.be/uBkeKv_6U4c)

- Some people are concerned about being tracked by social media. What do you think about it?
- Do you find that you are mindlessly scrolling at certain times or in certain situations? When are those times that you find yourself scrolling?
- What are some things that scrolling on your phone might keep you from doing?

### **(Watch the video and answer the questions that follow) What the Internet is Doing to our Brains**

<https://youtu.be/cKaWJ72x1rl>

- Do you think the Internet is valuable? Why or Why not?
- What would your life be like without the Internet?
- Do you think there is a benefit from unplugging? Why or Why not?
- What are some of the benefits of unplugging from social media and technology?

#### **BOTTOM LINE:**

*Finding a healthy balance between screen time and healthy activity is key to success and personal growth. An internet or social media addiction can have an impact on many aspects of your life, similar to any other addiction. Try putting down technology to see if you add to the quality of your life.*

## **(MS) Social Health Lesson 5: Is Technology Making Life Better or Worse?**

In this lesson, students will recognize what types of screen time they are engaging in and whether or not the benefits outweigh the drawbacks..

### **Questions to Consider:**

- Is technology/social media affecting your quality of life?
- Is the effect positive or negative, or both?
- What do you think the medium age is for kids on social media?

For this lesson, you will first watch the video that starts each section and then answer the questions on the slides that follow that video. To get complete credit for each lesson, you need to answer the questions using at least 4-5 sentences.

### **(Watch the video and answer the questions that follow) How much screen time is too much?**

<https://www.youtube.com/watch?v=fVALeerZpd4>

- If you tracked your own screen time, how much time do you think you are spending in the different categories? (ex. Social media, games, education, email, other)
- Do you feel like you get enough sleep? DIf not, is screen time the reason?
- Are there any screen habits you would like to cut out or reduce?

### **(Watch the video and answer the questions that follow) When is Your Brain Ready for Social Media?**

<https://www.youtube.com/watch?v=4b0i9yLooHI>

- What age do you think is an appropriate age to get social media?
- What are the concerns and consequences of being on social media at too young of an age?
- What are some of the benefits of having access to social media?
- Do you think your friends and family think that social media is good or bad? Why?

### **BOTTOM LINE:**

*Some experts worry that teens are more anxious and have lower self-esteem because of social media and texting. There are key differences to socializing online. Teens miss out on things like body language and facial expressions. This can lead to misunderstandings and hurt feelings. It can also make talking in person feel more intimidating. If you are spending too much time on social media, you may want to consider cutting down.*