

Texas Senate Bill 9 Compliant Curriculum

DID YOU KNOW?

Texas Senate Bill 9

Effective December 2021, Texas Senate Bill 9 amended laws relating to requiring public schools to provide instruction and materials and adopt policies relating to the prevention of child abuse, family violence, dating violence, sex trafficking. The bill also mandates the adoption of public school policies to prevent dating violence. Nest's Texas curriculum, for Elementary, Middle and High Schoolers, meets these newly legislated requirements.

PARTNER DISTRICTS & SCHOOLS IN TEXAS

Carrollton-Farmers Branch ISD

Uplift Schools

Ann Richards School

Skyline High School

Irma Lerma Rangel YWLS

Barack Obama Male Leadership Academy

Meet Nest

Since 2004, Nest has been on the front lines of preventing violence against children. We started with the issue of sexual exploitation.

In 2009, we premiered Playground, the first feature-length film about child sex trafficking in America, produced by Abigail Disney, George Clooney, Steven Soderbergh, Lauren Embrey & Serena Connelly.

OUR MISSION

In 2014, we created curriculum to prevent sexual violence through teaching healthy relationships. We are a primary prevention program that reaches all students in an effort to create inclusive schools and strong communities. Frequently, efforts at education and prevention are fear-based and deficit-oriented. And all too often those efforts fall short.

Nest's mission is to transform interpersonal violence prevention in schools. We strive to end perpetration and victimization.



Health TEKS

ELEMENTARY SCHOOL

3rd & 4th Grade



- Healthy relationships and personal safety
- Healthy home, school, and community climate
- Interpersonal violence

3rd Grade (3)(E); (10); (11)(B, D); (13)(B, C) 4th Grade (11); (12)(C, D); 14(C, D)

5th Grade



- Healthy home, school, and community climate
- Interpersonal violence



- Healthy relationships
- Personal safety, limits, and boundaries

5th Grade (3)(C); (12)(A, C,D); (14)(C); (20); (21)(A-D)



MIDDLE SCHOOL

6th & 7th/8th Grade



- Digital citizenship and media
- Interpersonal violence
- Sex trafficking prevention



- Healthy relationships
- Personal safety, limits, and boundaries
- Sexual risk

6th Grade- (12)(A, E); (13)(B, C, E); (14) (A); (20)(A-F); (21)(A-G); (23)(I)

7th/8th Grade- (3)(D); (12)(A,E); (13)(A, B, D); (14)(A,E); (20)(A-G); (21) A-H

HIGH SCHOOL

Health I



- Interpersonal violence
- Sex trafficking prevention



- Healthy relationships
- Personal safety, limits, and boundaries

Health I- (2) A, B); (10)(A); (11)(A, B); (12)(A, B); (18)(A-C); (19)(A-E,H)

INCLUDED WITH CURRICULUM

- ✓ Evidence-Based Lessons for Grades 3-12
- √ 2-Year Campus License Agreement
- Online Teacher Portal Access

Easy to navigate, up-to-date teacher portal with all lesson materials, handouts, and support resources.

√ Asynchronous Training

Self-paced asynchronous training specifically crafted to support implementation

✓ Customizable Live Training (optional)

Available for additional cost.

√ Nest Concierge Service

Regular virtual office hours available for campus staff seeking implementation support.

Discount on Nest Workshops

For students and/or school staff.

Lesson Scaffolding

3RD & 4TH GRADE

Two 45-minute lessons per grade

Violence Prevention

Students will become aware of personal boundaries through the lens of safe, unsafe, and unwanted touches. Introduces the concept of consent, how to say "no," how to respond when you hear "no," and concrete ways to start a help seeking conversation with identified trusted adults.

Abuse Prevention

This trauma-informed lesson builds on safe and unsafe touches. Students learn the Bathing Suit Rule and the three strategies of the Body Boss Toolkit. Equips students to discern between surprises and secrets (grooming) and emphasizes help seeking strategies with identified trusted adults.

5TH GRADE

Two 50-minute lessons

Healthy Relationships

Students will identify the signs of healthy and unhealthy relationships through high-interest engagement strategies. In small groups, students will analyze various scenarios to determine if a relationship demonstrates healthy or unhealthy relationship signs and debrief as a whole class. Lesson also touches on personal boundaries and sexual harassment. Class ends with students reflecting on relationships in their own lives.

Violence Prevention

Adding to their understanding of healthy and unhealthy relationship traits, students will self-reflect on how they navigate consent in their own life with activities relevant to their age group. Class discussion advances to include the signs of an abusive relationship, help seeking resources, and identifying trusted adults. Lesson includes content on sexual harassment, assault, abuse, and trafficking including legal ramifications of perpetration and protections for victims.

6TH & 7TH/8TH GRADE

Three 50-minute lessons per grade

Healthy Relationships

Students will identify signs of healthy and unhealthy relationships through high-interest engagement strategies. In small groups, students analyze various scenarios to determine if a relationship demonstrates healthy or unhealthy relationship signs and debrief as a whole class. Students will explore dating relationships and warning signs of unhealthy behaviors. This lesson also touches on personal boundaries and sexual harassment, ending with identifying trusted adults.

Violence Prevention

Adding to their understanding of healthy and unhealthy relationship traits, students will navigate through interpersonal violence to include family and dating relationships. Class discussion advances to include signs of an abusive relationship, help seeking resources, and identifying trusted adults. This lesson includes content on sexual assault and abuse including legal ramifications of perpetration and protections for victims.

Sex Trafficking Awareness & Prevention

This trauma-informed lesson brings awareness to the realities of child sexual exploitation and sex trafficking with original Nest media. Socialized risk factors and important misconceptions around sex trafficking are addressed. Students will also discuss the implications of sextortion and nonconsensual image sharing in small groups as well as examine the importance of consent and seeking help for self or others.

HEALTH I

Three 50-minute lessons

Dating Violence Prevention

In this lesson, students will: identify characteristics of healthy versus unhealthy relationships, define and understand consent, what it is and how to get and give it, and develop skills for navigating ending relationships.

Personal Boundaries

In this lesson students will: gain a comprehensive understanding of what boundaries are, describe how to set and respect personal boundaries, explore personal experiences with boundary violations, brainstorm successful boundary enforcement and conversation tactics, and collectively create more comfort around having these conversations.

Sex Trafficking Awareness & Prevention

In this lesson, students will: learn the definitions of child sexual exploitation and abuse (CSEA), explore the the realities of child sexual exploitation and trafficking, discuss the implications of sextortion and nonconsensual sharing, and examine the importance of consent.



Curriculum Overview

Lesson Overview and Themes

Texas Essential Knowledge and Skills/ Student Expectations (TEKS/SEs)

3RD GRADE LESSON 1

Grade 3: Lesson 1 gives students an opportunity to explore personal boundaries with various examples of safe, unsafe, and unwanted touches. Students practice different refusal skills (saying "NO") and learn how body language is also an additional way to communicate approval or refusal. The lesson ends with students developing a personal list of their top 3 trusted adults to ensure that they have multiple people they could count on if they needed support in an unsafe situation.

Refusal Skills (consent)

Personal Boundaries

Abuse and Neglect

Safe/Unsafe Touches

Trusted Adults

Help Seeking

- (10) identify refusal skills such as saying "no"when privacy, personal boundaries, or personal space are not respected.
- (11) (D) create a personal safety plan.
- (13) (B) explain the importance of seeking assistance in making decisions about personal safety

3RD GRADE LESSON 2

Grade 3: Lesson 2 gives students an understanding of unsafe touches and the definition of abuse and neglect. Students will explore the differences between a secret and a surprise through a whole class discussion. The lesson further encourages students to listen to the "uh-oh" feeling in their bodies, alerting them to seek help from an adult within their safety plan.

Trusted Adults Bathing Suit Rule Grooming
Healthy Friendships Help Seeking

- (3) (E) describe the characteristics of healthy and unhealthy friendships;
- (11) (D) create a personal safety plan
- (13) (C) define abuse and neglect

4TH GRADE LESSON 1

Grade 4: Lesson 1 gives students an opportunity to explore personal boundaries with various examples of safe, unsafe, and unwanted touches. Students also discuss strategies to help keep their school, home, and community safe. The lesson ends with students developing a personal list of their top 5 trusted adults to ensure that they have multiple people they could count on if they needed support in an unsafe situation.

Refusal Skills (consent)

Personal Boundaries

Abuse and Neglect

Safe/Unsafe Touches

Trusted Adults

Help Seeking

- (11) The student is expected to explain the importance of using refusal skills such as saying "no" when privacy, personal boundaries, or personal space are not respected
- (12) (C) identify strategies that can be used to promote safety in homes, schools, and communities; and
- (D) create a personal safety plan.
- (14) (C) explain the importance of seeking guidance from parents and other trusted adults on critical personal safety issues;

Lesson Overview and Themes

Texas Essential Knowledge and Skills/ Student Expectations (TEKS/SEs)

4TH GRADE LESSON 2

Grade 4: Lesson 2 gives students an understanding unsafe touches and the different types of abuse with an emphasis on sexual abuse. Students will also learn about personal boundaries and consent. Students will also analyze the adults they trust and feel most comfortable with to include in their safety plan.

Refusal Skills (consent)

Personal Boundaries

Abuse and Neglect

Safe/Unsafe Touches

Trusted Adults

Help Seeking

- (14) (C) explain the importance of seeking guidance from parents and other trusted adults on critical personal safety issues: and
- (D) identify types of abuse and neglect and ways to seek help from a parent or another trusted adult.

5TH GRADE LESSON 1

Grade 5: Lesson 1 gives students an introduction to the concept of healthy and unhealthy relationship signs laying the groundwork for healthy dating relationships. Students further engage in movie trivia to analyze scenes for healthy or unhealthy characteristics.

Healthy/Unhealthy Relationships

Dating Relationships

(3) (C) explain ways of maintaining healthy relationships and resisting negative peer influence in social groups;

(20) identify characteristics of healthy dating/romantic relationships and marriage, including sharing, kindness, honesty, respect, trust, patience, communication, and compatibility.

5TH GRADE LESSON 2

Grade 5: Lesson 2 gives students an understanding of the different types of abuse with an emphasis on sexual abuse, sexual harassment, sexual assault, and sex trafficking. Students will also learn about personal boundaries and practice saying "NO", as a way to express the lack of consent. Students will also analyze the adults they trust and feel most comfortable with to include in their safety plan.

Sexual Harassment, Assault, Abuse, and Trafficking

Grooming

Legal Ramifications

Trusted Adults

Help Seeking

- (12) (A) define human trafficking;(C) identify safety procedures that can be used in various situations, including violence in the the home, school, and community;
- (D) create a personal safety plan.
- (14) (C) explain the impact of abuse and neglect and the importance of reporting abuse and neglect
- (21) (A) define sexual harassment, sexual abuse, sexual assault, and sex trafficking; (B) identify ways of reporting suspected sexual abuse involving self or others such as telling a parent or another trusted adult;
- (C) identify refusal skills such as saying "no" to any unwanted touch that violates personal boundaries in relationship; and (D) discuss and explain the importance of making decisions regarding setting personal boundaries and respecting the boundaries of others.

Lesson Overview and Themes

Texas Essential Knowledge and Skills/ Student Expectations (TEKS/SEs)

6TH GRADE LESSON 1

Grade 6: Lesson 1 gives students an introduction to the concept of healthy and unhealthy relationship signs laying the groundwork for future conversations on abusive relationships, dating violence, and seeking help. Additionally, students also learn about how to set personal boundaries and how to handle situations involving sexual harassment.

Healthy/Unhealthy Rel	Dating Rel	ationships			
Saying "No" and Refusal Skills (consent) Personal Boundaries					
Sexual Harassment	Help Seeking	Truste	ed Adults		

(12) (E) create a personal safety plan.

(20) (A) define and distinguish between friendship, infatuation, dating/romantic relationship, and marriage;

(B) describe how friendships provide a foundation for healthy dating/romantic relationships:

(C) list healthy ways to express friendship, affection, and love;

(D) describe characteristics of healthy dating/romantic relations and marriage, including sharing, kindness, honesty, respect, trust, patience, communication, and compatibility;

(E) explain that each person in a dating/romantic relationship should be treated with dignity and respect; and (F) describe how healthy marriages can contribute to healthy families and communities.

(21) (B) identify the social and emotional impacts of sexual harassment, sexual abuse, sexual assault, and sex trafficking; (C) list the characteristics of unhealthy or harmful relationships, including anger, controlling behavior, jealousy, manipulation, and isolation; (E) explain how a healthy sense of self and making and respecting decisions about safe boundaries and limits promote healthy dating/romantic relationships; (F) identify communication and refusal skills and how they can be applied in dating/romantic relationships; and (G) explain the importance of clearly communicating and respecting personal boundaries and using refusal skills related to physical intimacy such as holding hands, hugging, and kissing.

(23) (I) explain how laws protect victims of sexual harassment, sexual abuse, and sexual assault.

Lesson Overview and Themes

Texas Essential Knowledge and Skills/ Student Expectations (TEKS/SEs)

6TH GRADE LESSON 2

Grade 6: Lesson 2 extends the conversation of unhealthy relationships and how they can progress to abuse and violence. Students are challenged to think critically through scenarios involving physical and sexual abuse. The lesson closes with developing a safety plan of trusted adults and resources.

Healthy/Unhealthy Relationships Dating Violence

Abuse and Neglect Personal Boundaries Family Violence

Help Seeking Trusted Adults

- 21) (A) identify that physical, emotional, and sexual abuse and exploitation are all forms of abuse;
- (B) identify the social and emotional impacts of sexual harassment, sexual abuse, sexual assault, and sex trafficking;
- (D) identify ways of reporting suspected sexual abuse involving self and others such as telling a parent another trusted adult:
- 23 (I) explain how laws protect victims of sexual harassment, sexual abuse, and sexual assault.

6TH GRADE LESSON 3

Grade 6: Lesson 3 is an overview into human trafficking and further dives into sex trafficking. Students will explore the recruitment strategies, risk factors, and prevention tips. This lesson also addresses the prevalence of sexting and the consequences.

Sexual Harassment, Assault, Abuse, and Trafficking

Legal Ramifications

Trusted Adults

Help Seeking

Legal Protections for Victims

- (12) (A) discuss and demonstrate strategies for avoiding human trafficking;
- (E) create a personal safety plan.
- (13) (B) develop strategies to resist inappropriate digital and online communication such as social media posts, sending and receiving photos, sexting, pornography;
- (C) discuss and analyze consequences resulting from inappropriate digital and online communication such as social media posts, sending and receiving photos, sexting, and pornography; (E)identify how technology is used to recruit or manipulate potential victims of sex trafficking;
- (14) (A) identify how exposure to family violence can influence behavior and the importance of reporting suspected abuse;
- (21) (B) identify that physical, emotional, and sexual abuse and exploitation are all forms of abuse;

3RD-8TH & HEALTH I

Curriculum Overview

Lesson Overview and Themes

Texas Essential Knowledge and Skills/ Student Expectations (TEKS/SEs)

7/8TH GRADE LESSON 1

Grade 7/8: Lesson 1 explores healthy and unhealthy relationships, with an emphasis on understanding how to navigate ending a relationship. Additionally, students analyze what it means to give (or not give) consent within their own personal boundaries and how to handle situations involving sexual harassment.

Healthy/Unhealthy Relationships **Dating Relationships Help Seeking Navigating Break Ups** Saying "No" and Refusal Skills (consent) Personal Boundaries **Trusted Adults Sexual Harassment**

- (3) (D) demonstrate perspective-taking and communication skills for building and maintaining healthy relationships and determining when and how to end unhealthy relationships;
- (20) (A) compare and contrast the difference between friendship, infatuation, dating/romantic relationships and marriage; (B) explain how friendships provide a foundation for healthy dating/romantic relationships;
- (C) describe healthy ways to express friendship, affection, and love; (D) describe appropriate and effective methods of communicating emotions in healthy dating/romantic relationship and marriage:
- (E) evaluate the importance of mutual respect, trust, support, honesty, commitment, and reliability in healthy dating/romantic relationship and marriage;
- (F) describe behaviors in dating/romantic relationships that enhance dignity and respect; and (G) describe the benefits of healthy marriages, including companionship and social, emotional, financial, and health benefits.
- (21) (B) explain the social and emotional impacts of sexual harassment, sexual abuse, sexual assault, and sex trafficking;
- (C) define dating violence and the characteristics of unhealthy or harmful relationships, including anger, controlling behavior, jealousy, manipulation, and isolation; (F) describe how a healthy sense of self
- and making decisions regarding setting and respecting personal boundaries promote healthy dating/romantic relationships;
- (G) discuss and practice how refusal skills can be used to resist negative peer influences and reinforce personal boundaries promote healthy dating/romantic relationships; (H) explain the importance of clearly communicating and respecting personal boundaries and why individuals have the right to refuse sexual contact

Lesson Overview and Themes

Texas Essential Knowledge and Skills/ Student Expectations (TEKS/SEs)

7/8TH GRADE LESSON 2

Grade 7/8: Lesson 2 breaks down the definition of domestic violence and further explains the cycle of abuse in unhealthy relationships (ie dating/domestic violence situations). Students are challenged to analyze various teen dating violence situations and create a thoughtful list of trusted adults to include school staff and personal family members. In developing this list, students will craft an awareness and support flier to potentially be posted around the classroom or campus.

Healthy/Unhealthy Relationships		Perso	onal Boundaries	
Abuse and Negl	Abuse and Neglect Dating Vi		olence	Family Violence
Help Seeking	Trust	ed Adults		

(14) (A) identify forms of family violence, including physical, mental, and emotional violence;

(21)(A) explain that physical, emotional, and sexual abuse and exploitation are all forms of abuse;

(B) explain the social and emotional impacts of sexual harassment, sexual abuse, sexual assault, and sex trafficking;

(C) define dating violence and the characteristics of unhealthy or harmful relationships, including anger, controlling behavior, jealousy, manipulation, and isolation;
(D) identify protective strategies for

avoiding unsafe situations that heighten the risk of sexual harassment, sexual abuse, sexual assault, sex trafficking, and teen dating violence;

(E) explain the importance of reporting to a parent or another trusted adult sexual harassment, sexual abuse, sexual assault, sex trafficking, and dating violence involving self or others; (F) describe how a healthy sense of self and making decisions regarding setting and respecting personal boundaries promote healthy dating/romantic relationships;

(G) discuss and practice how refusal skills can be used to resist negative peer influences and reinforce personal boundaries promote healthy dating/romantic relationships; (H) explain the importance of clearly communicating and respecting personal boundaries and why individuals have the right to refuse sexual contact

Lesson Overview and Themes

Texas Essential Knowledge and Skills/ Student Expectations (TEKS/SEs)

7/8TH GRADE LESSON 3

Grade 7/8: Lesson 3 uncovers the layers of sexual exploitation and sex trafficking. Students will learn about the risk factors and recruitment strategies, while also revisiting consent of personal boundaries. Students will analyze scenarios involving sexting and will understand consequences associated with sending and receiving inappropriate digital photos.

Sexual Harassment, Assault, Abuse, and Trafficking

Legal Ramifications

Trusted Adults

Help Seeking

Legal Protections for Victims

- (12) (A) analyze strategies for and the benefits of avoiding human trafficking; (E) create a personal safety plan
- (13) (A) develop strategies to resist inappropriate digital and online communication such as social media posts, sending and receiving photos, sexting, and pornography;
 (B) discuss and analyze the consequences resulting from inappropriate digital and online communication such as social media posts, sending and receiving photos, sexting, and pornography
 (D) identify how technology is used to recruit or manipulate potential victims of sex trafficking;
- (21)(A) explain that physical, emotional, and sexual abuse and exploitation are all forms of abuse;
- (B) explain the social and emotional impacts of sexual harassment, sexual abuse, sexual assault, and sex trafficking;
- (D) identify protective strategies for avoiding unsafe situations that heighten the risk of sexual harassment, sexual abuse, sexual assault, sex trafficking, and teen dating violence;
- (E) explain the importance of reporting to a parent or another trusted adult sexual harassment, sexual abuse, sexual assault, sex trafficking, and dating violence involving self or others; (F) examine factors, including alcohol and other substances, that increase sexual risk and that affect setting, perceiving, respecting, and making decisions about boundaries;

Lesson Overview and Themes

Texas Essential Knowledge and Skills/ Student Expectations (TEKS/SEs)

HEALTH I LESSON 1

Health Lesson 1 is designed to define and discuss the importance of consent, identify characteristics of healthy and unhealthy relationships, and develop skills for navigating endings.

Dating Violence Healthy/Unhealthy Relationships

Consent Jealousy Ghosting

- (2)(A)discuss and demonstrate perspective-taking and ways to show respect for others' feelings and express empathy toward others; and (B) analyze forms of communication such as passive, aggressive, or assertive and their impact on conflict resolution.
- (12) (A) research and analyze how exposure to family violence can influence cyclical behavioral patterns;
- (18) (A) analyze how friendships provide a foundation for healthy dating/romantic relationships;
- (B) identify character traits that promote healthy dating/romantic relationships and marriage; and
- (C) describe how a healthy marriage can provide a supportive environment for the nurturing and development of children.
- (19) (B) analyze the characteristics of harmful relationships that can lead to dating violence;
- (C) analyze healthy strategies for preventing physical, sexual, and emotional abuse;

HEALTH I LESSON 2

This lesson is designed to define and discuss the importance of boundaries, identify personal experiences with boundary violations, and practice setting and respecting personal boundaries.

Boundaries Micro-Violations Macro-Violations

Accountability

- (19)(D) analyze how a healthy sense of self and making and respecting decisions about safe boundaries and limits promote healthy dating/romantic relationships;
- (E) explain and demonstrate how refusal strategies can be used to say "no" assertively to unhealthy behaviors in dating/romantic relationships; (F) examine factors, including alcohol
- (F) examine factors, including alcohol and other substances, that increase sexual risk and that affect setting, perceiving, respecting, and making decisions about boundaries;
- (G) examine and discuss influences and pressures to become sexually active and why it is wrong to violate another person's boundaries and manipulate or threaten someone into sexual activity; and
- (H) explain the importance of reporting to a parent or another trusted adult sexual harassment, sexual abuse, sexual assault, and dating violence involving self or others.

Lesson Overview and Themes

Texas Essential Knowledge and Skills/ Student Expectations (TEKS/SEs)

HEALTH I LESSON 3

This lesson is designed to define and discuss child sexual exploitation and abuse, trafficking, sextortion, and non-consensual sharing as well as examine the importance of consent.

Child Sexual Exploitation & Abuse

Non-Consensual Sharing

Consent

Sextortion

Trafficking

- (10) (A) formulate strategies for avoiding violence, gangs, weapons, and human trafficking
- (11) (A) develop strategies to resist inappropriate digital and online communication such as social media posts, sending and receiving photos, sexting, and pornography; and (B) identify appropriate responses to situations in which digital and online safety are at risk, including identity protection and recognition of predators.
- (12) (B) create a personal action plan, including identifying areas of support, for use when encountering bullying, cyberbullying, or harassment; and (C) describe the ramifications of bullying behavior.
- (19) (A) describe the characteristics of sex trafficking such as grooming, controlling behavior, exploitation, force, fraud, coercion, and violence; (H) explain the importance of reporting to a parent or another trusted adult sexual harassment, sexual abuse, sexual assault, and dating violence involving self or others.

NEST IN TEXAS

Sample Lessons

To view samples of our Elementary, Middle and High School lessons, scan the QR Code below or visit directly at www.nestfoundation.org/curriculum-lessons/samples-lessons-2023-texas-sb9

