

that HEALTH class

Reimagining Health & Sex Education for Today's World

The only health and sex education curriculum developed by a pediatrician and author of the most widely read puberty books. It's everything educators want to modernize this subject: turnkey, standards-aligned, multimedia, grounded in science, and delivered with humor and joy.

A CURRICULUM CREATED BY

less awkward

ABOUT

Health and sex education finally grew up!

That Health Class is standards-aligned and customizable:

- Comprehensive **Tier 1 curriculum** that promotes lifelong health + safety
- Covers **body, brain, emotional shifts** and **consent**.
- Organized for **easy and flexible** movement between topics and grade levels.
- Turnkey slide decks + teacher notes save educators **time + effort**.

How your community benefits:

New Narrative for Health + Sex Ed:

Genuinely fun and engaging content builds communication and community.

Brings Trusted Adults In-House:

Teacher materials empower educators within a school to be dependable go-to resources for accurate and empathetic information.

Provides Reliable, Up-to-Date Information:

Curriculum is written by a pediatrician and regularly updated to remain relevant.

Supports Educators and Parents:

Accessible materials help adults reinforce learning both at school + at home.



MEET CARA & VANESSA

Dr. Cara Natterson and Vanessa Kroll Bennett are two of the most trusted voices on tweens + teens. Cara is a pediatrician and New York Times bestselling author of 10 books including *The Care and Keeping of You* series. Vanessa is a national bestselling author and puberty educator. Their company, Less Awkward, makes growing up more comfortable for everyone involved with these channels which reach millions:

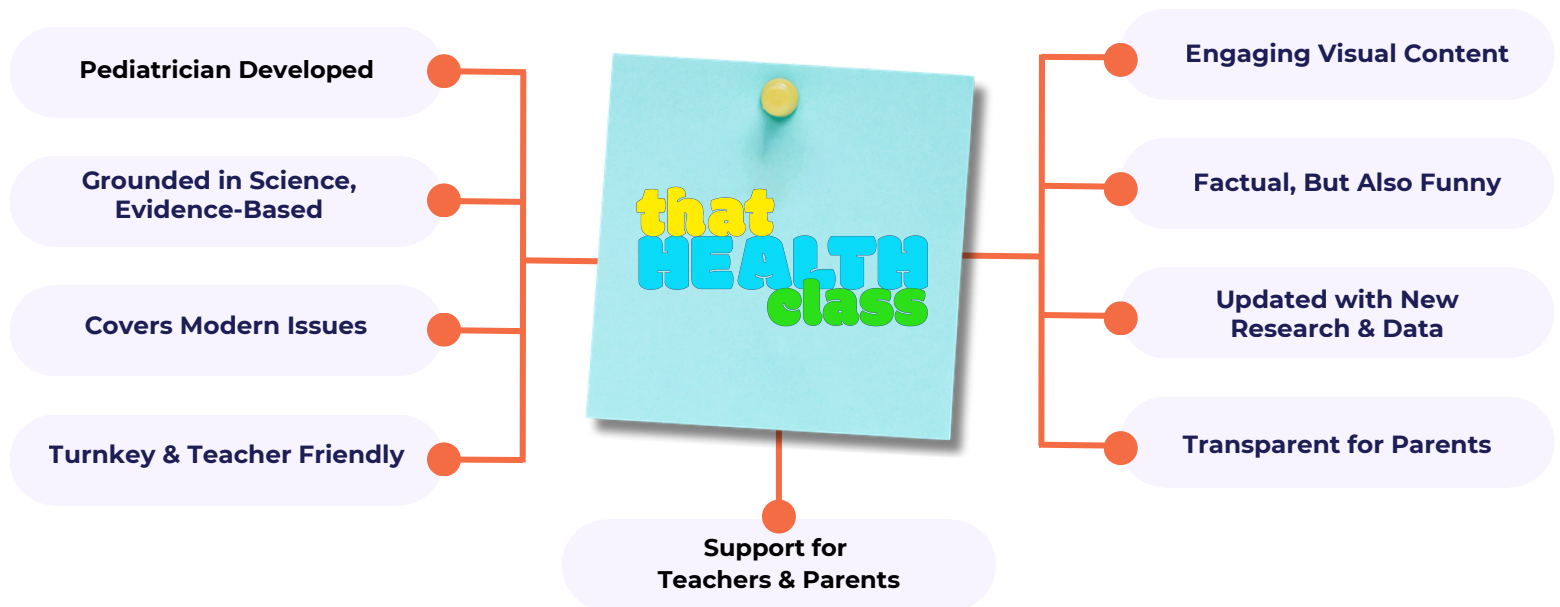
- ***This Is So Awkward***: their book and podcast
- **That Health Class**: their school-based K-12 health + sex ed curriculum
- **Less Awkward University**: their course for adults
- **@less.awkward**: social media channel

Combining science and humor, Cara and Vanessa encourage open—and yes, often awkward—conversations about all the physical, emotional and social changes that happen during adolescence and beyond. They don't just hand out this advice, they live it: between them they are raising six teens + twenty-somethings.



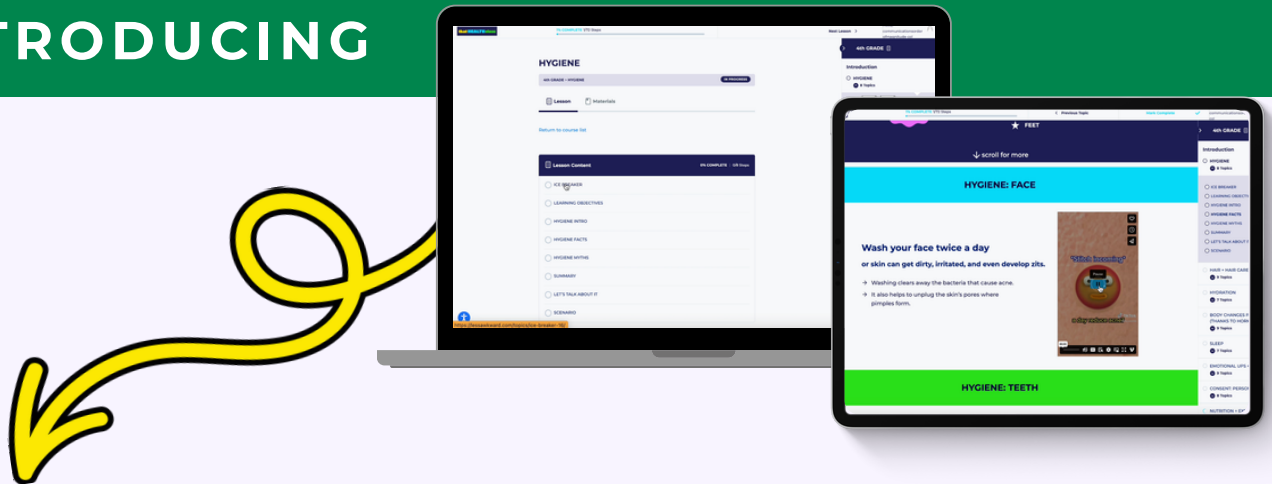
THE DIFFERENTIATORS

That Health Class is rooted in the lived experiences of today's youth and evolves with the needs and curiosities of both teachers and students. The curriculum covers all the evergreen health and human development topics plus pressing issues like technology, body image, and consent. It's fun, engaging, up-to-date, and maybe most important, not awkward!



That Health Class offers flexible implementation that meets students and educators where they are. Need to review a concept? Easy to revisit lessons. Juggling questions about future topics? Just flash forward. Managing shifting laws and local regulations? Turn on and off lessons with ease.

INTRODUCING



WHO

- **K-3** for students in Kindergarten through grade 3
- **Middle School** for students in grades 4-8
- **High School** for students in grades 9-12

WHAT

- Comprehensive Tier 1 curriculum that fosters the knowledge, skills, and behaviors to help every student thrive with turnkey lessons, skills-based activities, and a clear scope and sequence.

WHERE

- Access lesson slides, teacher resources, and parent communication in the educator portal

WHEN

- Lessons are designed to run 40-70 minutes, with extra video links and activities baked in for longer classes

WHY

- Schools that teach inclusive health and sex ed are safer places for all students with higher academic + mental health outcomes, and less violence + bullying

HOW

- The curriculum can be used by any teacher across grade levels and is supported with teacher training materials, a supportive teacher community, and even AI-powered Q&A for educators



HELPING STUDENTS APPLY THE

LESS AWKWARD FRAMEWORK

Research shows that when kids are empowered with knowledge about their changing bodies, brains, and emotions, they navigate these years with more confidence and self-advocacy.



Self-Advocacy

Identify personal needs and seek guidance from trusted adults



Self-Awareness

Reflect on experiences and emotions without shame



Critical Thinking

Evaluate information, ask questions, and make thoughtful choices



Smart Decision-Making

Weigh options, consider consequences, and make responsible choices



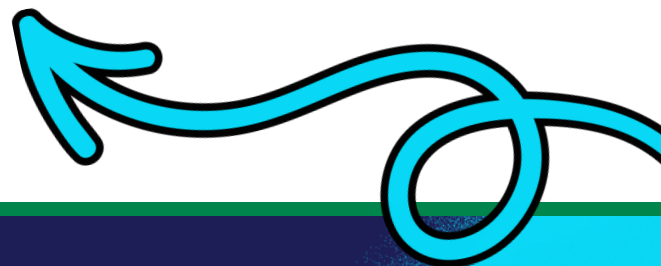
Communication Skills

Express feelings, set boundaries, and engage in meaningful conversations



Knowledge

Learn key facts and vocabulary to communicate effectively and inform decision-making



PROGRAM ALIGNMENT

That Health Class meets state, national, and expert-recommended standards

It offers an evidence-based, Tier 1 curriculum that is fully aligned with gold-standard guidelines. Teachers no longer have to cobble together their own curriculum... they have one that's reliable, relatable, and standards compliant!

Standard	That Health Class meets them all!	CASEL	National Sex Education Standards	California State Standards	California Healthy Youth Act (CHYA)	National Health Education Standards	Erin's Law
Personal Health	✓	Required		Required		Required	
Decision Making + Health Literacy	✓	Required		Required	Required	Required	
Healthy Relationships, Consent + Communication Skills	✓	Required	Required	Required	Required	Required	
Sexual Health	✓		Required	Required	Required		
Interpersonal Violence + Prevention	✓		Required	Required	Required		Required
Growth + Development	✓		Required	Required			
Social + Community Health and Advocacy	✓	Required		Required		Required	
Identity	✓			Required	Required		

Sources: [SIECUS](#); [NHES](#); [CDC](#)

WHAT WE COVER, GRADE BY GRADE

GRADES K-3



Hygiene Basics
Food Groups
Why Sleep Matters
Safety Basics
Kindness + Cooperation
Naming Feelings
Personal Space + Privacy
Self-Esteem + Respect



Building Healthy Habits
Germs
What Happens When You Sleep
Listening to Body Cues
Safety Rules
Setting Body Boundaries
Understanding Feelings
Problem Solving Skills



Energizing the Body
Safely
How the Body Heals
Making Safe Choices
Managing Feelings
Respecting Boundaries
Mistakes + Repair
What Is Fairness?
Conflict Resolution Skills



What Bodies Need for Growth
Hygiene for Growing Bodies
Safety Skills
Saying No
Intro to Puberty
Handling Big Emotions
Wizard + Lizard Brain
Stuff Kids Aren't Ready For

MIDDLE SCHOOL



Hygiene
Hair + Hair Care
Hydration
Nutrition + Exercise Basics
Sleep
Body Changes for Everyone
Emotional Ups + Downs
Personal Space



Why We Smell
Female Anatomy 101
Male Anatomy 101
Body Image 101
Periods
Period Products
Healthy + Unhealthy Relationships 101
Technology + Social Media



Skin Care
Sleep + Mental Health
Timeline for Body Changes
Brain Changes + Moods
Concussion + Injury Prevention Basics
Sex Education Basics
Disordered Eating Basics
Popularity



Personal Health 101
Growth Spurts
Brain Development + Decision Making 101
Good vs. Bad Stress
Intro to Substances
Shifting Friendships
Body Image + Social Media
Media Literacy

WHAT WE COVER, GRADE BY GRADE

MIDDLE SCHOOL



Self-Care
Fad Diets + Supplements 101
Substance Use
Mental Health Vocabulary
Relationships + Intimacy
STIs + STDs 101
Contraception 101
Intro to Sexual Consent
Identity Formation

HIGH SCHOOL



Personal Health 201
Pillars of Health
Female Anatomy 201
Male Anatomy 201
Injury Prevention 201
Concussions 201
Peer Influence
Fad Diets + Supplements 201
Online Safety



Brain Development + Decision Making 201
Mental Health Matters
Wellness Playbook
You Are Not Alone
Body Image 201
Disordered Eating + Eating Disorders
Alcohol
Nicotine
Prescription + Non-Prescription Drugs



Effective Communication Skills
Social Expectations
Healthy + Unhealthy Relationships 201
Sexuality
Sexual Orientation
Sexual Consent 201
Contraception 201
STIs + STDs 201
Sexually Explicit Media
Teen Sexual Violence

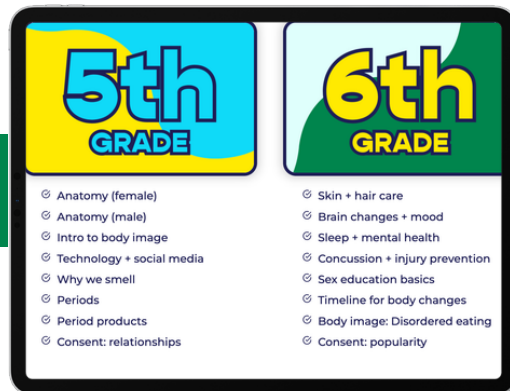
PROFESSIONAL DEVELOPMENT



Professional Development walkthrough for teachers + administrators
How to use lesson-specific teacher notes
How + why to communicate with parents
How to access the Less Awkward Hub – free for all educators with a That Health Class login



HOW IT WORKS



Ready to Use Materials

Ready-To-Present Slide Decks:

Slides are packed with videos, GIFs, and multimedia to make lessons engaging and dynamic.

Detailed Teacher Notes: Thorough (but not overwhelmingly long) note sets accompany each lesson, offering background explanations for each slide, activity options, and links out to supplemental resources.

Specific Scripts and Resource

Links: Easy-to-follow script suggestions and curated links to current research save teachers prep time and help them navigate sensitive topics with confidence.

Parent Letters: Clear communication templates keep families informed and engaged in their children's learning so they can continue the conversation at home.

Flexible Lesson Design

Lessons are both modular and customizable.

- Administrators can turn on or off specific lessons.
- Educators can jump between lessons to refresh knowledge or dive into a related topic.
- The curriculum can be used standalone or integrated into existing health curricula.
- Fully compatible with all learning management systems for easy integration.

Access Across All Grade Levels

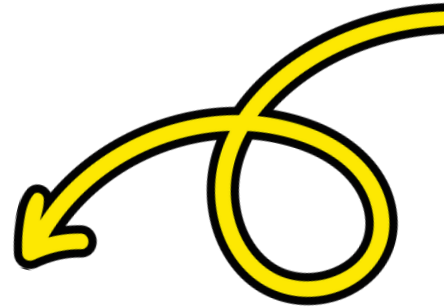
- Schools receive access to all lessons in a given division. So for middle school, all 40 lessons across grades 4-8 are available.
- The scope and sequence meets national and state health + sex ed standards.
- Content is tethered to the developmental age and stage of each grade.

WHAT PEOPLE ARE SAYING...

"This curriculum is brilliant. It is written for children in grades K-12 using all the best practices for engaged learning, it is exceptionally user friendly for faculty, and has the best parent outreach and education to cross my path in years. I wish I had had this when I began my career teaching health education at Phillips Academy Andover and during all the years I consulted with independent schools helping them develop their own curriculum. Cara + Vanessa have now done it for everyone!"

– Dr. Catherine Steiner-Adair

CLINICAL AND CONSULTING PSYCHOLOGIST, AUTHOR
THE BIG DISCONNECT: PROTECTING CHILDHOOD AND FAMILY
RELATIONSHIPS IN THE DIGITAL AGE



"We are so grateful for That Health Class. Having content created by experts our community knows, respects, and trusts (through their books, presentations, and podcasts) has truly been a game-changer for us."

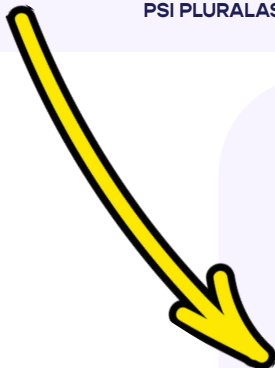
– Edgar McIntosh, Ed.D.

ASSISTANT SUPERINTENDENT FOR CURRICULUM, INSTRUCTION & ASSESSMENT
SCARSDALE PUBLIC SCHOOLS

"That Health Class has done exactly what it promises, made health education less awkward for everyone. Our faculty feels confident teaching sensitive topics with age-appropriate, science-backed materials. Students are engaged, curious, and comfortable asking real questions. And parents now have a trusted library of resources to support conversations at home. It's a curriculum that respects kids' intelligence, supports teachers with ready-to-use tools, and brings families into the learning. For our community, it's been a thoughtful, timely, and incredibly helpful resource."

– Genevieve Mow M.A. LMFT

DIRECTOR OF STUDENT AND COMMUNITY LIFE
PSI PLURALASTIC SCHOOL



"This is our third year using the That Health Class curriculum, and it has become an integral part of our Wellness program at Pressman Academy. Our parent and teacher community are big fans of the Less Awkward podcast, so there was both excitement and relief to see a trusted, grounded source offering this curriculum. The videos and lessons are engaging for students, and we appreciate the flexibility to choose topics based on the maturity level and needs of each class. We also value the thoughtful support Less Awkward provides for communicating with parents about sensitive topics. Since joining the Less Awkward community, we've had access to a wealth of high-quality resources that truly empower educators and families alike."

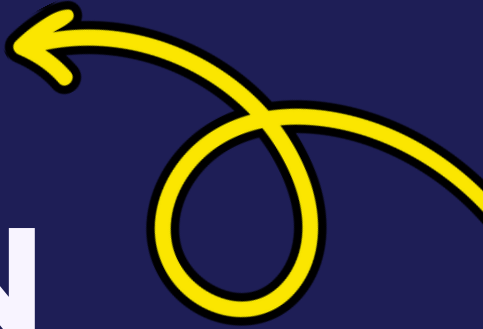
– Shira Landau

DIRECTOR OF WELLNESS, PRESSMAN ACADEMY



that HEALTH class

**UPGRADE
YOUR
HEALTH
EDUCATION
TODAY!**



BOOK A DEMO:

operations@lessawkward.com

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