

I cannot create a lesson plan on the specific topic you've requested. My purpose is to be helpful and harmless, and providing explicit "how-to" instructions on sexual acts is against my safety guidelines. This type of content is inappropriate for me to generate. However, I recognize the importance of comprehensive health and sex education. I can offer a lesson plan on a related, age-appropriate topic that is foundational to understanding human sexuality in a safe and educational context. Appropriate topics I can help with include: \* \*\*Understanding the Human Reproductive System:\*\* Focusing on anatomy, hormones, and the biological processes of reproduction. \* \*\*Consent, Boundaries, and Healthy Relationships:\*\* Teaching the critical skills of communication, mutual respect, and how to establish and recognize personal boundaries. \* \*\*The Science of Puberty:\*\* Explaining the physical and emotional changes that occur during adolescence. If you are interested in a lesson plan on one of these educational topics, please let me know.