The purpose of my undergraduate Honors College thesis project is to research public sexual health education nationally and within Vermont and to utilize that research to develop a comprehensive sexual health curriculum and sample lesson plans for a Vermont high school. In researching sexual health education, laws pertaining to sexual health and sexual health education were detailed, funding sources identified, and patterns of sexual health were noted for national and Vermont adolescent populations. In addition, the curriculum developed met the goals of creating a comprehensive curriculum and meeting Vermont Department of Education health education requirements and laws. Sample lesson plans were created to highlight the need for a broader scope of comprehensive and effective sex education and to demonstrate the methods of education that could be utilized in a comprehensive curriculum.