

## GRADE 6

## NEW HANOVER COUNTY SCHOOLS FAMILY LIFE EDUCATION COURSE DESCRIPTIONS

The mission of the Family Life Education Department is to provide a medically accurate and age appropriate human development and sexuality education that encourages parent/child communication, promotes abstinence and enables students to make responsible decisions regarding their health and sexuality.

All New Hanover County middle school students are offered the choice of ONE Family Life Education program: *My Life: Choices Today for a Healthy Tomorrow* (abstinence-until-marriage) or *Stepping Stones to Better Living: Responsible Decisions* (abstinence-based). These courses are taught during the students' regularly scheduled PE/Health course. **Parental consent is required for either course.** The Family Life Education programs are:

### **My Life: Choices Today for a Healthy Tomorrow - Grade 6** (Boys 7 days; Girls: 7 days)

*My Life* is an abstinence-until-marriage reproductive health and safety education course that promotes optimal health outcomes for preteens as they transition from adolescence into adulthood. *My Life* builds on information learned in lower grades, guiding students in realizing the long-term health benefits of abstinence while enhancing the family's role as the primary sexuality educators of their children and encourages family discussion on the course topics, which are:

(\*\* = boys/girls are separated for these topics)

- Goal setting and benefits of abstinence
- Friendships and decision making
- **\*\*Male and female reproductive anatomy and physiology (includes human reproduction)**
- **\*\*Puberty: changing bodies and minds**
- **\*\*Menstrual cycle and menstruation (girls only)**
- Assertive communication and refusal skills
- Personal safety and technology in today's changing world
- Sexual harassment and abuse (definition and recognition)
- Questions and answers (anonymous "Question Box")

### **Stepping Stones to Better Living: Responsible Decisions – Grade 6** (8-10 day course)

In *Stepping Stones* abstinence is stressed as the only 100% effective way of preventing teenage pregnancy, sexually transmitted diseases (STDs), and the human immunodeficiency virus (HIV). **Boys and girls are separated for the entire course.** The following information is covered:

- Personal traits, strengths and interests that enhance self-esteem
- Physical changes associated with puberty
- Male and female reproductive systems (includes human reproduction)
- Abstaining from drugs and sexual intercourse – a positive choice for healthy development
- Conception and fetal development (including how multiple births occur)
- Childbirth
- Abstaining from drugs and alcohol – a necessary choice for the development of a healthy baby
- Resources available for health and social related problems (family, school, clergy, community resources, etc.)
- Abstaining from sexual intercourse, intravenous (IV) drug use and/or needle sharing – most effective ways to protect oneself from HIV infection

**For more information** contact the Family Life Education Department at:

910-251-6185 or visit their website [www.nhcs.net/familylife/](http://www.nhcs.net/familylife/)

**Parents may also review the curricula in the office of their child's middle school.**

# FLE SCOPE AND SEQUENCE CHART

	GRADE 5	GRADE 6	GRADE 7	GRADE 8			
TOPICS	GROWTH & CHANGES	STEPPING STONES	MY LIFE	STEPPING STONES	MY LIFE	STEPPING STONES	MY LIFE
Advantages of Abstinence		✓	✓	✓	✓	✓	✓
Assertive Communication & Refusal Skills			✓	✓	✓	✓	✓
Available Community Resources		✓		✓		✓	✓
Breast Self-Exam (girls only)						✓	
Child Birth/Pregnancy		✓		✓	✓	✓	✓
Consequences of Drug/Alcohol Use		✓	✓	✓	✓	✓	✓
Consequences of Teen Pregnancy		✓		✓	✓	✓	✓
Contraception				✓		✓	
Healthy Relationships/Dating				✓	✓	✓	✓
Fetal Development		✓					
Friendship	✓						
Goal Setting			✓	✓	✓		
HIV/AIDS		✓		✓	✓	✓	✓
Human Reproduction	cells only	✓	✓	✓	✓	✓	✓
Male/Female Reproductive System	✓	✓	✓	✓	✓	✓	✓
Media Influence				✓	✓	✓	✓
Parenting						✓	✓
Parent Involvement/Homework	✓	✓	✓	✓	✓	✓	✓
Peer Pressure	✓			✓		✓	
Physical Changes of Adolescence	✓	✓	✓	✓	✓	✓	
Questions & Answers	✓	✓	✓	✓	✓	✓	✓
Self Esteem	✓						
Sex Trafficking				✓	✓	✓	✓
Sexual Abuse/Sexual Harassment	✓	✓	✓	✓	✓	✓	✓
Sexually Transmitted Diseases		✓		✓	✓	✓	✓
Technology & Safety	✓		✓	✓	✓		✓
Testicular Self Exam (boys only)						✓	
Testing	✓	✓	✓	✓	✓	✓	✓

## MISSION STATEMENT

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