

GRADE 7

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 course: *My Life: Choices Today for a Healthy Tomorrow* (abstinence-only) 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 courses are:

My Life: Choices Today for a Healthy Tomorrow – Grade 7 (9 day course)

My Life is an abstinence-until-marriage, reproductive health and safety education course that promotes optimal health outcomes for teens. *My Life* reviews and builds on information learned in the lower grades and guides students in realizing the long-term health benefits of a sexually abstinent lifestyle until they are in a mutually faithful monogamous adult relationship or marriage.

The following information is covered: (co-ed)

- Benefits and freedoms of abstinence
- Recognizing pressure lines and practicing assertive refusal skills
- Review: male and female reproductive systems, human reproduction, menstruation and fertilization
- Dating and healthy relationships
- Recognizing unhealthy relationships (includes cycle of violence and partner abuse)
- Culture and media influence on sexual decision making
- Symptoms, transmission, and treatment of STDs and HIV
- Understanding difference between sexual risk avoidance vs. sexual risk reduction

Stepping Stones to Better Living: Responsible Decisions – Grade 7 (14 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).

The following information is covered:

- Influence of media on sexuality: Students will analyze current advertisements, music, lyrics, music videos, etc.
- Safety and technology
- Recognizing and building healthy relationships among family, friends and romantic interests.
- Positive aspects of group dating
- Appropriate non-physical and physical ways of expressing affection in a relationship
- Assertive communication - effectively coping with peer pressure
- Awareness and prevention of sexual abuse, sexual harassment
- Male and female reproductive systems**
- Methods of contraception**
- Advantages with abstaining from sexual involvement and drugs and alcohol
- Symptoms, transmission, treatment, and prevention of STDs and HIV

****Boys and girls are separated for these topics.**

For more information contact the Family Life Education Department at:

910-251-6185 or visit their website 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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