



MY LIFE

Choices Today for a Healthy Tomorrow

6th Grade

*****Do NOT lose me!*****

NAME _____

Mission Statement

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.

Your Teacher:

- James Castiglione james.castiglione@nhcs.net

Family Life Education website:

<https://www.nhcs.net/divisions/instruction-and-academic-accountability/elem-secondary-education/family-life-education>



New Hanover County Schools
Engaging Students, Achieving Excellence

DR. TIM MARKLEY
Superintendent

Family Life Education Department

WELCOME TO **MY LIFE**

CHOICES TODAY FOR A HEALTHY TOMORROW

Dear Parent or Guardian,

Today your child began the Family Life Education course *My Life: Choices Today for a Healthy Tomorrow*

Your child will be in this class for ___ days in which they will receive a grade based on homework, classwork and extra credit. Each student is encouraged to talk with their parents about class discussions as it relates to your family values. The daily worksheets and homework will be a great starting point.

For more information please consult our website or contact the My Life teacher via email. This information is listed in this packet.

Thank you!

Parent's Signature: _____

Date _____

Grade 6: MY LIFE SCHEDULE

Lesson	Topic	WHO	Day	Date
1	Introduction Abstinence Goal Setting	ALL		
2	Friendships Decision Making	ALL		
3	Puberty Physical & Social Changes Male Reproductive System	BOYS		
4	Female Reproductive System Menstrual Cycle & Fertilization	BOYS		
5	Puberty Physical & Social Changes Male Reproductive System	GIRLS		
6	Female Reproductive System Menstrual Cycle & Fertilization	GIRLS		
7	Personal Safety Technology Sexual Harassment Abuse	ALL		
8	Effective Communication I-messages Refusal Skills	ALL		
9	QUIZ and Summary	ALL		

First and Last Name: _____

Friendships (4 TYPES) Types of friendships:

- **Acquaintances:** people you recognize but don't know much about.
- **Casual friends:** people you know a little about.
- **Close friends:** friends you know a LOT about.
- **Intimate friends:** a person you could tell your very personal things to. (EX: BFF)

As you grow and mature, friendships can change. Describe why and how this can happen:

STEPS TO MAKING A GOOD DECISION:

- Step 1: Name the **PROBLEM**.
- Step 2: List **TWO OPTIONS** you have to solve the problem.
- Step 3: List **PROS & CONS** of each option. (PRO = good; CON = bad)
- Step 4: **DECIDE** and **ACT**

PRACTICE DECISION MAKING STEPS

Pick one of the difficult situations on the back of this page and complete the decision making steps.

Step 1: Name the problem: _____


Step 2: List 2 OPTIONS you have to solve the problem:

Option **#1**: _____

Option **#2**: _____

Step 3: List PROS and CONS of each option:

Option #1		Option #2	
PROS (good)	CONS (bad)	PROS (good)	CONS (bad)

Step 4: Decide and ACT: Which decision would you make? (Circle ONE)  **#1** or **#2**

Decision Making

Name the Problem:

● Possible Solution #1		● Possible Solution #2	
● Pros (2)	● Cons (2)	● Pros (2)	● Cons (2)

What decision will you make and WHY?

What personal or family values influenced your decision?

Decision Making

First & Last Name: _____

MY VALUES:

List 10 values that are important to YOU -

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

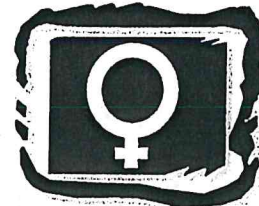
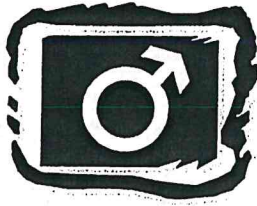
GROUP VALUES:

Share your values with the members of your group. As a group, decide which FIVE values are important to everyone. Write them below.

1	
2	
3	
4	
5	

I will collect these at the end of class, so they can be reused.

Physical Changes (Puberty) Chart



Boys	Girls
<p>Shoulders get broader</p> <p>Muscles grow larger</p> <p>Voice gets deeper</p> <p>Hair grows under arms and on arms, legs, chest and face</p> <p>Hair grows around the penis & testicles (pubic region)</p> <p>Penis & testicles grow larger. One testicle usually hangs lower than the other. This is normal.</p> <p>Testicles begin producing sperm cells. Nocturnal emissions ("wet dreams") possible.</p> <p>Boys' breasts may feel tender and develop a small temporary lump beneath the nipple. This is normal. It will go away.</p>	<p>Hips get wider</p> <p>Waist gets smaller</p> <p>Hair grows under arms</p> <p>Hair grows around the vulva (pubic region) in a "V" shape</p> <p>Breasts develop. One breast can be slightly larger than the other.</p> <p>The vagina makes a white, sticky substance called "vaginal discharge". This is normal. This discharge is how the vagina cleans itself.</p> <p>Egg cells in the ovaries become mature enough to start being released monthly, usually one at a time.</p> <p>Menstruation ("having periods") begin anytime between ages of 8-16.</p>

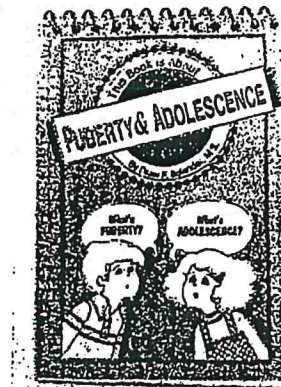


Boys & Girls
<p>Grow very quickly</p> <p>Sometimes feel clumsy & awkward</p> <p>Sweat more and have body odor</p> <p>Get oilier skin and may develop acne ("pimples")</p> <p>Have aching muscles and joints ("growing pains")</p> <p>Emotions may feel like you're on a roller-coaster...happy one minute, sad the next.</p>

Name: (first and last) _____

Parent Signature: _____

Puberty & Adolescence Booklet (do both sides)



DIRECTIONS: Read the "Puberty & Adolescence" booklet and complete both sides of his worksheet. The information in this booklet may be confusing to you right now. Don't worry! It will all make sense soon enough.

1. Puberty is when sex organs and _____ begin to produce _____ which cause boys and girls to grow to _____ and _____.
2. Adolescence is the time between _____ and adulthood. Adolescence is also known as the _____ years.
3. There is no set time to begin physical maturity but girls usually begin between the ages of _____ and _____. Boys usually begin puberty between the ages of _____ and _____ years.
4. Babies are created from an _____ cell inside a female being fertilized by a _____ cell from a male's body.
5. Growth and maturity of the body is controlled by the _____ gland. It is the size of a pea and located at the base of both male and female brains. When your body is ready to begin puberty, this gland starts that change.
6. The pituitary gland causes you to grow by secreting a hormone called _____.
7. Growth can also be affected by _____, which refers to physical characteristics you inherit from your parents.
8. Heredity is a form of "_____" made up of genes, which determines what your body will look like when the pituitary gland begins the process of changing from a _____ to an adult. Everyone has their own _____ and blueprint.
9. Your outward appearance is not as important as your inward self, which is referred to as your _____. When you combine the _____ self with the _____ self, it makes up the winning combination of _____.

10. As you grow and learn to be more mature and responsible, your family and friends will develop _____ in you. It is more valuable than _____.
11. Sexual maturity means that your sex organs are producing sex _____.
12. The sex cells in females are called _____ (egg cells) and the male sex cells are called _____ cells.
13. The pituitary gland secretes another hormone into the bloodstream called _____. It stimulates the _____ of the female and the _____ of the male to grow in size.
14. Baby girls are born with two reproductive organs called ovaries. They are located inside her _____ cavity and are about the size of an almond. Egg cells are stored inside the ovaries.
15. When a girl begins puberty, her ovaries secrete a hormone called _____, which causes her body to start looking like an adult female.
16. Boys have reproductive organs too. They are called _____ and are found outside his body in a sac called the _____.
17. As a boy grows, his testes will secrete a hormone called _____, which will cause him to take on the characteristics of an adult male.
18. When a male's testes produce sperm cells, he is capable of becoming a _____.
19. When you have questions about growing up, you should ask your _____ (or a trusted adult) for the answers to these questions.
20. The booklet lists 5 distinct body changes that males and females notice as they go through puberty. List 3 for each: (you will find this in a box on the FEMALE and MALE pages)

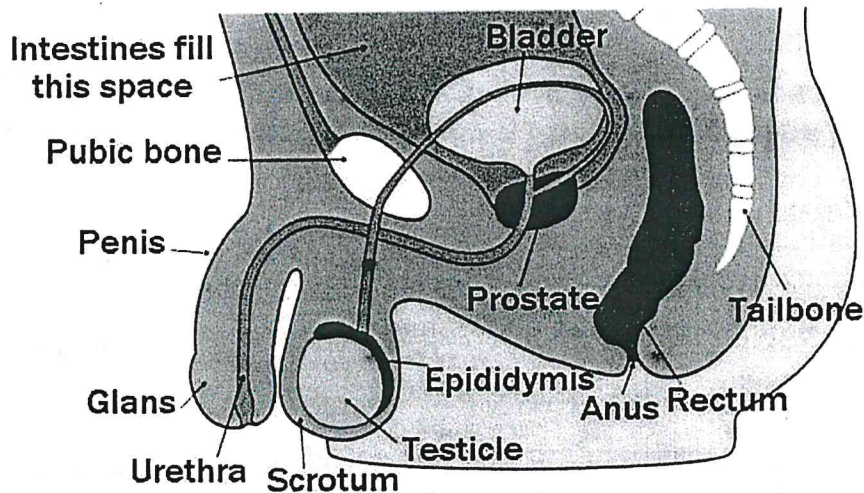
FEMALE BODY CHANGES:

MALE BODY CHANGES:

First and Last Name: _____

Directions: Fill in the blanks with the correct answer. DO BOTH SIDES! (Male and Female)

Male Sexual Organs



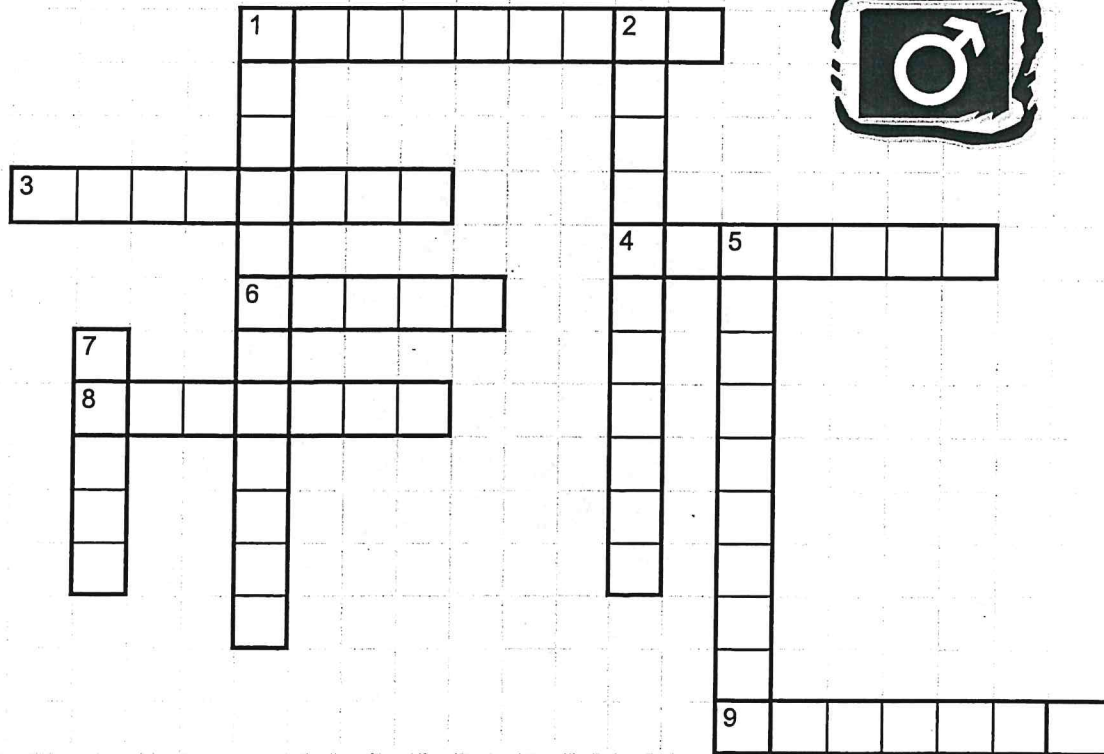
Male Reproductive System: Fill in the Blanks

1. The pouch of skin that holds the testicles and controls temperature for sperm production is called the _____.
2. The _____(s) produce sperm cells and the male sex hormone (testosterone).
3. Sperm cells mature and are stored in the _____.
4. The tube that carries the sperm away from the epididymis is called the _____.
5. The _____ gland provides a clear fluid to the sperm cells. This fluid helps to neutralize the acid in the male urethra and female vagina.
6. The _____ is the male sex organ through which urine and semen leave the body.
7. The combination of fluid and sperm cells is called _____. (answer is not on the diagram)

Name: _____ (First and Last)

Parent/Guardian Signature: _____

Male Reproductive System Crossword Puzzle



Across:

1. Glands that produce sperm and the male sex hormone ("sperm factories").
3. When the penis suddenly gets hard and enlarged.
4. The tube through which urine and semen pass.
6. A fluid containing sperm cells.
8. The stage of changing physically from a child to an adult.
9. Pouch of skin that holds the testicles.

Down:

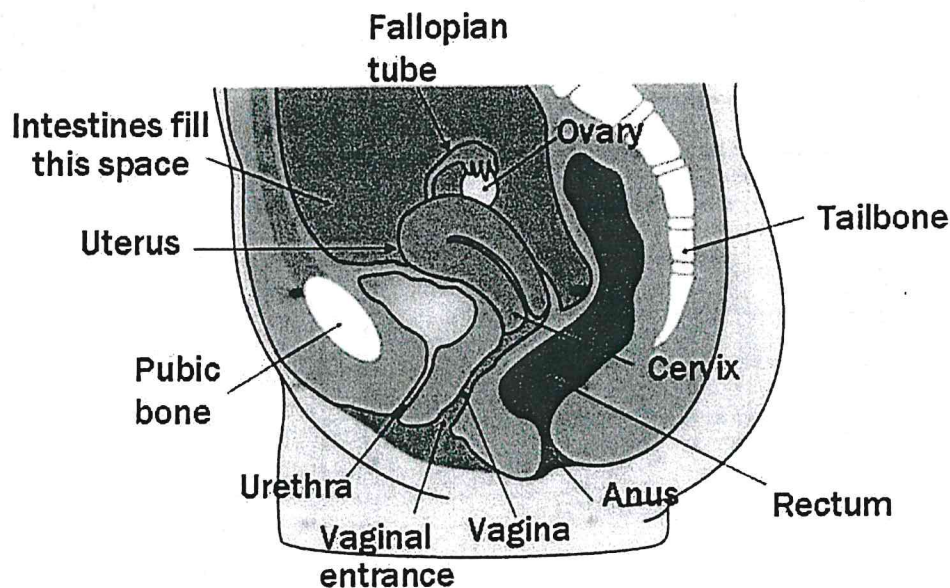
1. The male sex hormone.
2. The release of semen from the male's body.
5. Coiled tube in testicles, where sperm cells mature and are stored.
7. Male sex cells that can fertilize an egg cell.

Word Bank:

ejaculation
epididymis
erection
puberty
scrotum
semen
sperm
testicles
testosterone
urethra

First and Last Name: _____

Female Internal Sexual and Reproductive Organs

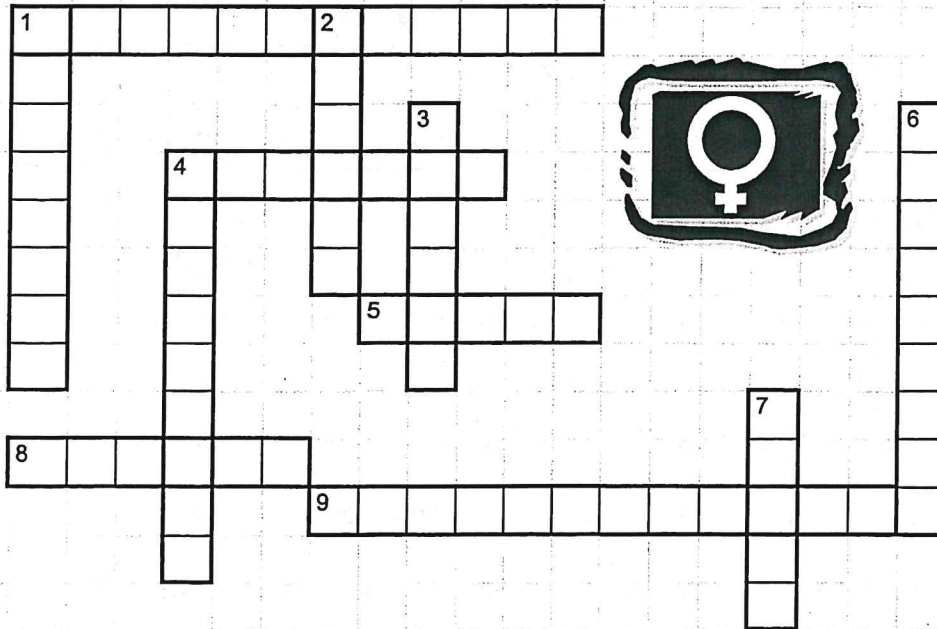


Female Reproductive System: Fill in the Blanks

1. The tube that females urinate out of is called the _____. (NOT the vaginal!)
2. The two _____ store and release egg cells.
3. The passageways for the eggs as they make their way toward the uterus and the place where the egg may be fertilized are called the _____.
4. The place where an unborn baby grows and develops is called the _____.
5. The inner lining of the uterus is called the _____.
6. The narrow lower end of the uterus that opens into the vagina is the _____.
7. The hollow, tunnel-like structure through which menstrual blood and babies leave the body is called the _____.
8. The folds of skin that surround the opening of the vagina are the _____.

Name: _____

Female Reproductive System Crossword Puzzle



ACROSS:

1. The monthly discharge of blood & tissue that occurs when a female is not pregnant.
4. The almond sized glands which produce the female's eggs and sex hormones.
5. Hairlike structures that line the fallopian tubes and move the egg.
8. A hollow, tunnel-like passage through which menstrual blood leaves the body.
9. The moment when a sperm cell unites with an ovum.

DOWN:

1. The time when a girl gets her first "period".
2. The place where a baby grows & develops (and it's NOT the STOMACH!)
3. The narrow, lower end of the uterus that opens into the vagina.
4. The release of a mature egg cell from the ovary.
6. The tubes where fertilization usually occurs.
7. The name for the baby inside the mother after the first 2 months of pregnancy.

Word Bank:

cervix
cilia
fallopian
fertilization
fetus
menarche
menstruation
ovaries
ovulation
uterus
vagina

Name: _____(First and Last)

Parent OR Adult Signature: _____(Get Signed for Extra credit)

TECHNOLOGY SAFETY TIPS

Directions: Read AND discuss the following technology safety tips with an adult in your family. Feel free to make changes to these tips OR ADD your own tips to fit your family's values. **THIS CAN BE SIGNED BY AN ADULT FOR EXTRA CREDIT.**



- I won't post or share my personal information (such as my full name, address, telephone number or my school name).
- I won't send or post a photo of myself without my parent's permission.
- I won't make hurtful or threatening remarks or claim to be someone I'm not.
- I will tell my parents if I'm being bullied, harassed or receiving messages that scare me.
- I will not download anything without parental consent.
- I will never let others use my cell phone or computer for things I wouldn't do.
- I will keep my social networking sites set to PRIVATE and check the settings regularly.
- I won't respond to any messages that are threatening to me, my family, or my friends.
- I will remember that **ANYTHING** posted on the internet, texted or downloaded has a permanent record - even if it is deleted.
- Before I click "SEND", I will always ask myself..."Is this something I will be proud of for the REST OF MY LIFE?"

- _____
- _____

Parent/Guardian Signature: _____

Name: _____

Directions: Complete this worksheet. It will be checked NEXT TIME we're together.

Communication: a way to let people know what you _____ and do not _____.

2 Types of Communication: _____ and _____.

Communication NO-NO's:

- _____ (YOU...)
- _____ (avoidance)
- _____ (aggressive behavior)

Communication DO's:

- _____
- _____
- _____

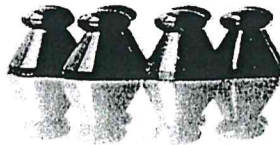
Refusal skills:

- _____
- _____
- _____
- _____

I-messages: Start your sentences with "I" instead of "YOU". Helps deflate a situation while still being assertive enough to get what you want.

EXAMPLE: "I feel angry when you take my things without asking. I want you to ask me first."

LET'S GET IN A GROUP!



Sexual Harassment

ANY unwelcome sexual behavior that makes someone feel uncomfortable or unsafe.

What to do if you've been harassed?

1. Tell the harasser to stop.
2. Talk to a friend.
3. Write down what happened.
4. Tell an adult
5. File a report with an administrator, SRO or online:

<https://www.nhcs.net/divisions/student-support-services/bullying-information>

HOW to Report

Who can help?

Any school personnel including bus drivers or SROs or any trusted adult.

Is there a form?

Yes, go to www.nhcs.net and click on the DIVISIONS tab. Click STUDENT SUPPORT SERVICES. On the left hand tab click BULLYING INFORMATION or ask a school employee to print one for you. A form is also included on the next page.

When will the investigation begin?

Investigations are initiated within 72 hours of being reported, or 3 school days.

Can I make an anonymous report?

Yes, however, provide as much information as you can about the victim, offender or witnesses.

Discrimination, Bullying, and Harassment Student Reporting Form

Directions: If you feel that you have been bullied and would like help, please fill out the form below. If you need more space, attach another piece of paper. When you are done, turn this form into the front office of your school. An administrator or counselor will contact you within two school days.

Your name _____

Your teacher's name _____ Your grade _____

Your phone number _____ - _____ - _____ Your email _____

Today's date _____ \ _____ \ _____ When did the bullying occur? _____ \ _____ \ _____

Please put an "x" one or both boxes:

- I felt bullied
 I saw someone else be bullied

Describe what happened when you or someone you know felt bullied:

Who was involved in the bullying?

What did you do? Was anyone with you?

Were you threatened in any way? Yes No
If yes, please explain what was said, written, typed, or texted.

Did an adult see the bullying or did you tell an adult about the bullying? Yes No
If yes, who saw it or who did you tell?

Student Signature _____
For signature confirmation, please enter your name as indicated in school records and email from the email account you have on file with NHCS.

Date received in front office _____ \ _____ \ _____

Signature of personnel receiving form _____

Date formal investigation initiated _____ \ _____ \ _____

Vocabulary

FEMALE BIOLOGICAL BODY PARTS

Anus - opening through which bowel movements leave the body

Cervix - small opening located at the base of the uterus

Clitoris - a small, sensitive pea-shaped gland located near the front of the labia

Hymen - a membrane that partially covers the vagina to protect it

Endometrium - soft spongy lining of uterus that is shed during a female's menstrual period

Fallopian Tube (2) - passageway for egg cells to get to the uterus

Labia (Vulva) - soft folds of tissue that surround the other sex organs

Ovary (2) - two oval shaped glands where the egg/ovum are stored; also produces estrogen

Urethra - tube through which urine exits the body; located in front of vagina

Uterus (womb) - place where babies grow and develop; where endometrium comes from

Vagina - flexible passageway that leads from the cervix to the outside of the body; babies usually pass through here when they are born

MALE BIOLOGICAL BODY PARTS

Anus - opening through which bowel movements leave the body

Circumcision - surgical removal of foreskin from the penis

Cowper's Gland (2) - pea shaped glands that release a chemical to clean the urethra before ejaculation

Epididymis - the place where sperm cells are matured and stored

Foreskin - fold of skin which covers the head of the penis; all males are born with foreskin

Penis - male external reproductive organ

Prostate Gland - located under bladder and adds fluid to make semen

Scrotum - pouch of skin that holds the testicles

Semen - mixture of sperm and fluid

Seminal Vesicles (2) - add fluid to mix with sperm cells to make semen

Testicles (2) - oval shaped glands that produce sperm and testosterone

Urethra - tube through which urine and semen exit the body yet never at the same time

Vas Deferens (2) - tubes that carry mature sperm cells out of the testicles

Adolescence - the period of time when a child goes through puberty

Estrogen - the female hormone

Genitals - external sex organs

Hormone - a powerful chemical that causes the body to change

Hygiene - the process of maintaining health through cleanliness

Pituitary Gland - gland in the brain that signals the start of puberty

Puberty - the time of life when a child grows to an adult

Testosterone - the male hormone

BIOLOGY

Ejaculation - when semen leaves the penis through the urethra

Erection - when the penis become enlarged and stands up

Menarche - first menstruation

Menopause - when a woman stops releasing egg cells and stop
Menstruating; usually around 50 years old

Menstruation - the process of the endometrial lining leaving the body
through the vagina

Nocturnal Emission (Wet Dream) - an ejaculation of semen while a male is
sleeping

Ovulation - when a mature egg cell is released from the ovary into the
fallopian tube

Ovum/Egg - the female sex cell

Sperm - the male sex cell

Vaginal Discharge - slippery fluid secreted from the vagina; natural way
of cleaning the inside of the vagina

PREGNANCY

Conception/Fertilization - the uniting of the sperm and ovum (egg cell)

Embryo - term used to refer to the unborn child from conception through
the eighth week of pregnancy

Fetus - term used to refer to the unborn child from the ninth week of
pregnancy until birth

Trimester - a period of 3 months; there are three in a pregnancy

RELATIONSHIPS

Abstinence - the choice of doing without

Consent - permission

Self-esteem - confidence in one's own self worth; self-respect

Sexual Harassment - ANY unwelcome sexual behavior that makes someone
feel uncomfortable or unsafe

STI - Sexually Transmitted Infection

