



Stepping Stones

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.

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Family Life Education website:

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

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Topics covered in the Family Life Education classes have the potential to be a trigger for anyone associated with sexual abuse, whether it be personal, familial or you may know a victim or their story. Please feel free to talk to a parent, counselor or trusted adult prior to the discussion during the course or at any point throughout the course. Your instructor understands some topics may bring up certain emotions and you may need to take a break. Please let your instructor know if you need to do so.



New Hanover County Schools
Engaging Students, Achieving Excellence

Family Life Education Department

WELCOME TO **STEPPING STONES**

Dear Parent or Guardian,

Today your child began the Family Life Education course *Stepping Stones*.

Your child will be in this class for ___ days in which they will receive a grade based on homework and classwork. Each student is encouraged to talk with their parents about class discussions as it relates to your family values. This booklet is a great starting point. If there is anything you need the Stepping Stones teacher to know about your child, please feel free to email them.

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

Thank you!

Parent's Signature: _____

Date _____

Vocabulary

PUBERTY

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

SEXUAL ORIENTATION AND GENDER

Gender Identity - how you feel inside and how you express those feelings.

Clothing, appearance, and behaviors can all be ways to express your gender identity.

Sexual Orientation - is about who a person is attracted to and who they want to have romantic or intimate relationships with

LGBTQ+ - acronym for the queer community (see below)

Lesbian - a woman who is attracted to women

Gay - same gender attraction (homosexual); also can be someone that is not straight

Bisexual - sexually attracted not exclusively to people of one particular gender; attracted to both men and women.

Transgender - a person whose sense of personal identity and gender does not correspond with their sex assigned at birth

Questioning - a person who is unsure of their gender identity and/or sexual orientation and is in the process of figuring it out.

Straight - describes a male to female attraction/relationship (heterosexual)

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

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

Hymen - a membrane that partially covers the vagina to protect it
Labia (Vulva) - soft folds of tissue that surround the outside of the vagina
Ovary (2) - two oval shaped glands where the egg/ovum are stored; also produces estrogen
Ovum/Egg - the female sex cell
Urethra - tube through which urine exits the body; located in front of vagina
Uterus (womb) - place where babies grow and develop; where endometrium (period blood) 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
Sperm - the male sex cell
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

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

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

PREGNANCY, LABOR & DELIVERY

Afterbirth - the placenta and fetal membranes discharged from the uterus after the birth of offspring

Amniotic sac - commonly called the bag of waters, the sac in which the fetus develops in amniotes. It is a thin but tough transparent pair of membranes that hold a developing fetus

Caesarean section (C-section) - is the surgical procedure by which a baby is delivered through an incision in the mother's abdomen, often performed because vaginal delivery would put the baby or mother at risk

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

Crowning - is when you can see the top of the baby's head through the opening of the vagina

Dilatation - the opening of the cervix

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

Fetus - the unborn child from the ninth week of pregnancy until birth

Labor - is a physiologic process during which the fetus, membranes, umbilical cord, and placenta are expelled from the uterus\

Miscarriage - is when an embryo or fetus dies before the 20th week of pregnancy.

Placenta - is an organ that develops in your uterus during pregnancy and provides oxygen and nutrients to your growing baby and removes waste products from your baby's blood.

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

Umbilical Cord - a flexible cordlike structure containing blood vessels and attaching a human or other mammalian fetus to the placenta during pregnancy

RELATIONSHIPS

Abstinence - the choice of doing without

Consent - freely given, reversible, informed, enthusiastic and specific 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

Vocabulary/Notes/Doodles

ICEBREAKER BINGO

SOMEONE WEARING YELLOW	DOES NOT HAVE ANY PETS	LOVES COUNTRY MUSIC	IS AFRAID OF SPIDERS	HAS NEVER BROKEN A BONE
HAS BEEN TO ANOTHER STATE	HAS BEEN ON A MOTOR-CYCLE	DOES NOT DRINK MILK	HAS RUN A 5K	HAD/HAS BRACES
HAS RED HAIR	LOVES TO DRAW	FREE SPACE	FAVORITE COLOR IS PINK	CAN PLAY THE GUITAR
WAS BORN IN DECEMBER	HAS BEEN OUT OF THE COUNTRY	HAS CURLY HAIR	IS LEFT HANDED	PLAYS A SPORT
CAN FAKE BURP	HAS SUNG ONSTAGE	ATE BREAKFAST THIS MORNING	CAN DANCE	CAN COOK

directions

1. Walk around and find classmates that fit the descriptions.
2. Write their name in that box.
3. Once you get 5 in a row yell BINGO!

ALL ABOUT ME

Directions: Complete each box with your best answer based on how you feel and what you know today.

My Favorite Color is:

My Favorite class at school is:

The last movie I watched was?

Why?

A goal I have for this year is:

I am a really good at:

My favorite phone or computer app is:

Something I wish I could do:

In 10 years I will be:

One of my favorite memories is:

My all-time favorite snack is:

I am afraid of :

List 3 safe, trusted adults you feel comfortable talking to:

Most people do not know that I can:

My favorite sports to play or watch are:

I really hate it when:

IMAGINE THIS PERSON

Draw a picture, write characteristics of what comes to mind when you think of these jobs.

Also give your person a name. Example: FIREFIGHTER ALEX.

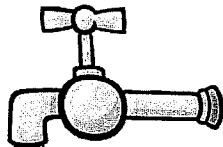
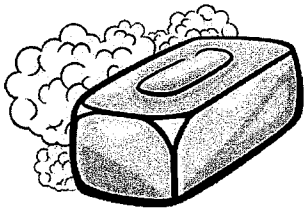
FIREFIGHTER

SURGEON

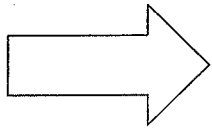
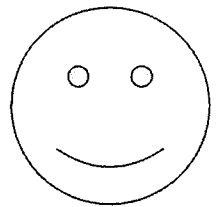
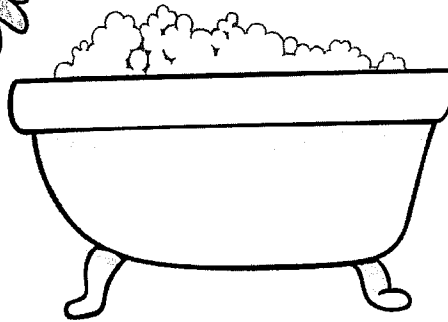
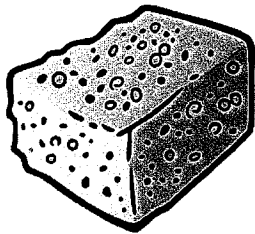
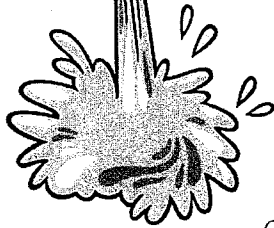
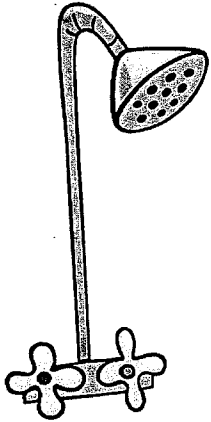
FIGHTER PILOT

NURSE

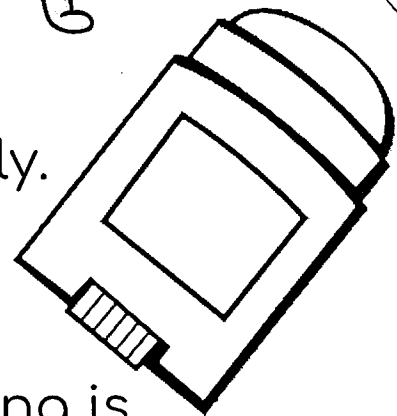
HYGIENE DOODLE PAGE



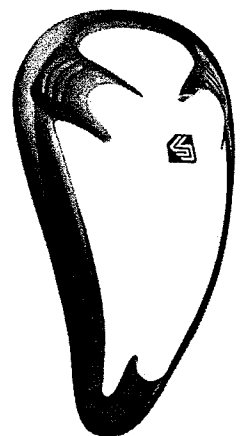
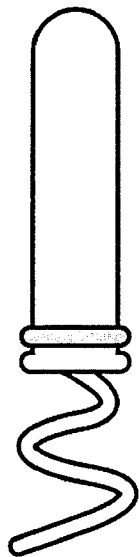
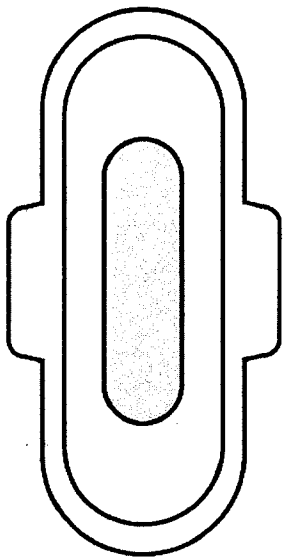
Shower or bathe daily.
Brush your teeth twice a day.



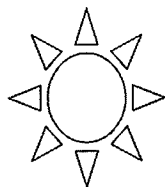
Use deodorant daily.



Douching is unnecessary unless recommended by a doctor.

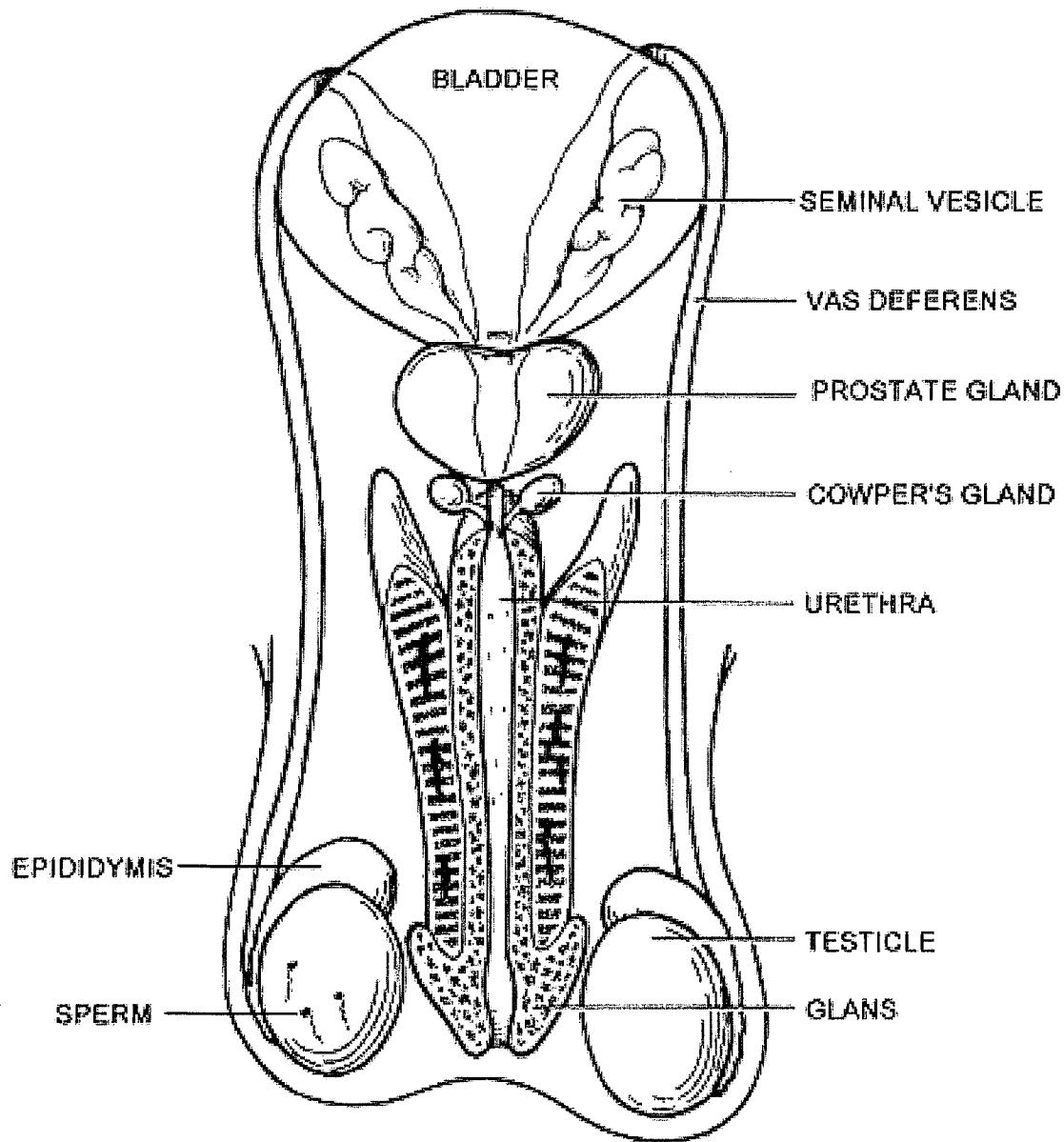


Menstrual products



Wear a cup during athletic events to prevent injuries!

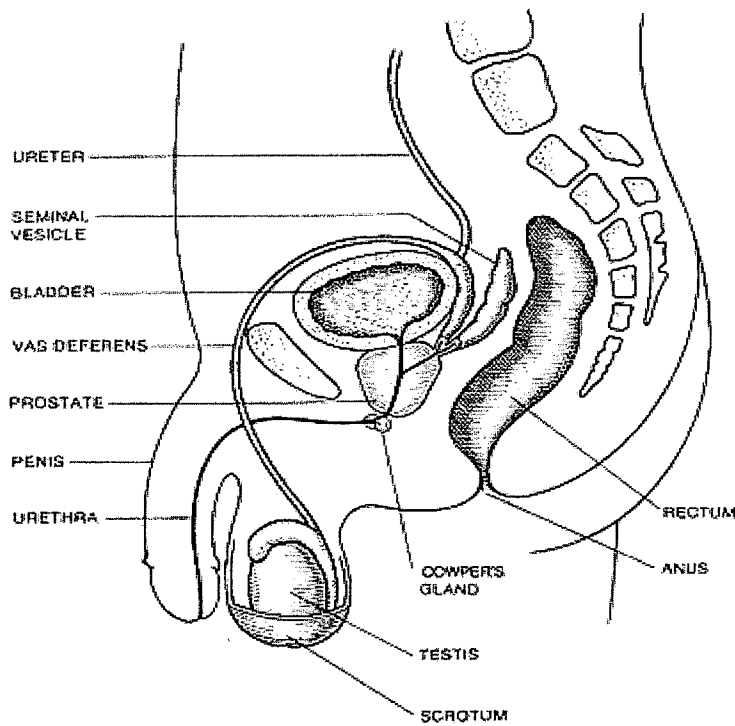
Male Reproductive System - Front View



A Sperm's Journey:

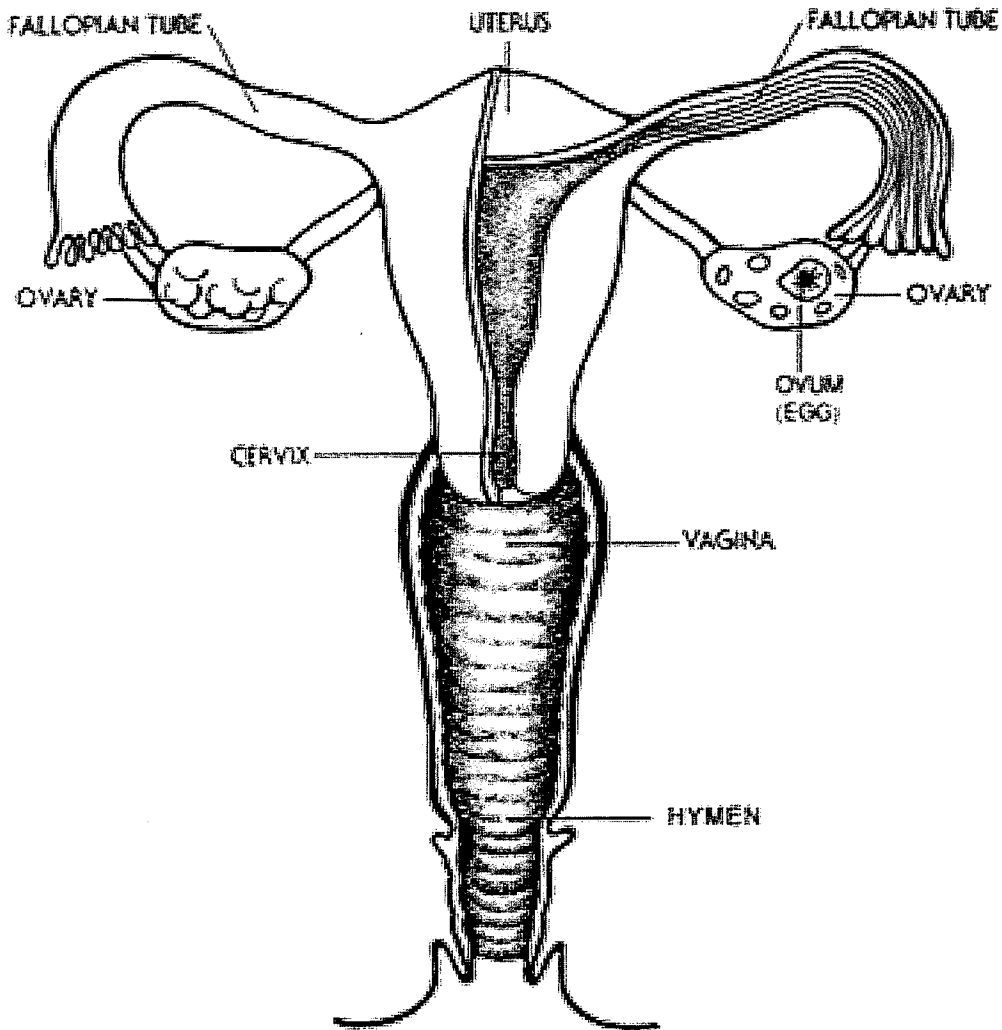
In a male, the _____ (cells) are made in the _____. They come up through the _____ and get fluid from the _____ gland and the _____. Then _____ goes out through the _____.

Male Reproductive System - Side View



- | | |
|--------------------|---|
| 1. Anus | A. _____ Glands which produce a fluid which cleans urethra. |
| 2. Bladder | B. _____ Solid waste materials leaves body from this opening. |
| 3. Cowper's Gland | C. _____ A gland under bladder - makes fluid for sperm. |
| 4. Epididymis | D. _____ The male sex cell. |
| 5. Penis | E. _____ A tube in the penis where urine and semen pass. |
| 6. Prostate | F. _____ Sperm are produced here. |
| 7. Scrotum | G. _____ Passageway that carries sperm from the testicles. |
| 8. Seminal Vesicle | H. _____ The sac located behind the penis. |
| 9. Sperm | I. _____ Two sac-like glands that contribute to semen. |
| 10. Testicle | J. _____ The body sac which collects urine. |
| 11. Vas Deferens | K. _____ The main male sex organ. |
| 12. Urethra | L. _____ Sperm cells are nourished and mature here. |

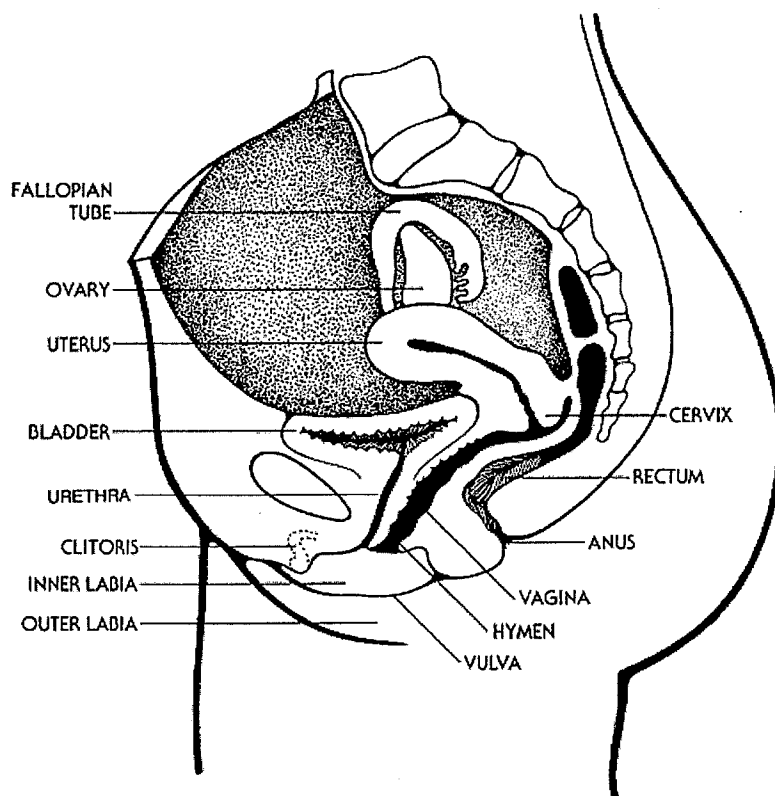
Female Reproductive System - Front View



OVULATION / MENSTRUATION CYCLE:

In a female, the _____ (cell) waits in the _____ until it's time. It will travel through the _____. Next, it goes down into the _____. If there is no pregnancy, menstrual _____ comes out of the _____.

Female Reproductive System - Side View



- | | |
|-------------------|---|
| 1. Anus | A. _____ The opening between the uterus and the vagina. |
| 2. Bladder | B. _____ The tube through which eggs travel from the ovary to the uterus. |
| 3. Cervix | C. _____ A very sensitive area just above the opening of the urethra. |
| 4. Clitoris | D. _____ The organ in which the baby grows during pregnancy. |
| 5. Egg (Ovum) | E. _____ The tube through which urine passes from the body. |
| 6. Fallopian Tube | F. _____ Solid waste materials leave the body through this opening. |
| 7. Labia (vulva) | G. _____ The sac in which eggs are contained. |
| 8. Ovary | H. _____ Folds of skin which cover the opening to the vagina and urethra. |
| 9. Urethra | I. _____ The body sac which collects urine. |
| 10. Uterus | J. _____ The passageway from the outside of a woman's body to her uterus. |
| 11. Vagina | K. _____ The female sex cell. |

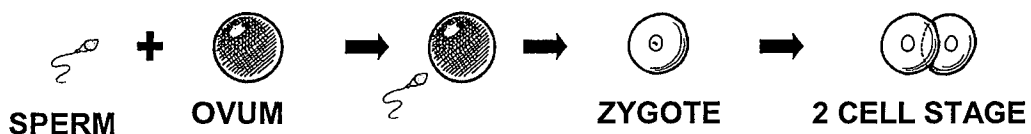
Conception Facts

After a sperm fertilizes an ovum, the ovum begins to divide and passes through the fallopian tube to the uterus where the embryo will grow.

Underline the correct answer.

1. Conception occurs when a sperm and egg (unite, separate).
2. Sperm must move through the vagina to reach the (uterus, scrotum).
3. Sperm are carried in (ovum, semen).
4. Conception occurs in the (fallopian tube, cervix).
5. A fertilized ovum begins to (reduce, divide).
6. Sperm cells can live in the female body for (3-5 days, month).
7. The developing embryo should implant itself in the (uterus, vagina).
8. During sexual intercourse (hundreds, millions) of sperm cells are released.
9. Sperm cells release a chemical on the ovum during fertilization which (weakens, strengthens) the wall.
10. If the mother releases two eggs during ovulation and both are fertilized, she will deliver (identical, fraternal) twins.
11. Twins formed from one ovum and one sperm cell are called (identical, fraternal).

THE BEGINNING OF LIFE



4 CELL STAGE



1 MONTH (EMBRYO)
heart, brain, lungs
begin to form,
1/4 inch long



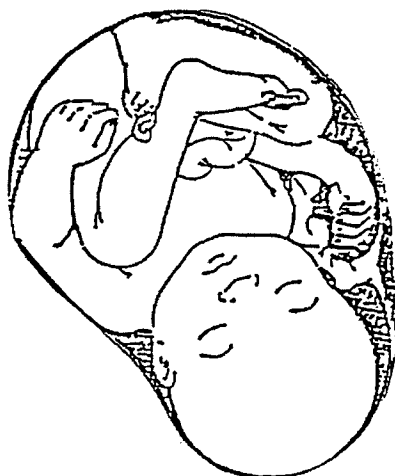
2 MONTHS (FETUS)
arms and legs form,
solid bone forms
1/2 inch long



4 MONTHS
8 -10 inches long,
mother can feel movement



7 MONTHS
weighs 2—2^{1/2} pounds,
baby kicks and stretches,
sucks thumb,
old man appearance



9 MONTHS: baby is "full term",
weighs 7-7^{1/2} pounds, 20 inches long,
Normal position is head down for birth.

UMBILICAL CORD: baby's "lifeline"
Totally dependent on this cord for
food, oxygen and removing waste.

PLACENTA: A mass of blood vessels and
tissue that develops where the baby
first attaches inside the wall of the
uterus. It absorbs food, nutrients,
oxygen and any chemicals in the
mother's blood stream and sends
them through the cord to the baby.

AMNIOTIC SAC and FLUID: bag of
"waters" that develops around the baby.

My Birth Story

If adopted or the information is unavailable please just write what you do know!

Full Name: _____

Date of Birth: Month: _____ Day: _____ Year: _____

Place of Birth: City: _____ State: _____

Weight at Birth: Pounds: _____ Ounces: _____

Length at Birth: Inches: _____

Color of Eyes at Birth: _____

Color of Hair at Birth: _____

Type of Delivery: Vaginal Delivery
● Head first _____
● Feet first (Breech) _____

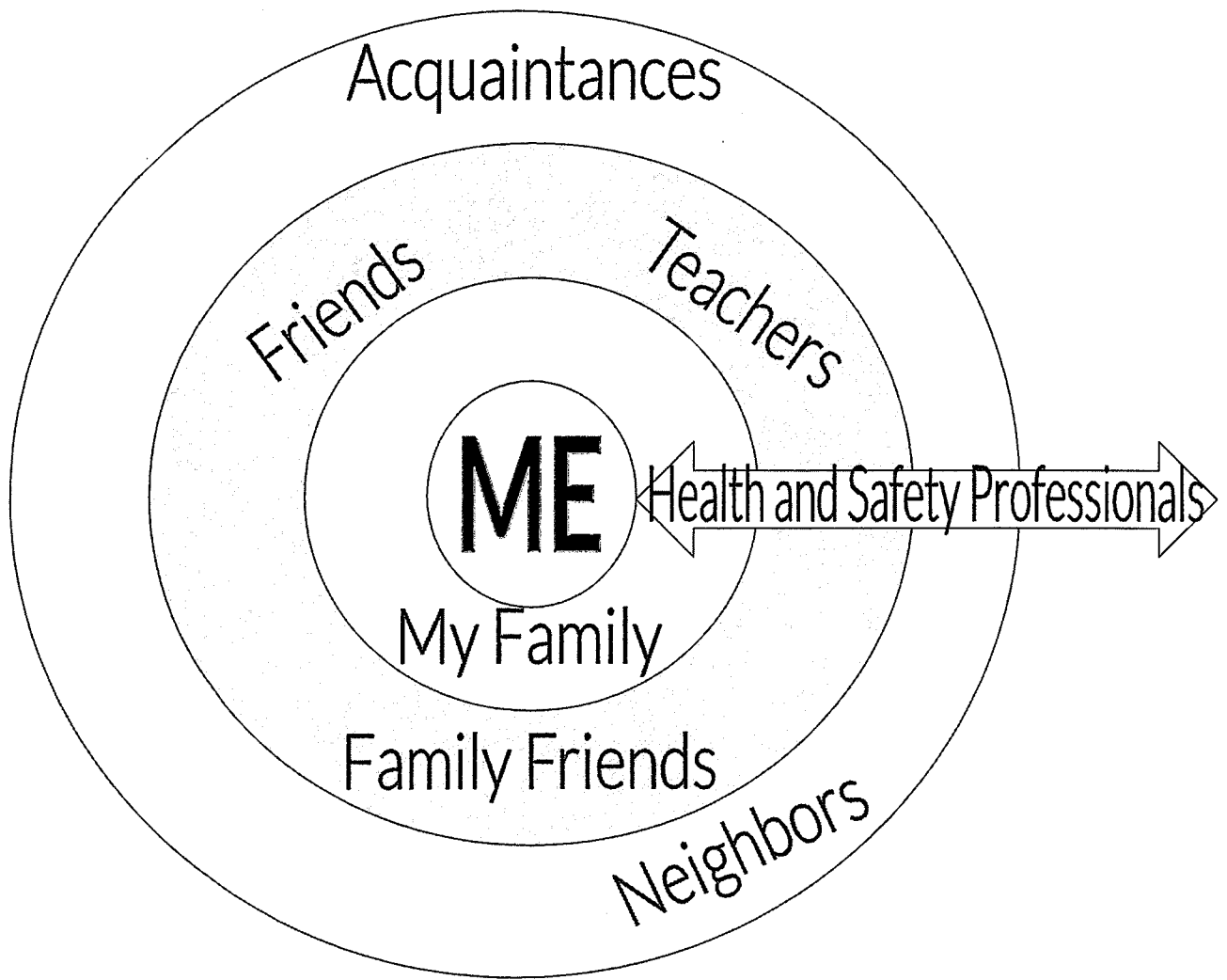
Cesarean (C section) _____

Premature Birth: Yes _____ No _____

Did anything interesting happen on the day you were born?
Yes _____ No _____

If yes, please explain:

Personal Space Doodle Page



Sexual Harassment

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

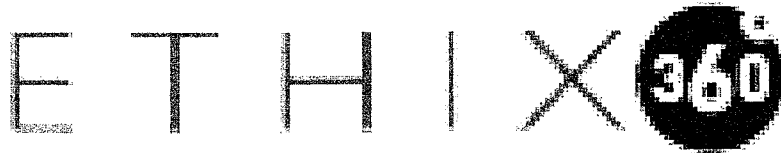
What to do if you've been harassed?

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://nhcs.ethix360.com/>

HOW to Report

1. Tell a safe trusted adult

*2. NHCS website or your School website
"REPORT A CONCERN" tab*



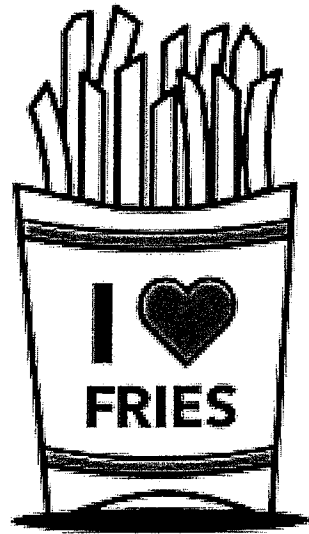
3. Say Something App



NHCS Ethix 360 Questionnaire

- What is your relationship to NHCS?
- To investigate your report properly, it is important that NHCS knows the location of the concern. Please let us know the location you are reporting about:(Dropdown List of Schools)
- When did the event or conduct about which you are reporting occur?
 - When did the incident occur?
 - Has this been an ongoing occurrence?
 - How long has the incident been occurring? (Choices are: Less than 1 month, 1-3 Months, 3-6 Months, 6-9 Months, 9-12 Months, More than 1 year, More than 2 years)
 - Start Date
 - End Date
- Are you reporting about any specific individuals? (Yes/No with name fields)
- Please describe your concern and be as detailed as possible.
- Are there any witnesses or is there anyone else who is willing to contact or speak with NHCS? (Yes/No with name and contact fields)
- Is there a way for NHCS to verify any of this information? (Yes/No with text box for if yes)
- Do you have any supportive documentation available that can assist in the investigation (pictures, document to review etc.)? (Yes/No with instructions to submit docs)
- Have you reported, or tried to report, this concern through other channels? (Yes/No)
 - When did you communicate it?
 - What is the name of the person it went to?
 - What is that person's position?
 - What department is that person with?
 - What did you say?
 - What was the response?
- Do you have any concern about being retaliated against for having made this call/report?
- How can this matter be resolved to your satisfaction?
- Is there any additional information that you'd like to provide that would assist NHCS in understanding your concern or in taking appropriate action?
- Would you like to provide your name and contact information? Please be aware that even if you choose to identify yourself, this information will be kept confidential and only made known to those involved with the investigation. (Yes/No)
 - Name
 - Employee ID
 - Telephone Number
 - Home/Work Address
 - Email Address
 - Preferred Contact time

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

Freely given. It's not okay to pressure, trick, or threaten someone into saying yes. And someone can't give consent if they're drunk, high, or passed out.

Reversible. It's okay to say yes and then change your mind – at any time! Even if you've had sex before, and even if you're both already naked.

Informed. You can only consent to something if you have all the facts. For example, if someone says they'll use a condom and then they don't, there isn't full consent.

Enthusiastic. When it comes to sex, you should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic (meaning happy, excited, or energized), stop and check in.

Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you're saying yes to other things (like having sex).

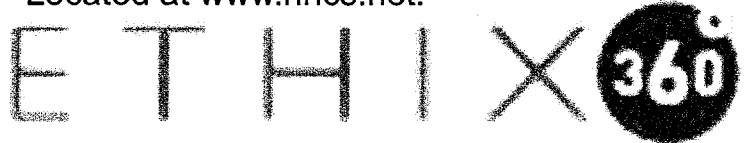
If the person you're with is drunk, high, asleep, passed out, or unable to understand you, then they can't consent, and it's absolutely not okay for you to do anything sexual with them.

Resources

We all need at least 3 safe, trusted adults in our life that we can talk to. They can include parents, teachers, counselors, siblings, cousins, doctors, nurse, neighbors, coaches, etc. We listed three adults in the All About Me activity on Day 1.

REPORTING Harassment at School

Located at www.nhcs.net:



This is an app:



HEALTH SERVICES:



Coastal Horizons promotes healthier lives, stronger families, and safer communities by providing a broad range of effective, evidence-based substance abuse, crisis intervention, justice, and wellness services to persons in need

910-343-0145 www.coastalhorizons.org



Wilmington Health Access for Teens offers comprehensive primary medical care, mental health and prevention services to children, adolescents and young adults ages 6-24.

910.790.9949 www.whatswhat.org



Phone 910-798-3500 www.health.nhcgov.com