

## 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 all 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 the 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.
- Recognizing and building healthy relationships among family, friends and romantic interests
- Gender Inclusivity and Sexual Orientation – basic terminology and definitions
- Healthy dating practices including understanding personal boundaries and mutual consent
- Appropriate non-physical and physical ways of expressing affection in a relationship
- Assertive communication – effectively coping with peer pressure
- Safety and technology – strategies to avoid potential online dangers
- Awareness and prevention of sexual abuse, sexual harassment and sexual trafficking
- Male and female reproductive systems\*\*
- Methods of contraception to prevent pregnancy and disease\*\*
- Advantages of abstaining from sexual involvement, alcohol and drugs
- Symptoms, transmission, treatment, and prevention of STDs and HIV

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

Contact information for the teachers can be found at [www.nhcs.net/familylife/](http://www.nhcs.net/familylife/) Parents may also review the curricula in the office of their child's middle school.

# Topics Covered in Family Life Education

	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						✓	
Child Birth/Pregnancy		✓		✓	✓	✓	✓
Consequences of Drug/Alcohol Use		✓	✓	✓	✓	✓	✓
Consequences of Teen Pregnancy		✓		✓	✓	✓	✓
Contraception				✓		✓	
Healthy Relationships/Dating				✓	✓	✓	✓
Fetal Development		✓					
Friendships	✓						
Goal Setting			✓	✓	✓		
HIV/AIDS		✓		✓	✓	✓	✓
Human Reproduction	cells only	✓	✓	✓	✓	✓	✓
Gender Roles & Inclusion		✓		✓		✓	
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	✓	✓	✓	✓	✓	✓	✓
Sexual Orientation		✓		✓		✓	
Sexually Transmitted Infections		✓		✓	✓	✓	✓
Technology & Safety	✓		✓	✓	✓		✓
Testicular Self Exam						✓	

Denotes Key Differences in Programs