

## 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 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-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 courses are:

### **My Life: Choices Today for a Healthy Tomorrow – Grade 6**

*My Life* is an abstinence-until-marriage, reproductive health and safety education course that promotes optimal health outcomes for teens. *My Life* builds on information learned in the 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 & 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, recognition, reporting)
- Questions and answers (anonymous "question box")

### **Stepping Stones to Better Living: Responsible Decisions – Grade 6**

In *Stepping Stones*, abstinence is stressed as the only 100% effective way of preventing teenage pregnancy, sexually transmitted infection (STIs) 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
- Gender roles and sexual orientation defined
- Male and female reproductive systems (includes human reproduction)
- Abstaining from drugs and sexual intercourse - a positive choice for healthy development
- Conception, fetal development (including how multiple births occur) and childbirth
- Abstaining from drugs and alcohol - a necessary choice for the development of a healthy baby
- Body autonomy, personal boundaries, and consent
- Sexual harassment and abuse (definition, recognition, reporting)
- Resources available for health concerns (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
- Questions and answers (anonymous "question box")

**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

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