

4th Grade – Sex Education

Setting: Co-ed

Curriculum used: *Puberty: The Wonder Years*

General Learning Objectives:

The student will

- Communicate with parents and other trusted adults
- Explain how human life begins
- Describe the natural changes that occur during puberty
- Identify the roles of families in nurturing children
- Advocate for the respectful treatment of peers

Content Overview:

- Guidelines for classroom discussion and safe classroom climate
- Strategies for talking to parents about growing up
- Identification of social and emotional changes of puberty
- Differences in rate of changes between individuals
- Personal hygiene and how to care for skin, hair, and nails
- Identification of structures and function of the male and female reproductive systems
- Compare and contrast animal and human families
- Fertilization must occur for a new life to begin
- Reasons to wait before having a baby and making a life-long commitment to being a parent
- Identification of ways they have changed since infancy and how they will continue to change as they grow to adulthood

Skills Taught:

- Communication
- Ways to show respect
- Problem-solving
- Ways to protect yourself from HIV/AIDS
- Females understand how to care for their bodies during menstrual cycles

Videos and Other Resources Fact Sheets:

- **Consent for Kids**
- **Always Changing and Growing - CoEd**

5th Grade Sex Education

Setting: Co-ed

Curriculum used: *Puberty: The Wonder Years, Michigan Model Health Curriculum: HIV/AIDS*

General Objectives:

The student will

- Communicate with parents or other trusted adults about puberty and postponing parenthood
- Review the emotional, social, and physical changes that occur during puberty
- Demonstrate knowledge of personal health and hygiene habits
- Define structures and functions of male and female reproductive systems
- Describe the changes that indicate an individual is physically capable of reproduction
- Develop media literacy skills for analyzing messages about sexuality
- Facts vs. Myths regarding HIV/AIDS
- Commitment to protect themselves and others from getting HIV/AIDS
- Understand concepts of HIV/AIDS, including modes of transmission
- Understand reproduction and menstrual cycle

Content Overview:

- Guidelines for classroom discussion and safe classroom climate
- Implementing healthy hygiene habits
- Physical, social, and emotional changes occurring during puberty
- Anatomy and functioning of the male and female reproductive systems
- Ovulation, menstruation, and nocturnal emissions as signs the body is capable of reproduction

Skills Taught:

- Strategies for communicating with parents about puberty
- Goal-setting
- Identification of accurate sources of information
- Ways to protect yourself from HIV/AIDS
- Male/Female involvement in reproduction cycle/menstrual cycle
- Females understand how to care for their bodies during menstrual cycles

Videos and Other Resources:

- ***We're Just Around The Corner***
- ***Consent for Kids***

6th Grade Sex Education

Setting: Boys and girls together Health classroom

Curriculum used: *Puberty the Wonder Years, WAIT Training*

General Objectives:

The student will:

- Identify changes in their body during puberty
- Explain what puberty is and when it may begin
- Understand the different stages of fetal development
- Identify basis of healthy relationships
- Deploy a strategy for avoiding risky situations
- Be motivated to postpone parenthood until adulthood
- Describe ways to show affection that demonstrate respect
- List the risks of having sexual intercourse as adolescents and the benefits of abstaining
- Develop a plan for improving communication with their parents regarding growing up
- Learn the anatomy and physiology of the male and female reproductive systems

Content Overview:

- Review prior knowledge of Puberty
- Discussion of healthy relationships and the importance of boundaries
- Reasons it is best to abstain from sexual intercourse and to postpone parenting
- Family resource sheet on Puberty to take home and discuss with parents

Skills Taught:

- Refusal skills and risk avoidance
- Communication with parents or other trusted adults

Videos and Other Resources:

Always Changing & Growing Up Co-ed

7th/8th Grade Sex Education

Setting: Health Classroom

Curriculum used:

Puberty the Wonder years

Michigan Model Health Curriculum: HIV/AIDS

General Objectives:

The student will:

- Distinguish between myths and facts about HIV/AIDS
- Communicate with parents and other trusted adults about puberty, relationships, and their expectations
- Understand the benefits of delaying sexual intercourse and parenthood until adulthood and marriage
- Improve communication, decision making and refusal skills
- Understand information about sexually transmitted infections
- Describe the reproduction system and their functions (includes discussion on menstrual cycle)
- Understand information on the laws regarding sexual conduct

Content Overview:

- HIV/AIDS/STI's are all sexually transmitted infections
- Strategies for communicating with parents about sexuality
- How to treat people with respect
- Reasons to abstain from sex
- Practice recognizing, avoiding and refusing risky situations
- Defining healthy sexuality and healthy relationships
- Healthy alternatives to sexual activity
- Reproductive Anatomy/Physiology

Skills Taught:

- Communication with peers and parents
- Refusal and other skills for identifying and avoiding trouble
- Conflict resolution

Videos and Other Resources:

Understanding HIV and AIDS

Puberty: The Great Adventure for Guys and Girls

8th Grade Sex Education

Setting: Health Class

Curriculum used:

Big Decisions

Michigan Model Health Curriculum: HIV/AIDS

General Objectives:

The student will:

- Examine similarities and differences between HIV and sexually transmitted infections
- Evaluate risk behaviors
- Review impact of alcohol and other drugs on decision-making
- Describe the continuum of safe to risky behaviors that may lead to transmission of HIV/sexually transmitted infections
- Develop a plan to stay within personal limits

Content Overview:

- Review of facts and myths about HIV/AIDS/STI's
- Effective & Ineffective methods of protection
- Resources of where to get help

Skills Taught:

- Analyzing the relationship between healthy behaviors and personal health
- Goal-setting
- Locating various resources for selected health services

Videos and Other Resources:

Understanding HIV and AIDS

Puberty: The Great Adventure for Guys and Girls

9th Grade Sex Education

Setting: 1 Semester *Personal Health Education* Classroom

Curriculum used:

Michigan Model: Healthy & Responsible Relationships; HIV, STIs and Pregnancy Prevention

General Objectives:

The student will:

- Advocate for responsible decisions regarding personal sexuality and behavior
- Appreciate the benefits of sexual abstinence until marriage, of returning to a sexually abstinent lifestyle if already sexually active, or refusing unprotected sex
- Demonstrate respect for others
- Build healthy foundations in relationships
- Demonstrate the importance of self-control, and of setting, communicating and adhering to sexual limits and boundaries in relationships
- Recognize the possible consequences of sexual behaviors including pregnancy & STIs
- Understand the impact of teen pregnancy on the individual and the community

Content Overview:

- Reproductive Systems
- Decision-making, Goal Setting, Avoidance and Refusal Skills
- Healthy relationships, communication
- HIV/AIDS/STIs
- Abstinence and birth control
- Legal issues
- Sexual Orientation, Gender Identity and Expression
- Definitions and implications of Criminal Sexual Conduct and Sexual Harassment
- Consent
- Safe Delivery of Newborns Law

Skills Taught:

- Analysis of behaviors, and influence of family, peers and media on behavior
- Prediction of the impact of a continuum of sexual behaviors on personal health
- Practice of positive communication and refusal skills with peers and partners to set personal limits and boundaries on sexual behaviors
- Compare and contrast components of healthy relationships vs. abusive relationships
- Evaluate risks and lasting consequences of becoming an adolescent parent
- Steps for correct condom use as a risk reduction strategy.
- Methods to avoid situations that could result in pregnancy or transmission of HIV or Other STIs.

Videos and Other Resources:

Anatomy Diagrams

Breast Self-Exam Model

Testicular Self-Exam Model

Contraceptive Table

"I Wish" pregnancy prevention video