

8th Grade Sexual Health and HIV/AIDS

The enhancement of health knowledge, attitudes and problem-solving skills is the focus of instruction in 8th grade health education. The human sexuality Unit centers around dating, refusal skills, developing healthy relationships, prevention of sexually-transmitted diseases and unwanted pregnancy with a focus on abstinence. Parent(s) have the option of removing their child from the sexual health unit at each grade level, thus allowing parents adequate time to review materials used in the course, talk with the teacher and make an informed decision about their child's participation. Parents must notify the school in writing if they choose to remove their child from the unit.

8th Grade Georgia Professional Standards:

- HE8.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- HE8.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- HE8.3:** Students will demonstrate the ability to access valid information and products and services to enhance health.
- HE8.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- HE8.5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- HE8.6:** Students will demonstrate the ability to use goal-setting skills to enhance health.
- HE8.7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- HE8.8:** Students will demonstrate the ability to advocate for personal, family, and community health.

Topics covered during Sexual Health and HIV/AIDS:

- Compare and contrast healthy and unhealthy relationships
- Explain the qualities of a healthy dating relationship
- Describe situations that could lead to pressure for sex and strategies to avoid them
- Explain why individuals have the right to refuse sexual contact
- Recognize techniques that are used to coerce or pressure someone to have sex
- Describe the relationship between using alcohol and other drugs and sexual risk behaviors
- Explain the short and long-term consequences of HIV and STI's, and summarize which can be cured and which can be treated
- Describe why sexual abstinence is the safest, most effective risk avoidance method of protection from HIV and other STI's and pregnancy
- Demonstrate the ability to access appropriate community resources about puberty, sexual health, and family relationships
- Identify verbal and nonverbal communication that constitutes sexual harassment
- Explain the possible consequences of early sexual behavior and the emotional, social and physical benefits for delaying behavior
- Plan strategies for maintaining sexual abstinence and explain how early sexual behavior can affect achieving long-term goals
- Demonstrate ways to encourage friends to remain sexually abstinent or return to abstinence if sexually active
- Demonstrate ways to communicate the benefits of protecting oneself from pregnancy and infections from HIV and other STI's

Vocabulary:

Abstinence	Self-respect	Responsibility	Emotional consequences
Sexual harassment	Chlamydia	Gonorrhea	HPV (Human Papilloma Virus)
Genital Herpes	Trichomoniasis	HIV	AIDS
Pregnancy	Contraceptive methods	Healthy relationships	Self-discipline
Assertive	Sterility/Infertility	Syphilis	Hepatitis B/C
PID			

LETTER TO PARENTS FOR SEX EDUCATION

Dear Parent:

The Georgia State Board of Education has mandated that all school systems include human sexuality education in grades K-12 as part of a comprehensive health education plan. HIV/AIDS education is also mandated by the board. This unit will begin on (varies by school) in your child's health course.

Fulton County Schools will offer growth and development and human sexuality/HIV/AIDS education units to all students enrolled in a health course beginning in fifth grade. By state mandate, all public school systems in Georgia must include human sexuality as one facet of the comprehensive health education program. Our school system believes that all students should be equipped with factually accurate and appropriate information about these topics. Students who are armed with the facts are better informed to make healthy decisions. All content and instruction is implemented with sensitivity and are abstinence-based. However, the instruction that occurs in our schools should complement what is being taught at home and your values and expectations should be made very clear to your children.

There are specific required objectives that are covered in these units at each grade level. The objectives address many issues; among them are human physiology and puberty, how we perceive ourselves and our roles, recognizing and communicating our feelings, making decisions, sexually-transmitted diseases and their prevention including HIV/AIDS, birth control, the changing family, child-birth and parenting and teenage pregnancy. A copy of the specific curriculum that is taught can be found through links at the [fultonschools.org](http://www.fultonschools.org) website or at <http://www.fultonschools.org/k12/healthpe/Curriculum/HS%20Health/5-QCC%20Health%209-12.pdf>.

For this unit, there is a health textbook and supplemental material about growth and development and human sexuality. Materials that are used in class are available for viewing at your child's school. Please contact the health teacher to arrange a time to see these materials. Also, schools will have curriculum materials available for viewing at a designated parent information meeting; check with the school administration for details on this meeting.

By state law, it is your right to remove your minor child from the sex education portion of his/her health class. If you choose to exempt your child, an alternate assignment will be given. **If you DO NOT want your child to participate in the human sexuality portion of his/her health class, please return this form with your signature.** Please email HealthTeachersLastNameFirstInitial@fultonschools.org or call (your child's school) if you have any questions. This does not need to be signed for your child to remain in sex education portion of class.

Sincerely,

Health Teacher (s)

EXEMPTION FROM SEX EDUCATION UNIT

_____ I prefer that my minor **child be removed** from the human sexuality portion of his/her health education course.

Parent signature and date

Student name (please print)

DO NOT RETURN THIS IF YOU WANT YOUR CHILD TO PARTICIPATE IN SEX EDUCATION