

HCPSS
Family Life & Human Sexuality
Objectives 2018/2019

LEVEL: ELEMENTARY SCHOOL
Grade 5 - Puberty Education

MSC Standard: Students will demonstrate the ability to use human development knowledge, social skills, and health-enhancing strategies to promote positive relationships and healthy growth and development throughout the life cycle.

The student will:

- a. Identify expectations for a positive classroom environment for puberty education
- b. Identify ways to communicate issues related to puberty
- c. Describe the role society plays in the perception of normal body image
 - How body image affects eating habits
- d. Define “puberty” and describe how it affects the male and female body
 - Describe the parts of the human reproductive systems
 - Describe the function of human reproductive organs
 - Describe the menstrual cycle and nocturnal emissions
 - Discuss the appropriate use of personal hygiene products
- e. Examine the effects of puberty on emotional and social growth
 - Changes in family relationships
 - Positive and negative social groups
- f. Examine the transition from behavior and attitudes of childhood to the behavior, attitudes, and responsibilities of the adolescent
 - Male and female stereotypes and their impact on the individual and society.

LEVEL: MIDDLE SCHOOL
Grade 6 - Sexual Health

The student will:

Health Content Concepts

- Identify physical and nonphysical changes that occur during puberty
 - Define the following terms: sexuality, pituitary gland, puberty, adolescence
 - Age range for puberty
- Identify positive ways to manage emotions
- Explain the anatomy and physiology of the human reproductive system
 - Male: internal and external structures, sperm production, erection, ejaculation
 - Female: internal and external structures, egg maturation, ovulation, menstruation
- Explain the menstrual cycle and its relationship to conception and pregnancy
- Describe the process of human reproduction

- Define the following terms as they relate to human sexuality: sexual intercourse, abstinence, fertilization, pregnancy, gender identity.

Grade 7 - Sexual Health

The student will:

Health Content Concepts

- Explain the male and female reproductive systems as they relate to fertilization
- Describe changes that occur to the mother and fetus during the stages of pregnancy
 - Define fertilization and pregnancy
 - Signs of pregnancy
 - Embryo/fetus/multiple births
 - Trimesters
 - Birth process
- Identify protective factors for a healthy pregnancy
 - Prenatal care
 - Age of mother
 - Avoiding tobacco, alcohol, and other drugs

Interpersonal Communication and Decision Making

- Apply personal and interpersonal skills to support sexual health
 - Define sexual health
 - Personal and interpersonal life skills
 - Values
 - Decision making
 - Communication
 - Assertiveness
 - Conflict resolution
 - Communication with parents/guardian

Decision Making and Advocacy

- Explain the term abstinence as it applies to sexual health
 - Define sexuality as a dimension of a person, not just sexual behavior
 - Role of family values in choosing abstinence
 - Reasons to abstain.

Grade 8 - Sexual Health

The student will:

Health Content Concepts

- Describe the components of sexuality to include biological, psychological, cultural, and ethical
 - Define sexuality
 - Define gender identity, transgender, and sexual orientation (heterosexual, homosexual, and bisexual)

- Dimensions of sexuality (biological, psychological, cultural, and ethical)
- Factors that influence stereotyping and generalizing about gender roles
- Describe components of healthy relationships
 - apply concept of consent to real life situations
- Review the anatomy and physiology of the male and female reproductive system
- Describe the prevention, symptoms, and treatment of sexually transmitted infections to include HIV/AIDS
 - HIV and AIDS, syphilis, gonorrhea, chlamydia, HPV/genital warts, genital herpes, etc.
- Describe various contraceptive methods and their effectiveness in reducing the risk of pregnancy
 - Abstinence, condoms, withdrawal, hormonal contraceptives, spermicides, and sterilization
 - Emphasize abstinence as the healthiest behavior for youth

Accessing Information

- Identify sources of support for sexual health
 - Define sexual health
- Identify behaviors that support sexual health
 - Regular check-ups
 - Breast exam/Testicular self-exam
 - Early identification of potential problems
 - Communication
 - Abstinence

LEVEL: HIGH SCHOOL

Grade 9 - Sexual Health

The student will:

Content Concepts

- Explain fertilization, fetal development, and the birth process
- Identify the most prevalent congenital and hereditary conditions that affect the fetus
- Evaluate different ways to prevent pregnancy
- Examine risks and consequences of sexual activity
- Describe components of sexual responsibility

Analyzing Influences

- Analyze factors that influence an individual's decisions concerning sexual behavior
- Investigate factors that contribute to sexual identity

Accessing Information

- Access valid information, products, and services that promote sexually healthy youth

Interpersonal Communication

- Analyze how interpersonal communication affects relationships
- Analyze effective communication skills for sexual issues

Decision Making

- Utilize a decision-making process for situations involving sexual behavior

Advocacy

- Advocate for the health benefits of abstinence
- Advocate for respecting individual and others' sexual limits.

