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
  o Define the following terms: sexuality, pituitary gland, puberty, adolescence
  o Age range for puberty
- Identify positive ways to manage emotions
- Explain the anatomy and physiology of the human reproductive system
  o Male: internal and external structures, sperm production, erection, ejaculation
  o 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.