VIDEO DESCRIPTIONS
GRADE 6

SENSITIVE CONTENT

**GROWING UP! FOR GIRLS and/or LET'S JUST TALK FOR GIRLS**
**GROWING UP! FOR BOYS and/or LET'S JUST TALK FOR BOYS**
This video includes topics which are covered in the sixth grade Family Life Education curriculum. Puberty is discussed showing body changes such as physical size, hair growth, voice changes, acne, and reproductive organs. Diagrams of the physical changes of the entire body and reproductive organs are shown. Hormone-producing glands are discussed. The pituitary gland stimulates the reproductive glands to produce egg cells in the female and sperm cells in the male. Reproduction is described with diagrams showing how fertilization occurs. (Covered in Lesson 12 of the Family Life Curriculum.) Ovulation, menstruation, erections, ejaculation, and nocturnal emissions are discussed. Personal hygiene and health and nutrition are emphasized. Emotional changes expected during puberty are discussed. Students are encouraged to talk to a parent or trusted adult about these changes.

**YES, YOU CAN SAY NO**
This dramatic video tells the story of one boy's success in stopping his own victimization. In the video, ten-year-old David draws on his own resources and the guidance of his friends to move from passivity to successful assertiveness in handling a situation of exploitative touch. The assertive skills that are the subject of this video have been identified as critical to reducing a child's vulnerability to assault.

**GAMING: ALEX'S STORY**
This presentation tells the story of a teenage boy who doesn’t understand the potential dangers of online gaming until his virtual world crashes into reality. Students should be encouraged to talk about both their experiences in online games, and what safety measures they can take. (Internet 101)

**PERSONAL SAFETY and SOCIAL NETWORKING: AMY'S CHOICE**
Hear the true story of a 15 year old girl who left home to meet in person with a man she first “met” online. (NetSmartz)

**PERSONAL SAFETY and SOCIAL NETWORKING: PREDATOR**
This presentation tells a story of a middle school boy who has developed an online relationship with someone he thinks is his own age – a pretty girl. Students are encouraged to discuss the dangers involved when meeting face to face with someone they first meet online. (i-Safe)

**PERSONAL SAFETY and SOCIAL NETWORKING: TRACKING TERESA**
Even though Teresa has tried not to reveal personal information online, she’s left enough clues that she could find herself in danger. (NetSmartz)
LESSON 10  GRADE 6, SOL: 6.1, 6.2, 6.3, 6.7

Human Sexuality/Growth and Development

SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objectives:

<table>
<thead>
<tr>
<th>Standard</th>
<th>Description</th>
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<tbody>
<tr>
<td>6.1</td>
<td>The student will relate personal hygiene to the physical changes that occur during puberty.</td>
</tr>
<tr>
<td>6.2</td>
<td>The student will explain the effects of growth on development, attitudes and interests.</td>
</tr>
<tr>
<td>6.3</td>
<td>The student will continue to identify physical and emotional changes that occur during puberty and their effects on growth and development.</td>
</tr>
<tr>
<td>6.7</td>
<td>The student will describe personal characteristics that can contribute to happiness for self and others.</td>
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Lesson Summary:
The male student will review changes that occur in the male during puberty. The female student will review changes that occur in the female during puberty. Students will discuss emotional and social changes for their gender.

Parent/Child Activity:
The student will discuss with parent the changes that occur during puberty. The student will ask parents what it was like when they were this age.

Bibliography:
Growing Up! For Girls, VHS/or DVD/ Let’s Talk Just For Girls
Growing Up! For Boys, VHS/or DVD/ Let’s Talk Just For Girls

Alternative Lesson:
Students opting out of Family Life Education will be provided alternative lessons by their health and physical education teacher.
LESSON 11                                                                  GRADE 6, SOL: 6.1, 6.2, 6.3, 6.7
Human Sexuality/Growth and Development

SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY
LIFE EDUCATION NURSES.

Standards of Learning Objectives:

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<th>Objective</th>
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<td>The student will describe personal characteristics that can contribute to happiness for self and others.</td>
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Lesson Summary:
The students will be introduced to the changes that occur in the opposite sex during puberty. Students will discuss emotional and social changes during puberty. The nurse will inform students that sexual feelings are normal and will give students factual information regarding erections and nocturnal emissions in the male and menstrual cycle in the female.

Parent/Child Activity:
The student will discuss with parent the changes that occur during puberty. The student will ask parents what it was like when they were this age.

Bibliography:
Growing Up! For Girls, VHS/or DVD/ Let’s Just Talk for Girls
Growing Up! For Boys, VHS/ or DVD/ Let’s Just Talk for Boys

Alternative Lesson:
Students opting out of Family Life Education will be provided alternative lessons by their health and physical education teacher.
LESSON 12
Human Sexuality/Growth and Development

SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objective:

| 6.6 | The student will summarize the process of human reproduction. |

Lesson Summary:
The student will be introduced to factual information about human reproduction. Fertilization, conception, and fetal development will be discussed. The student will be encouraged to discuss his/her own birth with parents.

Parent/Child Activity:
Encourage the student to ask questions and to discuss his/her birth with his/her family.

Bibliography:
Nasco’s Human Reproduction, fetal models.

Alternative Lesson:
Students opting out of Family Life Education will be provided alternative lessons by their health and physical education teacher.
LESSON 13  GRADE 6, SOL: 6.8, 6.9
Child Abuse/Personal Safety

SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objectives:

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<td>6.8</td>
<td>The student will demonstrate increased understanding of child abuse and neglect, including emotional and sexual abuse.</td>
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<tr>
<td>6.9</td>
<td>The student will become aware of community healthcare and safety agencies and their functions.</td>
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Lesson Summary:
The student will be encouraged to take steps to avoid being abused and will be reassured that abuse is never the victim's fault. The student will be able to identify the following types of child abuse:

- physical abuse;
- neglect;
- emotional abuse;
- sexual abuse.

Resources for reporting and receiving help for child abuse will be explored. The student will practice appropriate verbal and non-verbal assertiveness skills to protect himself/herself. The student will identify some family rules concerning safety. Strategies for personal safety will be discussed, including internet safety.

Parent/Child Activity:
The child will ask his/her parents to discuss the problem of child abuse, using examples from newspapers, magazines, or television reports. It is important to make the child understand that he/she needs to tell someone he/she trusts if someone makes inappropriate suggestions or remarks or tries to touch his/her body.

Bibliography:
Yes, You Can Say No - video

Internet Safety Videos:
- Gaming: Alex’s Choice
- Personal Safety and Social Networking:
  - Amy’s Choice
  - Predator
  - Tracking Teresa

Alternative Lesson:
Students opting out of Family Life Education will be provided alternative lessons by their health and physical education teacher.
SEXUALLY TRANSMITTED DISEASES

SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objectives:

| 6.4 | The student will recall basic facts about sexually transmitted diseases. |
| 6.5 | The student will be able to describe the etiology, effects and transmission of AIDS virus. |

Lesson Summary:
The teacher will introduce basic facts concerning sexually transmitted diseases and infections that may be caused by bacteria or viruses. The teacher will introduce factual information about STD’s/STI’s and will answer questions and correct misinformation.

Parent/Child Activity:
The student will share STD/STI information with parents.

Bibliography:
Virginia Department of Health Statistics Report
Current CDC (Center for Disease Control) Information

Alternative Lesson:
Students opting out of Family Life Education will be provided alternative lessons by their health and physical education teacher.
LESSON 15  GRADE 6, SOL: 6.6
Value of Postponing Sexual Activity Until Marriage

SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

SOL Objective:

| 6.6 | The student will summarize the process of human reproduction and the benefits of postponing premarital sexual activity. |

Lesson Summary:
The family life education nurse will review the process of decision making and provide factual information regarding the benefits of postponing sexual activity until marriage. The following detrimental effects of premarital sexual activity will be discussed:

- sexually transmitted diseases;
- unwanted pregnancy;
- infant mortality;
- psychological, social, economic, and physical consequences;
- legal consequences;
- impact to one's reputation and self-esteem.

Parent/Child Activity:
The student will review with his/her parents responsible decision making skills and the benefits of postponing sexual activity until after marriage.

Bibliography:
The Virginia Code
United States Government Center for Disease Control

Alternative Lesson:
Students opting out of Family Life Education will be provided alternative lessons by their health and physical education teacher.


The Virginia Code, Michie Company.

United States Government Center for Disease Control, Atlanta, GA.

Virginia Department of Health Statistics Report.


