FETAL DEVELOPMENT: A NINE-MONTH JOURNEY
The first moment of birth, the first breath and cry that announce a new life, is a miracle we can see with our own eyes. But there is yet another miracle, the one that precedes it, whose events are hidden deep within the uterine world of the mother: the development of the human fetus over nine months, from one cell at conception to 200 million at birth. And it is this nine-month journey that this astonishing video chronicles through vivid images on film. Opening and closing on a birth scene, Fetal Development: A Nine-Month Journey skillfully blends in-utero fetoscopy with ultrasound images, anatomical drawings, and animation sequences to provide students with a sensitive and complete picture of fetal development from fertilization to birth.

RAPE: GET THE FACTS
This documentary style program presents the legal, medical, psychological and sociological facts about rape. Doctors, judges, social workers, detectives, victim’s right advocates, self esteem experts and rape survivors all contribute information. It informs the viewer that most sexual assaults are not committed by strangers, but by someone whom the victim knows.

SEX SMART FOR TEENS: SEXUALLY TRANSMITTED INFECTIONS
The video provides essential health information and clear instructions on prevention of sexually transmitted infections. It shows in a respectful way and with a sense of humor how the attitude “it won’t happen to me” can be dangerous for teens. It teaches the facts about how STI’s are transmitted, what to look for, how to get tested and how to prevent them.

TEENAGE FATHER
Every unplanned teenage pregnancy is the result of a decision by two people. All too often, however, a young unwed father finds himself excluded from any solution to the problem he has helped create. This video presents three different choices made by teenage couples.

Rob's Story
Sex "just happened" to 16-year-old Julie and Rob. Together they decide on the alternative of adoption.

The Choices
When Sara discovers she is pregnant, she and Jim seek professional counseling and find their options are adoption, marriage, single parenthood or abortion. Jim believes abortion is wrong and wants the baby. But Sara goes ahead with an abortion without telling Jim. While Jim can understand why she has the abortion, he is dismayed that he has no rights in the decision.

Andy Loves Zoe
Monica is pregnant and Andy feels that he ought to get an education before getting married. Angry and upset, Monica settles for Andy's promise of financial support. After Zoe is born, he becomes a loving father. But then Monica suddenly announces that she is going to marry Kevin and move to another state with him and Zoe. Andy is stunned, how can he let the daughter he loves go out of his life? How can he not, for her sake? What is best for Zoe?

STRAIGHT TALK: THE TRUTH ABOUT TEEN PREGNANCY

Revised 9/19/19
Using an entertaining style that seamlessly combines documentary and narrative formats, this film dynamically arms viewers with important information and tools to personally combat the teen pregnancy problem. A multiethnic cast follows several stories: two teens who want to have a baby together; a young couple who don’t want to have children until they are married and financially able; two older teens who have already had a baby and are struggling with the commitment of being responsible parents; and a middle-aged teen pregnancy support group leader who learned first-hand the difficulties of being a teen mom. As their stories play out, important facts become clear: only one-third of teen mothers obtain a high school diploma, only one in five teen mothers marry their child’s father, 25 percent of teen mothers have another baby within two years, and teen parents typically do not have realistic long term goals.

**CHOSEN**
Learn the shocking true story of 2 teen girls tricked by traffickers. Brianna, 18, was a star student, cheerleader and waitress eager to break out of her small town to attend college in the big city. Lacy, 13, enjoyed church and school but struggled to help care for her siblings while her stepfather was deployed and mother worked to support the family. Brianna and Lacy share how traffickers used manipulation to love them into the world of sex trafficking. (Shared Hope.org 2019)

**BIOLOGICAL MALE ANATOMY**
Animated look at puberty changes that happen in a male’s body starting between the ages 10-14. (Amaze.org 2018)

**BIOLOGICAL FEMALE ANATOMY**
Animated look at puberty changes that happen in a female’s body starting between the ages 8-14. (Amaze.org 2018)

**LESSON 11 GRADE 9, Standards of Learning Objective: 9.10**

Human Sexuality/Growth and Development

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

Standards of Learning Objective:

| 9.10 | The student will demonstrate understanding of specific health issues, including the ability to conduct particular self-examinations. |

**Lesson Summary:**
The student will review the structure and function of the female reproductive system. Class includes a discussion of female concerns: menstruation, PMS, toxic shock syndrome, pap smears and menopause. The effects of STDs on the female reproductive system, cervical cancer and PID will be discussed. Emphasis will be placed on the importance of breast self-examination to promote early detection and successful treatment of breast cancer.
The student will review the structure and function of the male reproductive system. Class includes a discussion of male concerns: circumcision, enlarged prostate gland, impotence, and the effects of STD and other diseases, toxic chemicals, radiation, steroids, and alcohol and other drugs on the male reproductive system. Emphasis will be placed on testicular self-examination to promote early detection and successful treatment of cancer.

**Bibliography:**
Facts On Testicular Cancer. (brochure)
Biological Male Anatomy (video)
Biological Female Anatomy (video)

**Parent/Child Activity:**
The student will share the information sheet with parents and/or legal guardian. Open Discussion with family and/or guardian regarding value of self exams

**Alternative Lesson:**
Students opting out of Family Life Education will be provided alternative lessons by their Health and Physical Education teacher.

**LESSON 12**
**GRADE 9, Standards of Learning Objectives: 9.9, 9.11**

**Human Sexuality/Growth and Development/Human Reproduction and Contraception**

*SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY*

*LIFE EDUCATION NURSES.*

**Standards of Learning Objectives:**

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<th>9.9</th>
<th>The student will be able to explain the process of reproduction.</th>
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<td>9.11</td>
<td>The student will demonstrate knowledge of pregnancy prevention and disease control.</td>
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**Lesson Summary:**
The student will review the process of reproduction and fetal development. The video, Fetal Development: A Nine-Month Journey, will be shown to introduce the process of childbirth. Discussion will include fetal development, prenatal care, labor and childbirth. The student will recognize reasons for family planning. The student will learn the importance of pre-pregnancy planning to decrease the risk of birth defects. The student will review methods of contraception with an emphasis on abstinence as the only method that is 100% effective. The teacher will present factual information on contraceptive methods currently available as part of a lifelong learning process. Common myths regarding contraception will be discussed.

**Bibliography:**
Fetal Development: A Nine-Month Journey (video)
Straight Talk: The Truth about Teen Pregnancy (video)

**Parent/Child Activity:** The student may interview parents or other trusted adult about their experience with pregnancy and childbirth. Parents of adopted or foster children may have some information about the child's birth or may share the story of the child's adoption. Parents and teens will share with each other their family values concerning contraception.

**Alternative Lesson:**
Students opting out of Family Life Education will be provided alternative lessons by their Health and Physical Education teacher.

**LESSON 13**  
**GRADE 9, Standards of Learning Objectives: 9.5, 9.7, 9.12**

**Child Abuse/Sexually Transmitted Diseases**

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

**Standards of Learning Objectives**

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<td>9.5</td>
<td>The student will review the nature and purpose of dating.</td>
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<td>9.7</td>
<td>The student will interpret the effects and prevention of sexual assault, rape (including &quot;date rape&quot;), incestuous behavior, and molestation.</td>
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<tr>
<td>9.12</td>
<td>The student will explain the transmission and prevention of the AIDS virus.</td>
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**Lesson Summary:**
The teacher will define sexual assault, molestation, rape, "date rape," and incest according to the laws of Virginia. The student will discuss situations where students can be at risk and review strategies to avoid risky situations. Strategies will include assertive skills, conflict resolution, avoiding risky situations, avoiding mixed messages, and good communication skills. The teacher will provide statistics on sexual assault occurring in males and females. Discussion will focus on the prevention of these crimes and on resources available to assist victims in the community. Students will be encouraged to seek help if they have been exploited or assaulted.

The student will review content presented in middle school regarding sexually transmitted diseases, their causes, how they are transmitted, some common symptoms, and where to obtain testing, diagnosis and treatment. The student will understand that prevention of STDs requires responsible behavior, including abstinence from sexual activity and the sharing of needles. Emphasis will be on prevention of STDs, especially through abstinence from sexual activity and illegal intravenous drug use.

**Bibliography:**
*Sex Smart Teens: Sexually Transmitted Infections* (video)

Virginia state sexual assault laws

*Rape: Get the facts*
Chosen (video)

**Parent/Child Activity:**
Open Discussion with family and/or guardian about internet safety.

**Alternative Lesson:**
Students opting out of Family Life Education will be provided alternative lessons by their Health and Physical Education teacher.

**LESSONS 14 & 15  **

**GRADE 9, Standards of Learning Objective: 9.6**

**Value of Postponing Sexual Activity Until Marriage**

*MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.*

Standards of Learning Objective:

| 9.6 | The student will realize the importance of setting standards for controlling sexual behavior and of postponing sexual relations until marriage. |

**Lesson Summary:**
The student will review physical, emotional, social, legal and economic benefits of postponing sexual activity until marriage. The videos, Teenage Father and Tough Roads: Teen Parents Tell Their Stories, will be used to emphasize the fact that males and females are adversely affected by premarital sexual activity. The teacher will lead a discussion on the importance of assertiveness and communication skills to avoid situations which can lead to sexual activity. The student will examine state laws that are related to parent responsibility.

**Bibliography:**

Teenage Father - video

Virginia state sexual assault laws

**Parent/Child Activity:**
Encourage students to discuss with family and/or guardian regarding time management and cost associated with raising a child

**Alternative Lesson:**
Students opting out of Family Life Education will be provided alternative lessons by their Health and Physical Education teacher.

**APPROVED BIBLIOGRAPHY GRADE 9**

Amaze.org  January2018.

Chosen, Shared Hope International 2018.


Monthly Breast Self-Exam, American Cancer Society

Rape: Get the Facts (video) Human Relations Media, Pleasantville, NY, 2014

Sex Smart Teens: Sexually Transmitted Infections (video). Film Ideas, Inc.: Wheeling, IL, 2003


Virginia state sexual assault laws

APPROVED BIBLIOGRAPHY SPECIAL EDUCATION - High School


