

LESSON 15 (day 1)
GRADE 8, SOL: 8.11
Human Reproduction and Contraception

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

Standards of Learning Objective:

8.11 The student will review facts about pregnancy prevention and disease control.

Lesson Summary:

The nurse will introduce and define family planning and discuss the importance of family planning. The nurse will provide factual information on methods of contraception and correct any misinformation. Emphasis will be on abstinence from premarital sex as the best method of contraception.

Parent/Child Activity:

The student will discuss with his/her parents or guardian their personal values about family planning.

Resource:

Chesterfield County Health Department
Centers for Disease Control and Prevention
Teenshealth.org

Alternative Objective:

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

LESSONS 16 (Day 1)
Value of Postponing Sexual Activity Until Marriage

GRADE 8, SOL: 8.7

MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objective:

8.7 The student will describe strategies for saying "no" to premarital sexual relations.

Lesson Summary:

The students will discuss ways to assertively and effectively say "no" to pressure to participate in premarital sexual activity. The student will promote communication to support their decision to abstain from sexual relations. Classroom activities will enable the student to recognize that sexual feelings do not have to result in sexual activity.

Parent/Child Activity:

Parents and students will discuss family values as related to sexual activity.

Resources::

Centers for Disease Control and Prevention

VIDEO DESCRIPTIONS

GRADE 8

Sensitive Content

OPEN ARMS? OPEN EYES!

This video addresses power, control and abuse in teenage relationships. A group of students analyze three abusive teenage relationships. They explore and discuss signs and symptoms of such relationships and what strategies can be used to end them. Parents, teachers, coaches and other trusted adults are encouraged resources for victims.

LESSON 17 (day 1)
Teen Pregnancy

GRADE 8, SOL: 8.10

WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objective:

8.10 The student will analyze the issues related to teenage pregnancy.

Lesson Summary:

The student will discuss physical, emotional, social, educational, nutritional, financial, and legal implications of teenage pregnancy. The students will generate a list of potential issues for the teen mother, teen father, their baby, and their support system.

Parent/Child Activity:

The student will interview his/her parents using the question, "Why do you think the U.S. has such a high rate of teenage pregnancy?"

Resources:

www.cdc.gov

Alternative lesson:

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

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

Standards of Learning Objective:

8.13 The student will discuss the effects and prevention of sexual assault, rape (including "date rape") incest and molestation. Strategies to prevent these criminal offenses and resources for victims will be explored.

Lesson Summary:

The nurse will define sexual assault, rape (including "date rape"), incest and molestation. The student will discuss situations where a person may be at risk for sexual offenses and will discuss strategies to avoid these situations. The teacher will provide a list of community agencies which provide information and assistance for victims of sexual offenses. The student will be assured that sexual offenses are never the victim's fault.

Parent/Child Activity:

The student and his/her parents or guardian will discuss sexual exploitation or abuse reported in the media and/or community.

Resources:

Virginia state sexual assault codes

Chesterfield County Health Department

www.rainn.org

FBI 1-800-CALL FBI

<https://www.ageofconsent.net/states/virginia>

Virginia Child Abuse and Neglect Hotline

Virginia Family Violence and Domestic abuse hotline

Sexual Assault Prevention 1-800-4-A-Child

Human Trafficking Hotline 1-888-373-7888, or by Text, Text HELP to 233733

VA Family Violence & Domestic Abuse Hotline 1-800-838-8238-They accept Text messages

Chesterfield.gov-Family Resources (804)796-7100

Sexual Violence Resource Center 2019)

Merriam-Webster Dictionary

Teens Are an Easy Target for Human Traffickers, Crime Stoppers 2016

Open Arms? Open Eyes! (video) Community Criminal Justice Board, County of Henrico, VA

Sexting PSA

Alternative lesson:

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

LESSON 19 (day 3)
Sexually Transmitted Diseases

GRADE 8, SOL: 8.11, 8.14

MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES

Standards of Learning Objectives:

8.11 The student will review facts about pregnancy prevention and disease control.

8.14 The student will recall the ways in which the AIDS virus is transmitted and techniques for preventing these diseases.

Lesson Summary:

The nurse will review information on sexually transmitted diseases (STDs) presented in earlier grades. The nurse reviews the transmission of Human Immunodeficiency Virus (HIV) and list behaviors which put persons at risk for HIV/AIDS and other STDs. The nurse will emphasize that abstinence and mutual monogamy are the most effective methods of preventing STDs.

Parent/Child Activity:

The student will discuss with his/her parents or guardian their knowledge of STDs.

Bibliography:

Centers for Disease Control and Prevention

What is an STI? (video) National Institutes of Health

STI's: Running the risk (Video) Discover Ed

Alternative lesson:

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

VIDEO DESCRIPTIONS

GRADE 8

Sensitive Content

OPEN ARMS? OPEN EYES!

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STI's: RUNNING THE RISK 2006

This is a Discovery Education video that discusses various sexually transmitted infections (STIs) and encourages teens to make healthy decisions about sexual activity.

14:42

What IS AN STI?

The National Institutes of Health video that explains what types of sexually transmitted infections (STI) are affecting teens today. This video discusses transmission and prevention of STIs.

TEENS ARE AN EASY TARGET FOR HUMAN TRAFFICKERS

This video, from the Crime Stoppers of Houston Safe School Program, brings awareness to students what Human Trafficking is, what it may look like, and what they can do to keep themselves and others safe. The video uses scenarios to demonstrate how a teenager in high school may respond to human trafficking situations.

PSA: THE DANGERS OF SEXTING

Think before you text. Think before you send. Think before you post.

There is no such thing as delete, and photos or videos can be considered child pornography! Sexting can be considered child pornography! We are proud to partner with local school districts and law enforcement to show the dangers of sexting. Please take a moment to watch, learn, and share!

Special Education

LET'S JUST TALK FOR BOYS

LET'S JUST TALK FOR GIRLS

A BOY'S GUIDE TO PUBERTY AND PERSONAL SAFETY

Intended for older boys with special needs, this video gives parents and educators continued momentum in this vital area of special education. Chapters include boys' bodies, girls' bodies, where babies come from, public or private, and staying safe.

A GIRL'S GUIDE TO PUBERTY AND PERSONAL SAFETY

Intended for older girls with special needs, this video gives parents and educators continued momentum in this vital area of special education. Chapters include boy's bodies, girl's bodies, where babies come from, public or private, and staying safe.