

LESSON 11

GRADE 7, SOLS: 7.2, 7.4, 7.7

Human Sexuality, Growth and Development, Human Reproduction

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

Standards of Learning Objectives :

7.2 The student will recognize the physical development of his or her sex characteristics and how they affect emotional and social growth.

7.4 The student will recognize that sexual behaviors are conscious decisions; that it is important to say "no" to premarital and inappropriate sexual relationships; and that appropriate relationships are based on mutual respect, trust, and caring.

7.7 The student will list the adverse consequences of a pregnancy in early adolescence, as well as the positive benefits of postponing pregnancy until marriage.

Lesson Summary:

The focus will be on emotional changes during puberty. Self-awareness will be promoted and anxiety alleviated through factual information regarding differences in growth and development. The developmental process of adolescence will be reviewed. This may include the following:

1. Forming more mature relationships with members of both sexes
2. Achieving independence - being your own person
3. Improving communication with parents

This lesson will also relate the impact of pregnancy and childbirth on young parents, their families, and society with regard to emotional, physical, social, and economic factors.

Parent/Child Activity :

The student will be encouraged to discuss with his/her parents the importance of open communication between adolescents and their parents.

Alternative Objectives :

The students opting out of Family Life Education will be provided alternative lesson by the Health and Physical Education teacher.

Resources:

Then One Year

Social and Emotional Changes for boys during puberty(shown to males only)

Social and Emotional Changes for girls during puberty(shown to females only)

LESSONS 12
Child Abuse

GRADE 7, SOL: 7.10

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

Standards of Learning Objective

7.10 The student will explain techniques for preventing and reporting sexual assault and molestation.

Lesson Summary:

The teacher will introduce Virginia State laws pertaining to sexual assault, molestation, sexual harassment, sexual battery, rape, indecent exposure, sexting(child pornography), cyberbullying, human trafficking and sextortion. The teacher will define and discuss consent. Situations that place one at high risk for sexual assault will be identified. Approaches that may be used by predators will be emphasized. Internet safety and prevention of sexual assault will be discussed. The teacher will provide a list of community agencies and resources available to victims.

Parent/Child Activity:

Students will share and discuss with parents the list of community resources. Students should discuss with parents safety rules concerning sexual assault.

Resources:

Mike-Tosis. (video)

“Sextortion” Becomes Growing Online Global Threat (video)

Teen Health Course 2

Virginia state sexual assault codes

What Is Sexual Harassment? (video)

Teenagers and Sexual abuse (video)

Oblivious (video)

LESSON 13

GRADE 7, SOLS: 7.4, 7.6, 7.7

Human Reproduction

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

Standards of Learning Objectives:

7.4 The student will recognize that sexual behaviors are conscious decisions, that it is important to say "no" to premarital and inappropriate sexual relationships, and that appropriate relationships are based on mutual respect, trust, and caring.

7.6 The student will be aware of the consequences of preteen and teenage sexual intercourse.

7.7 The student will list the adverse consequences of a pregnancy in early adolescence, as well as the positive benefits of postponing pregnancy until marriage.

Lesson Summary:

The student will identify positive reasons for postponing sexual intercourse until marriage. The student will identify positive aspects of avoiding risk-taking behavior. The student will learn the positive results and freedoms associated with preteen and teenage abstinence. The students will identify the possible consequences of sexual intercourse for both males and females, including the following:

1. Updated factual information regarding sexually transmitted diseases, including HIV/AIDS
2. Pelvic Inflammatory Disease (PID)
3. Cervical cancer
4. Unplanned pregnancy
5. Reputation, guilt, and anxiety
6. Emotional and financial implications of sexual activity and parenting before marriage.

Parent/Child Activity:

The student will discuss with his/her parents the benefits of postponing sexual intercourse until marriage.

Alternative Objectives:

The students opting out of Family Life Education will be provided an alternative lesson by the Health and Physical Education teacher.

Center for Disease Control and Prevention. (Current Statistics).
Mike-Tosis . NC-Teens. Netsmartz. NSTeens.org. October 2014.
Sextortion . ABC News May 11, 2016.
Then One Year , video. Chicago, IL: SVE and Churchill Media, 1992.
What is Sexual Harassment? Amaze.org, January 2019.
Social and Emotional Changes During Puberty, Discovery Education Movie
Oblivious: An online predator PSA, Night Owl Production, September 5, 2016
Teenagers and sexual abuse, fightchildabuse.org, May 12, 2020
Updated 6/15/2021
Virginia state sexual assault codes

BIBLIOGRAPHY (Middle School Special Education)

LifeFacts AIDS , James Stanfield & Co., 1991.
LifeFacts Sexual Abuse Prevention , James Stanfield & Co., 1990.
LifeFacts Sexuality , James Stanfield & Co., 1990.
Updated 6/15/2021

VIDEO DESCRIPTIONS

GRADE 7

Sensitive Content

THEN ONE YEAR:

This comprehensive video helps girls and boys understand the new emotions and physical changes that occur during puberty. Students will meet Brad and Allison, now adults, and listen to their stories about the trials and tribulations they faced in their teen years. Some of the topics covered include: variations in rate of physical development; mood swings due to hormonal changes; opposite sex awkwardness; the onset of sexual feelings; acne; and body odor and other hygiene issues. The video also explains the anatomy of the male and female reproductive systems and the physiology of the primary and secondary changes that occur in both boys and girls.

WHAT IS SEXUAL HARASSMENT?

Sexual Harassment is a type of bullying intended to hurt or intimidate someone. If this has happened to you, tell someone you trust—like a parent, family member, teacher, friend's parent or neighbors. If the first person you tell doesn't do anything, tell someone else you trust. Keep telling adults you trust until you get help. (amaze.org January 3, 2019)

NSTEENS- MIKE-TOSIS

Talk to a trusted adult about any information you receive or see online that makes you scared or uncomfortable. (Netsmartz Oct 28, 2014)

"SEXTORTION" BECOMES GROWING ONLINE GLOBAL THREAT

This video also shares three different scenarios with young teens involving sexually explicit images/videos where the teens were sextorted for more images. (ABC News, May 11, 2016)

SOCIAL AND EMOTIONAL CHANGES DURING PUBERTY (Video Segment-Girl)

(Video Segment-Boy)

Highlights the social and emotional changes of puberty. The segment explains mood swings and offers tips to manage them in a healthy manner. It also focuses on relationships with friends and family, and how to effectively express emotions with others.

Discovery Education Movie

OBLIVIOUS: AN ONLINE PREDATOR PSA

This PSA brings attention to the dangers of social media and how online predators can gain the trust of kids/teens to lure them into relationships and to meet them in person. In this PSA a 6th grade girl texts with someone who she thinks is an 8th grade boy. He persuades her to open a social media account and eventually persuades her to meet him in person. The PSA highlights consequences of what can happen when meeting someone in person whom you have met on social media. The PSA ends with a scene from Christmas when the girl received the phone as a gift from her sister, her sister tells her to make good choices while using the phone.

(Night Owl Productions 2020)

TEENAGERS AND SEXUAL ABUSE

For teens with new independence can come the unexpected--sometimes the unexpected is sexual abuse. Our characters share stories to start the conversation about preventing sexual abuse. (Teenagers and sexual abuse, fightchildabuse.org, May 12, 2020)