

Human Sexuality/Growth and Development

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

Standards of Learning Objectives:

6.1 The student will relate personal hygiene to the physical changes that occur during puberty.

6.2 The student will explain the effects of growth on development, attitudes and interests.

6.3 The student will continue to identify physical and emotional changes that occur during puberty and their effects on growth and development.

6.7 The student will describe personal characteristics that can contribute to happiness for self and others.

HE 6.1a The student will identify and describe the major structures and functions of the urinary system (kidneys, ureters, bladder, and urethra) and strategies to promote renal health

### **Lesson Summary:**

Identify and describe the major structures and functions of the female and male reproductive systems. The students will review changes that occur in the female and male bodies during puberty such as nocturnal emissions and erections in males, and the menstrual cycle in females. Although students will learn about the opposite gender, more focus will be on their gender and reproductive changes.

Identify and describe the major structures and functions of the urinary system. These structures are to include the kidneys, ureters, bladder, and urethra. Discussion will center around strategies to promote renal health.

### **Parent/Child Activity:**

The student will discuss with the parent or guardian the changes that occur during puberty. The student will ask parents what it was like when they were this age.

Resources:

WE'RE JUST TALKING FOR BOYS AND GIRLS

Female Reproductive System Worksheet

Male Reproductive System Worksheet

Reproductive Crossword Activity

Alternative Lesson:

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

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Lesson Summary:

The students will be introduced to the changes that occur in the male and female body during puberty. Students will discuss emotional and social changes during puberty. The nurse will give factual information to students regarding sexual feelings. These feelings are a normal part of development and will eventually be experienced by everyone.

Parent/Child Activity:

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

Resources:

WE'RE JUST TALKING FOR BOYS AND GIRLS

Alternative Lesson:

Students Opting out of Family Life Education will be provided alternative lessons by their health and physical education teacher.

## LESSON 7

GRADE 6, SOL: 6.6

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 and the benefits of postponing premarital sexual activity.

Lesson Summary:

The student will be introduced to factual information about human reproduction. Fertilization and conception will be discussed.

Parent/Child Activity:

Encourage the student to ask questions and to discuss their birth with their family.

Resources:

American Academy of Pediatrics

American College of Obstetrics and Gynecology

Alternative Lesson:

Students opting out of Family Life Education will be provided an alternative lesson by their health and physical education teacher.

LESSON 8  
Child Abuse/Personal Safety

GRADE 6, SOL: 6.8, 6.9

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

Standards of Learning Objectives:

6.8 The student will demonstrate increased understanding of child abuse and neglect, including emotional and sexual abuse.

6.9 The student will become aware of community health care and safety agencies and their functions.

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 nonverbal assertiveness skills to protect themselves. The student will identify some family rules concerning safety. Strategies for personal safety will be discussed, including internet/social media safety.

Parent/Child Activity:

The child is encouraged to discuss the child abuse/personal safety lesson with their parent or guardian.

Alternative Lesson:

Students opting out of Family Life Education will be provided an alternative lesson by their health and physical education teacher.

Resources:

You Can Keep Yourself Safe: Touching Safety and Stranger Safety (movie)

PERSONAL SAFETY AND SOCIAL NETWORKING-PREDATOR (movie)

CONSENT FOR KIDS (movie)

Photo Fate (movie)

U.S. Department of Health and Human Services

National Human Trafficking Hotline 888-373-7888

LESSON 9  
Sexually Transmitted Diseases

GRADE 6, SOL: 6.4, 6.5

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 infections that may be caused by bacteria or viruses. The teacher will introduce factual information about STI's/STD's and will answer questions and correct misinformation.

Parent/Child Activity:

The student will share STI/STD information with parents or guardians.

Resources:

Virginia Department of Health  
Centers for Disease Control and Prevention

Alternative Lesson:

Students opting out of Family Life Education will be provided an alternative lesson by their health/physical education teacher.

## LESSON 10

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.

#### Standards of Learning Objectives:

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

#### Lesson Summary:

The Family Life Educator 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 infection
- Unintended pregnancy
- Psychological, social, economic, and physical consequences
- Legal consequences
- Impact to one's reputation and self-esteem

#### Parent/Child Activity

The student will review with their parent or guardian responsible decision making skills and the benefits of postponing sexual activity until after marriage.

#### Resources:

American Academy of Pediatrics  
Virginia State Sexual Assault Laws  
Center for Disease Control and Prevention

#### Alternative Lesson:

Students opting out of Family Life Education will be provided an alternative lesson by their health and physical education teacher.

## BIBLIOGRAPHY

GRADE 6

American Academy of Obstetrics and Gynecology  
American Academy of Pediatrics  
Centers for Disease Control and Prevention  
CONSENT FOR KIDS-Blue Beat Studios 10/4/2016  
Female Reproductive System Worksheet  
Male Reproductive System Worksheet  
National Human Trafficking Hotline 888-373-7888  
PERSONAL SAFETY & SOCIAL NETWORKING:Predator, DVD. [www.isafe.org](http://www.isafe.org). Retrieved 2008.  
Reproductive Crossword Activity  
U.S. Department of Health and Human Services  
Virginia Department of Health  
Virginia State Sexual Assault Laws  
WE'RE JUST TALKING FOR BOYS AND GIRLS, Marsh Media Youtube 2020  
YOUR PHOTO FATE. Netsmartz.org  
YOU CAN KEEP YOURSELF SAFE: TOUCHING SAFETY AND STANGER SAFETY, Mazzarella educational Media 2016

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(Middle School Special Education)

A Boy's Guide to Puberty and Personal Safety, DVD, Shawnee Mission, Kansas: Marsh Media.  
A Girl's Guide to Puberty and Personal Safety, DVD, Shawnee Mission, Kansas: Marsh Media.  
Let's Just Talk for Girls  
Let's just Talk for Boys  
The Protect Yourself Rules  
Henry the Hand  
Consent for Kids  
Whatsa Hygiene  
LifeFacts AIDS, James Stanfield & Co., 1991.  
LifeFacts Sexual Abuse Prevention, James Stanfield & Co., 1990.  
LifeFacts Sexuality, James Stanfield & Co., 1990

## VIDEO DESCRIPTIONS

GRADE 6

### Sensitive Content

#### WE'RE JUST TALKING FOR BOYS AND GIRLS

Even though human biology has not changed lately, your students will respond to these contemporary new titles. With a fresh look, the Let's Just Talk series presents sound, accurate information about puberty in a framework of self-respect and responsible decision-making. These upbeat titles strongly emphasize the importance of exercise and encourage good nutrition. Getting together for homework, two groups of friends listen to the popular radio show "Let's Just Talk" and get an earful about the biology of growing up and some useful advice for coping with adolescence. We're Just Talking presents factual information about boys and girls entering puberty. Topics include male and female physical development, hormones, and the reproductive systems, with an emphasis on physical and emotional health.

Marsh Media Youtube 2020

#### 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 met online. i-Safe

#### CONSENT FOR KIDS

In this cartoon video, examples are used to help kids of all ages understand how to practice consent. They are informed that even at a young age, they are in charge of their body and it is ok to say no if they feel uncomfortable. Blue Beat Studios 10/4/2016

#### YOUR PHOTO FATE

Once you send a photo online, there is no way to control where it goes. It is out of your hands. This video explains that any photo you send, good or bad, can end up being seen by everyone and/or by anyone you might not want to see it. Netsmartz

#### YOU CAN KEEP YOURSELF SAFE: TOUCHING SAFETY AND STRANGER SAFETY

Video Segment: Don't Go with Strangers

This video segment presents a story about Taylor and Hannah, two friends who go bowling. The video demonstrates why it is important to be cautious when meeting strangers.

Mazzarella Educational Media 2016