

## LESSON 20

GRADE 9 SOL: 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 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.

#### Resources:

Anatomy: Assigned Sex at Birth (Female)

Anatomy: Assigned Sex at Birth (Male)

Amaze Video

Cdc.gov

Teenhealth.org

Merckvaccines.com

Plannedparenthood.org

Womenshealth.gov

Nih.gov

Healthypeople.gov

#### Parent/Child Activity:

The student will share the information sheet with parents and/or legal guardian. Open Discussion with family and/or guardians regarding the 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 21

GRADE 9, SOL: 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:

9.9 The student will be able to explain the process of reproduction.

9.11 The student will demonstrate knowledge of pregnancy prevention and disease control.

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 fetal development. 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.

Resources:

*Fetal Development: A Nine-Month Journey* (video)

*Straight Talk: The Truth about Teen Pregnancy* (video)

Nih.gov

Womenshealth.org

Cdc.gov

Kidshealth.org

Sex Smart for Teens

Parent/Child Activity:

The student may interview parents or another 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 22  
Sexual Assault

GRADE 9, SOL: 9.7,

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

Standards of Learning Objectives

9.7 The student will interpret the effects and prevention of sexual assault, rape (including date rape), incestuous behavior, molestation, human trafficking, and sexual harassment using electronic means.

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. Date rape and rape culture is discussed and defined. 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.

Resources:

Chosen (video)

Two Kinds of Stupid

The Signs

I'm An Assault Survivor, But I'm Not... (video)

Virginia state sexual assault laws

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

DHS 2019

YWCA Crisis Hotline 796-3066

VA Child Abuse and Neglect Hotline 1-800-552-7096

VA Family Violence & Sexual Assault Hotline 1-800-838-8283

National Sexual Assault Hotline 1-800-656-HOPE

[www.rainn.org](http://www.rainn.org)

National Child Abuse Hotline 1-800-4 A CHILD

<https://www.chesterfield.gov/1716/Guide-to-Services-for-Youth>

Parent/Child Activity:

Open Discussion with family and/or guardians about internet safety.

Alternative Lesson:

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

MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES. THE LESSON MAY BE TAUGHT IN A COED SETTING.

Standards of Learning Objective:

9.12 The student will explain the transmission and prevention of HIV.

Lesson Summary:

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.

Resources:

Sex Smart STI(video)

CDC.gov

Plannedparenthood.org

vdh.gov

Gytnow.org

<https://www.chesterfield.gov/1716/Guide-to-Services-for-Youth>

Verywellhealth.org

<https://www.vdh.virginia.gov/chesterfield/>

thorn.org

## LESSONS 24

GRADE 9, SOL: 9.5, 9.6

### Value of Postponing Sexual Activity Until Marriage

MATERIAL WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES. THE LESSON MAY BE TAUGHT IN A COED SETTING.

#### Standards of Learning Objective:

9.5 The student will review the nature and purpose of dating.

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 lesson will discuss signs of healthy and unhealthy relationships. The student will review physical, emotional, social, legal and economic benefits of postponing sexual activity until marriage. The video, Sexual Pressure: "I've got big plans" 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.

#### Resources:

Big Status Update (video)

Sexual Pressures: I've got big plans

The Signs(video)

Straight Talk: The Truth About Teen Pregnancy (video)

Vdh.gov

<https://www.vdh.virginia.gov/chesterfield/>

[plannedparenthood.org](http://plannedparenthood.org)

#### Parent/Child Activity:

Encourage students to discuss with family and/or guardians the consequences of a teen pregnancy.

#### Alternative Lesson:

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

## VIDEO DESCRIPTIONS

GRADE 9

### ANATOMY: ASSIGNED SEX AT BIRTH (FEMALE)

Animated look at puberty changes that happen in a female's body starting between the ages 8-14.

### ANATOMY: ASSIGNED SEX AT BIRTH (MALE)

Animated look at puberty changes that happen in a male's body starting between the ages 10-14.

### BIG STATUS UPDATE

This video intends to help teens connect with a story that relates to teen pregnancy and begin a dialogue about sex and decision making.

### 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.

### FETAL DEVELOPMENT: A NINE-MONTH JOURNEY

The first moment of birth, the first breath and cry that announces 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 newborn child, 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.

### I'M AN ASSAULT SURVIVOR, BUT I'M NOT . . .

In this video sexual assault survivors talk about their assaults and how they are much more than a survivor.

### REAL LIFE STORIES - TWO KINDS OF STUPID

This video segment illustrates the consequences of a high school athlete posting inappropriate pictures online.

### SEXUAL PRESSURE-I'VE GOT BIG PLANS

When a student pushes the limits of his relationship with his girlfriend, he has to decide what's best for his future and the role that sex plays in it. Topics including abstinence, relationships, boundaries, consent, signs of unhealthy/healthy relationships and peer pressure will be presented.

## 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.

## STRAIGHT TALK: THE TRUTH ABOUT TEEN PREGNANCY

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.

## THE SIGNS: RELATIONSHIPS

This video demonstrates, through text messages, how an abusive and controlling relationship changes the life of a teenage girl.

## RESOURCES SPECIAL EDUCATION - High School

1. A Boy’s Guide To Puberty And Personal Safety. Marshmedia. [Video].
2. A Girl’s Guide To Puberty And Personal Safety. Marshmedia. [Video].
3. Consent For Kids. Blue Seat Studios. [Video]. YouTube. (2016, October).  
<https://www.youtube.com/watch?v=h3nhM9UIJjc>
4. Handwash Rap. Randy Horne. [Video]. YouTube. (2016, March).  
<https://youtu.be/0Tao33mBRVvk>
5. Let’s Just Talk – Boys. [Video]. YouTube. <https://vimeo.com/312116755>
6. Let’s Just Talk – Girls. [Video]. YouTube. <https://vimeo.com/312116798>
7. LifeFacts AIDS, James Stanfield & Co., 1991.
8. LifeFacts Sexual Abuse Prevention, James Stanfield & Co., 1990.
9. LifeFacts Sexuality, James Stanfield & Co., 1990.
10. Whatsa Hygiene. Marshmedia. (Video). YouTube. (2018, March).  
<https://youtu.be/r-m1EcLaFKI>