Performance Objectives by Grade Level

4th Grade:
Students will be able to
- discuss how family influences personal health practices and behaviors (L1)
- identify changes that occur in families (L2)
- identify effects of changes (L2)
- identify responsibilities as a family member (L2)
- identify key steps of the decision making process (L3)
- recognize influence of parents, peers, and media (L3)
- understand the power of the individual to control personal behavior (L3)
- practice respect for peers including those with different opinions (L4)
- demonstrate effective verbal and nonverbal communication skill to enhance health (L4)
- demonstrate refusal skills that avoid or reduce health risks (L4)
- demonstrate nonviolent strategies to manage or resolve conflict (L4)
- demonstrate how to ask for assistance to enhance personal health (L4)
- identify individual strengths that lead to self-confidence, a feeling of self-worth, and success (L5)
- recognize how their friends and experiences may change as they grow up (L6)
- describe personal boundaries and their right to body autonomy (L6)
- explain the human need to belong to a group (L6)
- discuss emotional and physical changes that occur during puberty (L7)
- identify male and female reproductive organs (L7)
- identify physical changes to expect during puberty (L8)
- understand the part hormones play in adolescent growth (L8)
- prepare for the physical changes they will experience (L8)
- understand the physical changes during puberty that will impact their hygiene routines (L9)
- adapt new hygiene practices as they experience changes (L9)

5th Grade:
Students will be able to
- identify their personal responsibilities within their family or household (L1)
- identify their strengths (L2)
- understand how self-talk enhances or detracts from their self-concept (L2)
- identify logical steps to making a decision (L3)
- understand how decisions can have long-term and short-term impact on their lives (L3)
- demonstrate the value of communication with parents (L4)
- explain the need of positive interpersonal relations (L4)
- describe the advantages of building relationships based on mutual respect (L4)
- discuss the need for the practice of communication, trust, honesty, and assertiveness (L4)
discuss making decisions that do not hurt him/herself or others (L4)
• discuss the fact that making sexual comments or gestures to another person is hurtful and against the law (L4)
• identify social, school and team groups (L5)
• understand that most people can belong to many groups (L5)
• recognize the importance in maintaining their individual values as they participate in groups or teams (L5)
• discuss the need for and practice communication, trust, honesty, and assertiveness (L6)
• understand giving permission, agreement or consent (L7)
• practice refusal skills (L7)
• understand sexual abuse and sexual harassment (L7)
• identify sources of help from abuse (L7)
• describe the physical changes during puberty (L8)
• identify the structure and function of the male and female reproductive systems (L8)
• recognize the emotional and mental changes that will occur during puberty (L9)
• understand hygiene practices accompanying puberty (L9)
• understand the importance of confiding in a trusted adult or doctor (L9)

6th Grade:

Students will be able to
• practice listening skills for effective communication (L1)
• demonstrate skills for building relationships based on mutual respect, trust, and caring (L1)
• identify the role of feelings and attitudes in behavior (L1)
• demonstrate an understanding and respect for differences in family units and custom (L2)
• discuss the influence and relationships of parents and peers (L2)
• describe changes in stages of life (L2)
• discuss media influence upon an individual’s self-perception of their body image, their possessions, and their life situation (L3)
• evaluate media messages (L3)
• explain the need for positive self-esteem (L4)
• identify the role of feelings and attitudes in behavior (L4)
• demonstrate skills for building relationships based on mutual respect, trust, and caring (L4)
• identify how classmates and friends tend to group together (L5)
• explain how they have more social opportunities as they get older (L5)
• maintain their values and autonomy despite belonging to a group (L5)
• review consent and setting personal boundaries (L6)
• demonstrate refusal skills (L6)
• explain the harmful effects of sexual harassment (L6)
• describe the physical changes during puberty (L7)
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- identify similarities and differences in male and female growth patterns (L7)
- discuss the mental, emotional and social changes experienced during puberty (L7)
- identify the structure and function of the male and female reproductive systems (L8)
- understand the importance of confiding in a trusted adult or doctor (L8)
- identify situations that may carry personal risk (L9)
- understand consent and empowerment (L9)
- apply refusal skills when appropriate (L9)

7th/8th Grade:

Students will be able to

- use problem-solving steps to solve problems and make decisions (L1)
- understand that one must be proactive and learn to make decisions and solve problems (L1)
- identify possible results of impaired decision-making on sexual behavior (L1)
- list commonly used specific drugs and their potential effects on behavior (L1)
- discuss reasons teens use drugs in a social situation (L1)
- define and understand consent in the context of relationships (L1)
- discuss values and personal goals (L2)
- improve self-awareness by identifying personal strengths and areas of growth (L2)
- discuss how strengths can impact relationships (L2)
- identify and choose behaviors that promote healthy relationships with family, dates, and friends (L2)
- identify behaviors that might lead to toxic relationships (L2)
- discuss reasons for dating and not dating (L2)
- discuss healthy and responsible approaches to dating and ending dating relationships (L2)
- identify and understand the roles that media play in our lives and our society (L3)
- discuss the physiological (physical and hormonal), emotional, and social changes that occur during puberty (L4)
- identify reproductive systems’ terminology (L4)
- understand the phases of the menstrual cycle (L4)
- recognize that some variations with an individual’s menstrual cycle may be normal and healthy, or could be abnormal and in need of further medical testing and treatment (L4)
- understand the need for personal hygiene and different ways in which to attend to one’s own personal hygiene (L4)
- develop knowledge of the structures and functions of the female and male reproductive system (L5)
- explain human reproduction (L5)
- discuss how pregnancy occurs (L6)
- describe the development of the fertilized egg through pregnancy (L6)
- explain the physical changes that occur in the body from conception through birth (L6)
- make educated choices about their family planning/birth control methods (L7)
- discuss the cause and transmission of sexually transmitted infections (STIs) (L8)
- define the term sexually transmitted infection (L8)
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- identify and describe the symptoms and treatment for the most common STIs (L8)
- discuss the importance of seeking medical attention for any sign of a STIs (L8)
- describe consequences of STIs if left untreated (L8)
- discuss abstinence as the only 100% effective method of preventing pregnancy and STIs (L8)
- understand what constitutes sexual harassment and abuse (L9)
- learn the prevalence of child abuse and why victims/survivors do not speak out (L9)
- learn that abuse is never the victims’/survivors’ fault (L9)
- understand the harmful effects of sexual harassment and abuse (L9)
- know that harassment is against the law (L9)
- know how and where to report and get help for sexual harassment and abuse (L9)
- apply boundary setting and assertiveness skills for achieving life goals to avoid and respond to sexual harassment and abuse (L9)
- understand the social implications of sexual abuse and harassment and the individual and collective roles and responsibilities (L9)

High School:

Students will be able to
- define Maslow’s Hierarchy (L1)
- discuss values and personal goals (L1)
- improve self-awareness by identifying personal strengths and areas of growth (L1)
- discuss how strengths can impact relationships (L1)
- identify and choose behaviors that promote healthy relationships with family, dates, and friends (L1)
- identify behaviors that might lead to toxic relationships (L1)
- discuss reasons for not dating (L1)
- discuss healthy and responsible approaches to dating and ending dating relationships (L1)
- use problem-solving steps to solve problems and make decisions (L2)
- understand that one must be proactive and learn to make decisions and solve problems (L2)
- identify possible results of impaired decision-making on sexual behavior (L2)
- list commonly used specific drugs and their potential effects on behavior (L2)
- discuss reasons teens use drugs in a social situation (L2)
- define and understand consent in the context of relationships (L2)
- discuss examples of peer pressure (L3)
- identify reasons to abstain from sex (L3)
- identify sexual pressures that teenagers experience (L3)
- practice refusal strategies (L3)
- identify and discuss power differentials (L3)
- discuss the physiological (physical and hormonal), emotional, and social changes that occur during puberty (L4)
- understand the phases of the menstrual cycle (L4)
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- recognize that some variations with an individual’s menstrual cycle may be normal and healthy, or could be abnormal and in need of further medical testing and treatment (L4)
- develop knowledge of the structures and functions of the female and male reproductive system (L5)
- be able to explain human reproduction (L5)
- make educated choices about their family planning/birth control methods (L6)
- discuss the cause and transmission of sexually transmitted infections (STIs) (L7)
- define the term sexually transmitted infection (L7)
- identify and describe the symptoms and treatment for the most common STIs (L7)
- discuss the importance of seeking medical attention for any sign of a STIs (L7)
- describe consequences of STIs if left untreated (L7)
- discuss abstinence as the only 100% effective method of preventing pregnancy and STIs (L7)
- discuss how pregnancy occurs (L8)
- discuss prenatal care and development in each trimester (L8)
- determine factors that influence prenatal development such as diet, lifestyle, and care (L8)
- describe the development of the fertilized egg through pregnancy (L8)
- explain the physical changes that occur in the body from conception through birth (L8)
- demonstrate knowledge of life management skills (L9)
- discuss disadvantages of teenage pregnancy (L9)
- discuss abstinence as the only 100% effective method of preventing pregnancy and sexually transmitted infections (L9)
- take responsibility for making decisions and choosing actions consistent with personal values (L9)
- understand advantages and disadvantages of the choices available to pregnant teens (L9)
- discuss Arizona Laws as they pertain to the duties, responsibilities and rights of parenting (L9)
- discuss Arizona Laws as they pertain to the financial responsibilities of parenting (L9)
- understand the Arizona state statute giving preference to childbirth and adoption as preferred options to abortion (L9)
- identify and understand the roles that media play in sex and sexuality (L10)
- understand what constitutes sexual harassment and abuse (L11)
- learn the prevalence of child abuse and why victims/survivors do not speak out (L11)
- learn that abuse is never the victims /survivors fault (L11)
- understand the harmful effects of sexual harassment and abuse (L11)
- know that harassment is against the law (L11)
- know how where to report and get help for sexual harassment and abuse (L11)
- apply boundary setting and assertiveness skills for achieving life goals to avoid and respond to sexual harassment and abuse (L11)
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- understand the social implications of sexual abuse and harassment and the individual and collective roles and responsibilities (L11)
- define rape, sexual assault, and abuse (L12)
- identify and dispel common myths about rape (L12)
- know ways to increase personal safety and awareness (L12)
- understand rape, sexual assault and sexual abuse as crimes of violence not just as sexual acts (L12)
- identify medical, legal, and social resources available to victims of sexual assaults (L12)
- discuss the psychological processes involved for victims & survivors of sexual assault (L12)