FAMILY LIFE CURRICULUM
SEVENTH/EIGHT GRADE

Course Outline

Section I. Growth and Development
*Girls and boys taught together*

- I. Self Concept 50
  - A. Self Awareness
  - B. Self Concept
  - C. Self Esteem

- II. Media Literacy 54
  - A. Effects of Media
  - B. Sexism
  - C. Changing Society

- III. Relationships 59
  - A. Social Changes
  - B. Responsible, healthy relationships
  - C. Friends
  - D. Relationships
    - 1. Family Values
    - 2. Commitment
    - 3. Responsibilities

- IV. Relationships and Dating 66
  - A. Refusal Skills
  - B. Decision making process
  - C. Abstinence

- V. Sexual Harassment 75

Section II. Human Sexuality
*Girls and boys taught separately*

- VI. The Changing Adolescent 80
  - A. Physical
  - B. Emotional
  - C. Social

- VII. The Reproductive System 89
  - A. Male
  - B. Female

- VIII. Responsibilities 102
- IX. Sexually Transmitted Diseases 111
- X. Self Examinations 122
- XI. Teen Pregnancy 123
  - A. Consequences and Responsibilities
  - B. Prevention
- XII. Fetal Development, Childbirth 130
- XIII. Legal Considerations 134

Supplements

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- Middle School Review 141
This portion of the Family Life Curriculum was designed to be congruent with middle school teaching and learning. The lessons accommodate various teaching methods and learning styles such as lecture, small group, discussion and individual work.

One class period, or approximately 45-55 minutes, is the time allotted for each lesson. Most lessons have numerous activities to support the lesson topic. Feel free to use any number of them as needed for students to comprehend the content objectives of the lesson. It is not necessary to use them all. If the teacher desires to use several activities per lesson, or if class discussion is lengthy, lessons may take more than one day each.

Creating a cohesive class climate is crucial when presenting this important material. Please reinforce the following guidelines:

1. Listen when others are speaking.
2. Maintain sensitivity and discretion when other students share.
3. Refrain from put-downs.
4. Accept all questions and realize that no question is “dumb.”

Questions may be asked anonymously through the use of the “question box.”
THE QUESTION BOX

At the beginning of the Family Life Curriculum, introduce the question box. Explain to the students that people of all ages have questions about sexual matters. Some may feel uncomfortable asking questions in public although it is very natural to have questions about sex. The question box should be available to all class members throughout the lessons to help address concerns and questions of students in a non-threatening way.

Guidelines for submitting/answering questions in the question box:

1. There is no such thing as a “dumb” question.

2. All questions are valid except for personal questions about the teacher or other students.

3. Questions are anonymous, unless the student wants to be identified.

4. If a question is not answered in class, it may be considered inappropriate for class discussion. (Questions might be answered privately should the student choose to raise this topic with the teacher.)

5. Correct and appropriate vocabulary will be used in the course, but students may use words they know or may have heard. Answers will be translated from the slang words used to correct terminology.

6. Questions will be read by the teacher daily or periodically to insure a prompt response. (The teacher may read them one day and answer the next to give time for response.)

7. Teachers may want to use the glossary provided to help answer questions. Answer questions simply and in a scientific manner.

8. Exceptional Education Inclusion Strategies
   A. Provide a tape recorder for students to leave their questions orally.
   B. Allow students to write/type questions outside of class.
1. Parent permission is not necessary for lessons I-V.

2. Keep boys and girls together while teaching lessons I-V.

3. Teach all lessons consecutively.

4. Each lesson has several activity choices to engage a variety of learning styles.

5. Order videos well ahead of planned viewing date.

6. For maximum effectiveness of videos, please preview them before showing them to students.
MIDDLE SCHOOL
SEVENTH/EIGHTH GRADE
OBJECTIVES

Growth and Development

The students will

1. Discuss self-awareness, self-control, and self-esteem.
2. Discuss characteristics in responsible and healthful relationships.
3. Discuss the responsibilities involved with friends and dating relationships.
4. Discuss the importance of family values in decision-making.
5. Discuss the effects of media on understanding sexuality, sexual stereotyping, and sex equity.
6. Understand the importance of commitment to all relationships including marriage.
7. Learn to recognize sexual harassment and understand it has serious consequences.

Human Sexuality

The students will

1. Discuss pre-adolescent and adolescent changes that occur at puberty.
2. Explain the anatomy of the female and male reproductive system.
3. Discuss abstinence as the only 100% effective method of preventing pregnancy and Sexually Transmitted Infections.
4. Discuss self-examination as a means of early detection of breast and testicular cancer.
5. Learn refusal skills and the importance of self-discipline in order to prevent sexual intercourse.
6. Identify signs and symptoms of Sexually Transmitted Infections and how to receive treatment.
7. Discuss the consequences of teenage pregnancy and responsibilities of parenthood.
8. Discuss the development of an embryo and fetus from its conception.
9. Describe the birthing process.

10. Describe advantages and disadvantages of the various birth control methods and sterilization process.

11. Define and discuss sexual abuse and sex crimes and how the adolescent can prevent becoming victimized.

12. Discuss the effects of substance abuse on one’s decisions and inhibitions.