Growth is a life long process. People grow in many different ways. Growth means change, and change brings challenge, excitement, apprehensions, and new problems to solve. Knowing what to expect eases anxiety, dispels misconceptions, and facilitates adjustment to the changes that occur. This curriculum was developed to address these needs.

Sexuality is an inherent part of each individual’s personality. The Tucson School District’s FAMILY LIFE CURRICULUM was developed to help students learn more about themselves, refine communication skills, and develop respect for themselves and others. Successful family life curricula are those that are a cooperative effort between parents (home) and the school.

The Tucson Unified School District’s curriculum encourages and stresses communication within the family to learn about sexuality and shared values that influence decisions. The concepts presented are based on recommendations of the Tucson Unified School District Sex Education Advisory Committees, the results of T.U.S.D.’s parent survey collected in May 1989 and the Arizona State Board of Education Policy R7-2-303 on Sex Education. Additionally, American Government Students from University High School made recommendations for the revision of the curriculum that were considered during the update process.

For those students who enjoy open discussions with their families, this curriculum serves as a supplemental guide of factual information to be shared at home. For those students who do not have the same familial opportunities, this curriculum provides accurate information about sexuality and the growth process, personal safety strategies and serves to foster respect for all people and their beliefs.

The FAMILY LIFE CURRICULUM currently is implemented in grades K-12. The current K-3 Health Education Curriculum was determined to adequately incorporate the sex education objectives developed by the committee. These lessons are instruction for Elementary School grades 4 and 5, Middle School grades 6 and 7/8, and High School Health Class. The included Growth and Development lessons are about family relations, communication, decision-making, and assertiveness strategies. The human sexuality portion of this curriculum addresses emotional, physical and social changes that occur during puberty and adolescence, prevention of pregnancy and Sexually Transmitted Infections through abstinence, and facts concerning human reproduction.