

Family Health & Sex Education Curriculum Outline

5th Grade Curriculum

Boys and Girls Separately

Girls taught by Mrs. Lehrfeld

Boys taught by Coach Q

Body Changes / Puberty

-Girls- breast development, hair growth, menstruation

-Boys- hair growth, genitals changes, voice changes...

Hygiene/Health

-acne/face care

-body odor

-hair care

-shaving

Emotions/Hormones

6th Grade Curriculum

Boys & Girls Together:

Online Safety

Texting & Social Media

Peer Pressure & Decision Making

Healthy vs Unhealthy Peer Relationships

Female Issues (discussions specifically with the girls):

Body Changes

- breast development

- hair growth

- menstruation/PMS

Hygiene/Health

- acne/face care

- body odor

- menstruation

- hair care

- shaving

Emotions/Hormones

Male Issues (discussions specifically with the boys)

- hormonal urges/thoughts

- erections & nocturnal emissions

- health

- hygiene (shaving & showering)

Boys & Girls (taught separately):

Boys & Girls are different both emotionally AND physically but BOTH males' & females' bodies are designed to increase the chance of continuation/prolonging the species. The purpose of the reproductive system is to REPRODUCE. Because of the high chance of conception, **abstinence** is the only 100% sure way to prevent pregnancy.

Male & Female Reproductive Systems- Anatomy, Physiology, Hormones

7th Grade Curriculum

Female Issues (discussions specifically with the girls):

Format- group discussion, question & answer session, sharing
Body Changes, Emotions/Hormones

Male Issues (discussions specifically with the boys)

Format- group discussion, question & answer session, sharing
Body Changes, Emotions/Hormones

Boys & Girls (separately):

Review from 6th grade, additional content marked with asterisk*

Risks of Deciding to Have Sex

- Pregnancy (human life is at stake)
- Sexually Transmitted Diseases (STDs & HIV) *
- Emotional issues*

Prevention of Pregnancy, Decreased Risk of STDs (abstinence is only 100% absolute prevention)

- Contraceptive Methods*

How to Avoid Sexual Pressures (How to say no)*

Sexual Assault & Abuse (How to identify it and what to do)*

8th Grade Curriculum

Revisited/Review from 7th Grade (Boys & Girls Together)

Format- group discussion and scenario role playing

- Online Safety, Texting & Social Media
- Peer Pressure & Decision Making
- Healthy vs Unhealthy Peer Relationships

Female Issues (discussions specifically with the girls):

Format- group discussion, question & answer session, sharing

Body Changes, Emotions/Hormones

Male Issues (discussions specifically with the boys)

Format- group discussion, question & answer session, sharing

Body Changes, Emotions/Hormones

Boys & Girls (separately):

Review from 7th grade, additional content marked with asterisk*

Risks of Deciding to Have Sex

- Pregnancy (human life is at stake)
- Sexually Transmitted Diseases (STDs & HIV) *
- Emotional issues

Prevention of Pregnancy, Decreased Risk of STDs (abstinence is only 100% absolute prevention)

-Contraceptive Methods*

How to Avoid Sexual Pressures (How to say no)*

Sexual Assault & Abuse (How to identify it and what to do)*