

## ***The Program***

As part of the middle and high school instructional health program, all students starting in grade five participate in comprehensive health education instruction. The Family Life and Human Development Unit is just one of the several units taught in health education. This unit was developed based on national and state health education standards and in accordance with Maryland State Regulation (COMAR 13A.04.18).

The specific outcomes and activities are designed to be developmentally appropriate for students at each grade level. Students in grades 5 through 8 receive Family Life and Human Development in same-gender classes. The information provided promotes abstinence as the safest, healthiest choice for adolescents. Students may be excused from the Family Life and Human Development Unit of the program upon written request from their parent or guardian. Appropriate alternative instruction will be provided for those being excused. Parents are invited to review the information and materials used in the Family Life Unit.



### ***Why Teach Family Life & Human Development?***

- To support parents as the primary sexuality educators
- To counteract the negative messages about sexuality portrayed in the mass media
- To promote a healthy attitude about human sexuality and development
- To encourage abstinence as the safest, healthiest choice for adolescents
- To help students navigate through early adolescence – a time of significant change in growth and development
- To inform students of available health resources and information

# ***What is Being Taught in Each Grade?***

| <b><i>Grade 5</i></b>   |
|---|
| <ul style="list-style-type: none"><li>• Patterns of growth and development of one's own gender</li><li>• Personal hygiene</li><li>• Menstrual cycle</li><li>• Reproductive System of one's own gender</li><li>• Family and peer relationships</li></ul>   |
| <b><i>Grade 6</i></b>   |
| <ul style="list-style-type: none"><li>• Family (structure, changes, roles and responsibilities)</li><li>• Life changes</li><li>• Growth and development</li><li>• Changes that occur during puberty</li><li>• Anatomy and physiology of the reproductive system of the opposite gender</li><li>• Menstrual cycle</li><li>• Personal Hygiene</li><li>• Introduction and prevention of HIV/AIDS</li></ul>   |
| <b><i>Grade 7</i></b>   |
| <ul style="list-style-type: none"><li>• Factors that influence adolescent sexual development</li><li>• Peer relationships</li><li>• Communication between parents and children about human sexuality</li><li>• Physiology of the reproductive system</li><li>• Influence on sexual decision making</li><li>• Consequences to sexual activity</li><li>• Abstinence as the safest, healthiest choice for adolescents</li><li>• Personal health plan to support abstinence</li><li>• Decision making and good choices</li><li>• Characteristics of healthy and unhealthy relationships</li></ul> |
| <b><i>Grade 8</i></b>   |
| <ul style="list-style-type: none"><li>• Characteristics of healthy and unhealthy relationships</li><li>• Guidelines for healthy dating relationships</li><li>• Refusal skills and decisions-making skills</li><li>• Abstinence as the safest, healthiest choice</li><li>• Influence and consequence of adolescent sexual activity</li><li>• Prevention of sexually transmitted infections</li><li>• HIV/AIDS</li><li>• Personal health plan to support abstinence</li></ul>   |
| <b><i>Grade 9</i></b>   |
| <ul style="list-style-type: none"><li>• Communicable Diseases</li><li>• Sexually Transmitted Infections/HIV/AIDS</li><li>• Abstinence/Contraception</li><li>• Myths and misconception of sexual behavior</li></ul>  |

These units are 2-4 days in length.

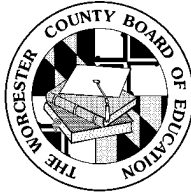
## ***Tips for Talking to Kids about Sexuality***

- Take advantage of “teachable moments” to discuss and share your views about human sexuality topics that are part of music, TV, movies, news, or other moments where issues arise.
- Give correct sexuality information. Children want to get the facts from YOU.
- Talk about your values regarding sexual behavior.
- Tell the child you are open to talking.
- Say what you believe is right and wrong.
- Listen. Sometimes, the less you say, the more a child will talk.
- Teach the child ways to make good decisions about sex.
- Coach kids on what to say and do to get out of risky situations.
- Start talking early. It will keep lines of communication open throughout your lives together.

For more information, please contact your child’s school  
or  
Tamara J. Mills, Coordinator of Instruction  
(410) 632-5031

Please visit [www.worcesterk12.com](http://www.worcesterk12.com) for more information or print this brochure and parental opt-out letters.





***Worcester County Public Schools***

***Middle and High School  
Family Life  
&  
Human Development***