

Sensitive Content**WE'RE JUST TALKING FOR BOYS AND GIRLS**

Even though human biology has not changed lately, your students will respond to these contemporary new titles. With a fresh look, the Let's Just Talk series presents sound, accurate information about puberty in a framework of self-respect and responsible decision-making. These upbeat titles strongly emphasize the importance of exercise and encourage good nutrition. Getting together for homework, two groups of friends listen to the popular radio show "Let's Just Talk" and get an earful about the biology of growing up and some useful advice for coping with adolescence. We're Just Talking presents factual information about boys and girls entering puberty. Topics include male and female physical development, hormones, and the reproductive systems, with an emphasis on physical and emotional health.

Marsh Media Youtube 2020

PERSONAL SAFETY and SOCIAL NETWORKING PREDATOR

This presentation tells a story of a middle school boy who has developed an online relationship with someone he thinks is his own age—a pretty girl. Students are encouraged to discuss the dangers involved when meeting face to face with someone they first met online. *i-Safe*

CONSENT FOR KIDS

In this cartoon video, examples are used to help kids of all ages understand how to practice consent. They are informed that even at a young age, they are in charge of their body and it is ok to say no if they feel uncomfortable. *Blue Beat Studios 10/4/2016*

YOUR PHOTO FATE

Once you send a photo online, there is no way to control where it goes. It is out of your hands. This video explains that any photo you send, good or bad, can end up being seen by everyone and/or by anyone you might not want to see it. *Netsmartz*

YOU CAN KEEP YOURSELF SAFE: TOUCHING SAFETY AND STRANGER SAFETY**Video Segment: Don't Go with Strangers**

This video segment presents a story about Taylor and Hannah, two friends who go bowling. The video demonstrates why it is important to be cautious when meeting strangers.

Mazzarella Educational Media 2016

OBLIVIOUS: AN ONLINE PREDATOR PSA

This PSA brings attention to the dangers of social media and how online predators can gain the trust of kids/teens to lure them into relationships and to meet them in person. In this PSA a 6th grade girl texts with someone who she thinks is an 8th grade boy. He persuades her to open a social media account and eventually persuades her to meet him in person. The PSA highlights

the consequences of what can happen when meeting someone in person whom you have met on social media. The PSA ends with a scene from Christmas when the girl received the phone as a gift from her sister, her sister tells her to make good choices while using the phone.

Night Owl Productions 2020

LESSON 10 **GRADE 6, SOL: 6.1, HE 6.1a, 6.2, 6.3, 6.7**

Human Sexuality/Growth and Development

SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objectives:

6.1	The student will relate personal hygiene to the physical changes that occur during puberty.
6.2	The student will explain the effects of growth on development, attitudes and interests.
6.3	The student will continue to identify physical and emotional changes that occur during puberty and their effects on growth and development.
6.7	The student will describe personal characteristics that can contribute to happiness for self and others.
HE 6.1a	The student will identify and describe the major structures and functions of the urinary system (kidneys, ureters, bladder, and urethra) and strategies to promote renal health

Lesson Summary:

The male student will review changes that occur in the male during puberty. The female student will review changes that occur in the female during puberty. Students will discuss emotional and social changes for their gender.

Identify and describe the major structures and functions of the urinary system. These structures are to include the kidneys, ureters, bladder, and urethra. Discussion will center around strategies to promote renal health.

Parent/Child Activity:

The student will discuss with the parent or guardian the changes that occur during puberty. The student will ask parents what it was like when they were this age.

Bibliography:

WE'RE JUST TALKING FOR BOYS AND GIRLS

Alternative Lesson:

Students opting out of Family Life Education will be provided alternative lessons by their health and physical education teacher.

LESSON 11**GRADE 6, SOL: 6.1, 6.2, 6.3, 6.7**

Human Sexuality/Growth and Development

SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objectives:

6.1	The student will relate personal hygiene to the physical changes that occur during puberty.
6.2	The student will explain the effects of growth on development, attitudes and interests.
6.3	The student will continue to identify physical and emotional changes that occur during puberty and their effects on growth and development.
6.7	The student will describe personal characteristics that can contribute to happiness for self and others.

Lesson Summary:

The students will be introduced to the changes that occur in the male and female body during puberty. Students will discuss emotional and social changes during puberty. The nurse will inform students that sexual feelings are normal and will give students factual information regarding erections and nocturnal emissions in the male and menstrual cycle in the female.

Parent/Child Activity:

The student will discuss with the parent or guardian the changes that occur during puberty. The student will ask parents what it was like when they were this age.

Bibliography:

WE'RE JUST TALKING FOR BOYS AND GIRLS

Alternative Lesson:

Students Opting out of Family Life Education will be provided alternative lessons by their health and physical education teacher.

LESSON 12

GRADE 6, SOL: 6.6

Human Sexuality/Growth and Development

SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objective

6.6	The student will summarize the process of human reproduction
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Lesson Summary:

The student will be introduced to factual information about human reproduction. Fertilization, conception, and fetal development will be discussed. The student will be encouraged to discuss his/her own birth with parents.

Parent/Child Activity:

Encourage the student to ask questions and to discuss his/her birth with his/her family.

Alternative Lesson:

Students opting out of Family Life Education will be provided an alternative lesson by their health and physical education teacher.

LESSON 13

GRADE 6, SOL: 6.8, 6.9

Child Abuse/Personal Safety

SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objectives:

6.8	The student will demonstrate increased understanding of child abuse and neglect, including emotional and sexual abuse.
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6.9	The student will become aware of community health care and safety agencies and their functions.
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Lesson Summary:

The student will be encouraged to take steps to avoid being abused and will be reassured that abuse is never the victim's fault. The student will be able to identify the following types of child abuse:

- physical abuse
- neglect
- emotional abuse
- sexual abuse

Resources for reporting and receiving help for child abuse will be explored. The student will practice appropriate verbal and nonverbal assertiveness skills to protect himself/herself. The student will identify some family rules concerning safety. Strategies for personal safety will be discussed, including internet safety.

Parent/Child Activity:

The child will ask his/her parents or guardian to discuss the problem of child abuse, using examples from newspapers, magazines, or television reports. It is important to make the child understand that he/she needs to tell someone he/she trusts if someone makes inappropriate suggestions or remarks or tries to touch his/her body.

Alternative Lesson:

Students opting out of Family Life Education will be provided an alternative lesson by their health and physical education teacher.

Bibliography:

*PERSONAL SAFETY AND SOCIAL NETWORKING-PREDATOR
 CONSENT FOR KIDS*

LESSON 14

GRADE 6, SOL: 6.4, 6.5

Sexually Transmitted Diseases

*SEPARATE CLASSES FOR BOYS AND GIRLS, MATERIALS WILL BE PRESENTED BY
 FAMILY LIFE EDUCATION NURSES.*

Standards of Learning Objectives:

6.4	The student will recall basic facts about sexually transmitted diseases.
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6.5	The student will be able to describe the etiology, effects and transmission of AIDS virus.
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Lesson Summary:

The teacher will introduce basic facts concerning transmitted infections and diseases that may be caused by bacteria or viruses. The teacher will introduce factual information about STI's/STD's and will answer questions and correct misinformation.

Parent/Child Activity:

The student will share STI/STD information with parents or guardians.

Bibliography:

Virginia Department of Health Statistics Report
 Current CDC (Center for Disease Control) Information

Alternative Lesson:

Students opting out of Family Life Education will be provided an alternative lesson by their health/physical education teacher.

LESSON 15

GRADE 6, SOL: 6.6

Value of Postponing Sexual Activity until Marriage

SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objectives:

6.6	The student will summarize the process of human reproduction and the benefits of postponing premarital sexual activity.
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Lesson Summary:

The family life educator will review the process of decision making and provide factual information regarding the benefits of postponing sexual activity until marriage. The following detrimental effects of premarital sexual activity will be discussed:

- Sexually transmitted infection
- Unwanted pregnancy
- Psychological, social, economic, and physical consequences
- Legal consequences
- Impact to one's reputation and self-esteem

Parent/Child Activity:

The student will review with his/her parents or guardian responsible decision making skills and the benefits of postponing sexual activity until after marriage.

Bibliography:

The Virginia Code
Center for Disease Control and Prevention

Alternative Lesson:

Students opting out of Family Life Education will be provided an alternative lesson by their health and physical education teacher.

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YOUR PHOTO FATE. Netsmartz.org

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Mazzarella educational Media 2016

OBLIVIOUS: AN ONLINE PREDATOR PSA, Night Owl Productions 2020

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LifeFacts Sexuality, James Stanfield & Co., 1990