

Sexual Health Education Curriculum Overview

Pierce Middle School

Grades 7 & 8

We use two different curriculums to teach aspects of sexual health education. We use “Puberty: The Wonder Years” curriculum with our 6th grade students and the “Get Real” curriculum in 7th and 8th grade classes. A detailed outline of the topics and lessons that will be taught at each grade level can be viewed by scrolling to the end of this document.

Parents As Partners in Education: The Milton Public Schools Health/Physical Education Department provides curriculum and instruction designed to help students make healthy choices, and practice safe behaviors. We understand that this is an important endeavor and it requires a strong partnership with parents and families. We believe that parents are their child's primary educator and that each family has its own values and beliefs about sex and sexuality. At times, these curricula will include homework assignments that will encourage students to discuss topics that are being covered in class with a parent/guardian or other trusted adult. This will ensure that parents will have opportunities to share information that is important to them with their own children. This website is designed to be a communication tool for parents. It will provide parents with information about our health curriculum and/or provide resources that may be useful in talking with your child(ren) about these important health topics.

Parent Notification: Parents of children who are in grades where sexuality education content will be taught will receive a letter in the fall that will notify them of the topics that will be included in their son/daughters health classes. Under Massachusetts law, parents have the right to opt their child out of any single lesson or out of an entire unit that includes information about human sexuality. Parents can do this by writing a letter to the building principal requesting that their child be opted out of the sexuality portion of the health education curriculum. If a parent chooses to do so, an appropriate alternative activity will be provided for their son/daughter.

Below you will find a summary of the lessons to be taught for sexual health in 7th and 8th grade including activities. Please contact your student's health teacher, building Principal Dr. Karen Spaulding (kspaulding@miltonps.org) or Health and Wellness Director Noel Vigue (nvigue@miltonps.org) with further questions.

Get Real: Comprehensive Sex Education

Grades 7th and 8th

“Get Real” is a middle school curriculum designed to help students view sexuality in the context of relationships and focuses on social and emotional skills as a key component of making responsible and healthy decisions. “Get Real” emphasizes healthy relationships, delaying or abstaining from sex and looks to increase correct and consistent use of protection methods if and when a person becomes sexually active.

As a result of participating in the “Get Real” program, students will be able to:

- Connect self-awareness, self-management, social awareness, and relationship skills to responsible decision making.
- Name reasons abstinence is the healthiest choice for youth their age.

- Describe consequences of sexual activity and ways to reduce the risk of negative consequences.
- Apply a decision-making model to real-life situations.
- Demonstrate assertive communication and refusal skills for delaying sexual intercourse and avoiding unprotected sexual activity.
- Increase their opportunities for conversations with their parents and other caring adults about personal, family and community beliefs about sexual health.

(Retrieved from supplemental documents from the Get Real Curriculum)

In each of the lessons, there is a family activity to be completed. It is highly recommended that these family activities be completed as it will provide time to get to know your child(ren) and to talk about values, attitudes, and beliefs around sexuality. Research has also shown that children who talk with their parents/guardians about sexuality are more likely to protect themselves and make healthier decisions (www.advocatesforyouth.org).

7th Grade

Lesson 6.1: Creating the Classroom Climate

- Students construct a safe environment for information exchange and questions by establishing classroom agreements and expectations.
- Activities include: establishing class rights and responsibilities, introducing/reviewing social and emotional skills, identifying caring and trusted adults & encouraging students to talk with them about sexuality and family activity for homework.

Lesson 6.2: Communication and Refusal Skills

- Students discuss the importance of active listening and clear communication. Students model assertive communication and refusal skills using role-play scenarios.
- Activities include: learning and practicing the use of communication skills including assertive communication and refusal skills and family activity for homework.

Lesson 6.3: Relationships and Boundaries

- Students brainstorm qualities of healthy and unhealthy relationships. Students establish personal boundaries and rehearse responses to inappropriate behavior.
- Activities include: examining circles of relationships, examining and respecting personal space, discussing qualities of healthy and unhealthy relationships, exploring some consequences of dating older partners, discussing boundaries and peer pressure, homework and family activity.

Lesson 6.4: Male Anatomy and Reproduction

- Students identify key parts of the male anatomy and explain the relationship between anatomy and reproduction.
- Activities include: reviewing male reproductive anatomy and physiology, introducing pregnancy basics, discussing the roles of condoms, and family activity.

Lesson 6.5: Female Anatomy and Reproduction

- Students identify key parts of the female anatomy and explain the relationship between anatomy and reproduction.
- Activities include: reviewing female reproductive anatomy and physiology, explaining the menstrual cycle, and family activity.

Lesson 6.6: Puberty

- Students identify emotional and physical changes for males and females in puberty and discuss common feelings that emerge in puberty.
- Activities include: identifying emotional and physical changes of puberty, exploring the range of feelings about changes of puberty, and family activity.

Lesson 6.7: Abstinence

- Students describe consequences of unhealthy behaviors, including drug and alcohol use and unprotected sexual activity. Students name reasons why abstinence is a healthy choice for sixth-graders.
- Activities include: defining unhealthy behaviors, abstinence, and sexual abstinence, discussing “real-life” situations concerning abstinence, and family activity.

Lesson 6.8: Decision Making and Values

- Students examine how personal values inform decision making and apply a decision-making model to realistic scenarios.
- Activities include: introducing personal values and decision making, discussing how responsibly decision making reduces unhealthy behaviors, clarifying personal values and discussing challenging situations, and family activity.

Lesson 6.9: Conclusion and Review

- Students review information from the course and demonstrate refusal skills as they relate to abstinence and healthy decision making.
- Activities include: reviewing importance of abstinence and refusal skills, reflecting on personal goals and achievements, family activity, test and project

8th Grade**Lesson 7.1: Creating the Classroom Climate**

- Students construct a safe environment for information exchange and questions by establishing classroom agreements and expectations. Students also review key anatomy terms and apply the decision-making model to a realistic scenario.
- Activities include: establishing classroom rights and responsibilities, explaining key points for social and emotional learning, reviewing decision making model, reviewing anatomy and reproduction and family activity.

Lesson 7.2: Media Literacy and Sexuality

- Students identify ways in which the media promotes myths about sexual behavior. Students analyze messages about sexuality in advertisements.
- Activities include: examining different types of media, discussing sexuality shown on TV, examining effects of advertising on body image, homework and family activity.

Lesson 7.3: Sexual Identity

- Students distinguish between myths and facts regarding sexual orientation and discuss LGBTQ identities in a respectful manner.
- Activities include: exploring characteristics of attraction, defining sexual identity, exploring myths about sexual identity, and family activity.

Lesson 7.4: Creating a Safe School Environment

- Students describe the effects of bullying and clarify their personal values about bullying and harassment. Students rehearse and demonstrate ways to confront hurtful behavior.
- Activities include: clarifying values around bullying, defining harassment, bullying and being an ally, practicing identifying and stopping harassment, homework and family activity.

Lesson 7.5: Deciding About Sexual Behavior

- Students give examples of possible outcomes of sexual behaviors and explain how personal values affect sexual decision making. Students identify qualities important to them in dating relationships and list nonsexual activities for dating.
- Activities include: defining and deciding about sexual behaviors, exploring ways to reduce risks of sexual behavior, defining and deciding about dating, and family activity.

Lesson 7.6: Defining and Maintaining Abstinence

- Students define abstinence and postponement and name reasons why they are healthy choices for seventh graders. Students identify positive connections between abstinence and completion of short-term and long term goals. Students rehearse and demonstrate refusal skills relating to abstinence.
- Activities include: defining sex and abstinence, defining abstinence in personal terms, exploring refusal skills, homework and family activity.

Lesson 7.7: Introduction to Sexually Transmitted Infections

- Students name modes of transmission for sexually transmitted infections (STIs), including HIV, and identify the best ways to prevent STI and HIV transmission. Students list the most common STIs for teenagers and identify symptoms and treatment options for these infections.
- Activities include: defining STDs and STIs, examining the different STIs, how they are transmitted and how to avoid them, and family activity.

Lesson 7.8: Introduction to Protection Methods

- Students name the protection methods most used by teens and identify pros and cons for each of these methods. Students list key steps for correct condom use. Students name places to obtain protection methods and identify resources for additional information and support.
- Activities include: reviewing abstinence, discussing reasons for using protection, brainstorming protection methods, exploring effectiveness rates and discussing condoms and where to get them,

show condom demonstration video, discussing how hormonal methods increase protection and explaining emergency contraception, homework and family activity.

Lesson 7.9: Conclusion and Review

- Students explain the importance of communication in healthy relationships. Students name possible outcomes of sexual activity. Students demonstrate refusal skills and assertive communication for insisting on condom use.
- Activities include: reviewing possible outcomes of sexual activity, applying decision-making model, practicing refusal and insistence skills, reflecting on ways to take care of personal well-being, test and project.