

**MIDDLE SCHOOL OUTCOMES**  
**For Sexuality Education**  
**Revised September 2009**

STUDENTS WILL:

**Communication**

- Demonstrate respect for self and others
- Possess self-awareness and confidence
- Understand the relationship between thoughts, feelings, and actions
- Identify and appropriately express both comfortable and uncomfortable feelings
- Be able to recognize good/bad situations
- Apply strategies for analyzing, problem solving, and escaping high-risk situations
- Possess the skill to say no and accept no for an answer
- Identify the difference between appropriate/inappropriate sexual talk, communication and touch
- Tell and keep telling until someone listens about situations involving inappropriate sexual talk, communication or touch

**Knowledge**

- Use appropriate personal hygiene skills
- Describe the basic structure and function of the reproductive system
- Use correct terms regarding the reproductive system
- Understand the physical and emotional changes that occur during puberty
- Understand that individuals differ in patterns of physical growth and development
- Understand the concept of abstinence
- Have knowledge of the physical and emotional consequences of sexual behavior
- Understand the transmission, symptoms and long-term consequences of HIV and STIs
- Have knowledge of methods of HIV and STI prevention

**Resources /Support/Values**

- Have knowledge of available guidance, support and reliable information
- Recognize the impact of family, school, peers and community in making health related decisions
- Understand how family and culture influence personal health practices

## 7<sup>th</sup> Grade Lessons

### Lesson 1 – Affectionately Yours

Students complete pre-test. Students will consider a range of behaviors that demonstrate affection and determine their appropriateness for middle school students. The influences that let them know if something is appropriate will be discussed – parents, church, TV, etc. Abstinence from sexual intercourse will be defined. (*Abstinence*, Dale Zevin, 1996)

### Lesson 2 – Crystal Ball

Students will consider their plans and goals for their future. They will analyze the consequences of sexual intercourse for adolescents using their goals as examples. (*Abstinence*, Dale Zevin, 1996 & *Growing Goals in You, Your Body & Puberty*, HRM, 2004)

### Lesson 3 – Staying Safe

Students will identify uncomfortable situations and settings that may be conducive to sexual behavior. They will examine scenarios and the consequences of the choices made by the characters and propose alternatives. (*Abstinence*, Dale Zevin, 1996)

### Lesson 4 – Assertive Me!

Students will review how to be assertive and practice being assertive. Students will also discuss the stress caused by the emotions of puberty and practice respect in communication (*Abstinence*, Dale Zevin, 1996 & *Second Chance in You, Your Body & Puberty*, HRM, 2004)

### Lesson 5 – Pressure Lines

Students will practice saying no to pressure. (*Abstinence*, Dale Zevin, 1996)

### Lesson 6 – We're there for You

Students will identify personal support systems to help them abstain from sex. (*Abstinence*, Dale Zevin, 1996)

### Lesson 7 – You, Your Body & Puberty – DVD

Students will view DVD that provides information about puberty including growth, anatomy and personal hygiene. They will complete a matching activity to review the information contained in the video. In small groups they will use fact sheets to answer common questions about puberty and share the answers. Students complete post-test.

Each day there will be time for answering anonymous student questions.

## **8<sup>th</sup> Grade Lessons**

### Lesson 1 – Sexually Transmitted Diseases

Students complete Pre Test. Students understand STD transmission, causes and prevention. Behaviors that place students at various levels of risk are discussed. Hear about real people with AIDS – not necessarily the type of people teens expect. Students will use numbers they can relate with to understand the scope and cost of HIV infection.

### Lesson 2 - HIV/AIDS DVD

Students view and discuss DVD Understanding HIV AND AIDS Human Relations Media, Inc. Copyright 2006. Students discuss statements to check their knowledge of HIV and AIDS and risky behaviors.

### Lesson 3 STDs and Teenagers

Students discuss risk factors and facts about STDs and teenagers and why abstinence is best. Students discuss the precautions to take when blood becomes part of a day-to-day relationship. Basically, what to do if someone's nose starts bleeding. Students complete Post Test.