



## Seventh Grade

### Human Growth and Development Objectives

Human Growth and Development is taught in a multiple day unit through your child's 7<sup>th</sup> grade health education class. However, objectives under the topic "relationships" are taught throughout the semester at appropriate times. So you can discuss these topics with your child prior to class discussions, we have listed the objectives below.

#### **Naturalness of Sexuality / Access to Information**

- The student will recognize that sexuality is an important part of one's physical, emotional, and social development.
- The student will recognize that having sexual thoughts and feelings is normal.
- The student will understand that the family is his/her first resource and that there are also community resources in understanding human growth and development issues.
- The student will identify community resources available in understanding and human growth and development issues.
- The student will develop the communication skills needed to appropriately discuss issues and access information regarding human growth and development.

#### **So that students will:**

- Appreciate the uniqueness of his or her body.
- Discuss concerns about the changes occurring with a parent/guardian/trusted adult.

#### **Puberty / Hygiene**

- The student will define puberty and tell when it occurs in boys and girls.
- The student will recognize that each individual will have his/her own rate and timetable of growth.
- The student will identify physical, emotional, social and mental changes that take place in boys and girls during puberty.
- The student will realize that "growth spurts" may occur during the period of adolescence.
- The student will explain what hormones are and their relationship to puberty.
- The student will have an understanding of the menstrual cycle, will identify menstrual health products and discuss their proper use and disposal.
- The student will be aware that nocturnal emissions may begin with the onset of puberty.
- The student will learn that personal responsibility for hygiene promotes health and well-being.
- The student will learn which daily habits are needed for good hygiene.
- The student will realize that personal hygiene enhances self-concept, shows respect for self, for others, and increases the respect others have for you.

#### **So that students will:**

- Appreciate the uniqueness of his or her body.
- Practice health habits that promote growth and development.
- Appreciate and understand the changes occurring in their body during puberty.
- Discuss concerns about puberty and/or hygiene with a parent/guardian/trusted adult.

#### **Reproductive System / Prenatal Development / Childbirth**

- The student will recognize and name the basic parts of the body using proper terminology.
- The student will recognize physical differences between male and female appearances.
- The student will be able to identify the structures and functions of the male and female reproductive systems.

- The student will have an understanding of the menstrual cycle and its relationship to reproduction.
- The student will identify diseases and disorders of the male and female reproductive organs.
- The student will discuss the importance of regular exams for the male and female reproductive systems for reproductive health and disease prevention.
- The student will learn proper techniques for self-examination of the male and female reproductive organs.
- The student will be able to describe the process of conception, prenatal development, and birth.
- The student will be able to describe the development of the embryo and fetus.
- The student will be able to discuss the importance of prenatal care.
- The student will be able to describe the stages of labor and birth.
- The student will define infertility and develop an awareness of medical treatments to achieve conception.
- The student will identify complications that can arise during pregnancy and birth.
- The student will understand the difference between abortion and miscarriage.
- The student will know that a person's physical features and growth patterns are determined by heredity.
- The student will identify factors that promote a healthy pregnancy.
- The student will identify risks involved with pregnancy related to nutrition, AODA, heredity, teen pregnancy, smoking and environment

**So that students will:**

- Appreciate the uniqueness of his or her body.
- Appreciate the miracle of life and birth process.
- Discuss concerns about pregnancy and the birth process with a parent/guardian/trusted adult.
- Recognize that abstinence is the only safe method of preventing pregnancy.

**Relationships**

- The student will acquire accurate information and develop attitudes and behaviors that will assist in getting along with others.
- Identify communication skills necessary for healthy interpersonal relationships.
- The student will recognize the difference between appropriate and inappropriate behavior toward others.
- The student will describe the concept of friendship and develop an appreciation of the importance of friendship.
- The student will realize that there are responsibilities involved in friendships and dating relationships.
- The student will understand the injustice of stereotyping people.
- The student will understand peer pressure and practice the refusal skills needed to say "no" to behaviors that are risky.
- The student will develop an understanding of refusal & negotiation skills for use in relationships.
- The student will understand the magnitude of the responsibilities of parenthood, as well as the commitment and skills needed for parenting.

**So that students will:**

- Practice abstinence.
- Show respect for self and others.
- Gain skills necessary for building healthy relationships.
- Discuss concerns about building relationships and the responsibilities of parenthood with a parent/guardian/trusted adult.

### **Protective Behaviors**

- The student will be able to identify and define physical, verbal, emotional and sexual abuse.
- The student will be able to describe components of an abusive relationship.
- The student will be able to identify and define sexual harassment.
- The student will describe strategies for handling and reporting sexual harassment.
- Students will define sexual assault/acquaintance rape.
- Students will identify guidelines to reduce the likelihood of sexual assault/acquaintance rape.
- The student will recognize the difference between appropriate affection and inappropriate advances and realize the possible consequences of those behaviors.
- The student will identify resources to help in unsafe situations.

#### **So that students will:**

- Firmly resist and report sexual harassment to an appropriate person.
- Firmly resist and report relationship abuse to an appropriate person.
- Understand guidelines to reduce the likelihood of being sexually assaulted.
- Be able to resist pressure in an assertive manner
- Set clear limits for behavior and share these limits with acquaintances and dates.
- Stop sexual advances when a partner says “no” or resists.

### **Abstinence, Disease & Pregnancy Prevention**

- Students will define abstinence.
- The students will realize the benefits of sexual abstinence in their lives.
- The student will learn that they do not need to become sexually active to be accepted, whole, or complete.
- Abstinence is a normal and positive choice of behavior.
- Explain why abstinence is the safest choice in the prevention of pregnancy, STI's, HIV and AIDS.
- The student will understand that sexual intercourse during adolescence can result in pregnancy, STI's, as well as physical, emotional and social problems.
- The student will recognize the internal and external pressures affecting personal decisions about sexual activity (for example: self-esteem, peer pressure, media, family, religion).
- The student will be able to describe the range of behaviors that demonstrate affection and love.
- The student will identify risk situations that may result in sexual activity and possible preventative behaviors.
- The student will understand the relationship between teenage pregnancy and alcohol or drug use.
- The student will understand peer pressure and practice the refusal skills needed to say “no” to behaviors that are inappropriate.
- The student will understand that sexual intercourse during adolescence can result in pregnancy, STI's, as well as physical, emotional and social problems.
- The student will be able to describe the range of behaviors that demonstrate affection and love.
- The student will identify risk situations that may result in sexual activity and possible preventative behaviors.
- The student will understand the relationship between teenage pregnancy and alcohol or drug use.
- The student will understand peer pressure and practice the refusal skills needed to say “no” to behaviors that are risky.
- The student will be able to explain that it is possible to plan or avoid a pregnancy and that decision is influenced by many factors.
- The student will understand that each person must accept responsibility for choices made.

- The student will understand how to attempt to protect oneself from illnesses and communicable diseases (universal precautions).
- The student will be able to describe the most common STI's, their symptoms and treatment.
- Students will explain ways that STI's can be transmitted.
- The student will understand long-term effects of STI's.
- The student will identify ways of attempting to prevent and reduce the risks of contracting HIV/AIDS and other STI's.
- The student will understand how high-risk behaviors contribute to the spread of STI's.
- The student will understand that HIV/AIDS is a disease, how it is acquired and how to attempt to protect oneself from this disease.
- Students will be able to identify resources for diagnosis and care of STI's, HIV/AIDS.
- The student will recognize myths and misconceptions related to HIV/AIDS and other STI's.
- The student will understand the effects of HIV/AIDS and other STI's on a pregnant mother and her unborn child.
- The student will be able to explain that it is possible to attempt to plan to avoid a pregnancy and that the decision is influenced by many factors.
- The student will understand how reproductive systems are affected by contraceptive methods.
- The student will define the different methods of contraception and disease prevention, explain how they work, identify effectiveness rates and side effects.
- The student will recognize the importance of communication with others as it relates to contraception and disease prevention (for example: family, physician, clergy, health professional, partner).
- The student will recognize the mutual responsibility of males and females as it relates to the use of contraceptives and disease prevention.
- Students will recognize that abstinence is the only safe method of attempting to prevent pregnancy and STI's.

**So that students will:**

- Practice abstinence.
- Recognize the benefits of sexual abstinence.
- Show respect for self and others.
- Firmly resist sexual activity when pressured.
- Set clear guidelines and communicate these guidelines to dates and acquaintances.
- Discuss concerns about STI's and HIV/AIDS with a parent/guardian/trusted adult.
- Discuss family standards and guidelines for sexual behavior, sexual decision-making, and contraceptive use with their parent/guardian/trusted adult.
- Understand how pregnancy can try to be prevented and how it impacts the reproductive systems.
- Avoid touching another person's bodily fluids and/or blood – tell an adult, use a barrier.
- Use universal precautions as a means of preventative health.