

## Grade Six

This is an abstinence based unit that will be taught by a Health and Physical Education Teacher who has been trained to provide information and answer questions about these topics. It will be their job to build upon the knowledge that the student has already learned from the previous grade. There will be presentations of factual and age appropriate information to students in sex separated classes.

### **OBJECTIVE**

- 6.1 The student will define adolescence and identify physical, emotional, social, and intellectual changes that occur during adolescence/puberty.

### CONTENT

- I. Adolescence/puberty
- II. Physical, emotional, social, and mental changes
- III. Explanation of how hormones effect the body
- IV. Stages of life

### TEACHING STRATEGIES

1. The use of the health text, *Glencoe Teen Health 1*, Chapter 8 (p. 202-205, 212-213), will be used as resource material to discuss the above topics.
2. The use of a PowerPoint Presentation entitled, *Adolescence and Puberty*, and current materials will be used as resources for the above topics.
3. The use of recommended visual aid: Video – My Best Me – Self-Esteem.

## **OBJECTIVE**

- 6.2 The student will review and identify the anatomy of the male and female reproductive systems and discuss the process of reproduction.

## **CONTENT**

- I. Scientific terms associated with the male reproductive system
- II. Scientific terms associated with the female reproductive system
- III. Fertilization
- IV. Development before birth

## **TEACHING STRATEGIES**

1. The use of the health text, *Glencoe Teen Health 1*, Chapter 8 (p. 206-212), will be used as resource material to discuss the above topics.
2. The use of a PowerPoint Presentation entitled, *Reproductive Systems and Fertilization*, and current materials will be used as resources for the above topics.
3. The use of recommended visual aid: Video – Just Around the Corner for Girls **(for classes with girls only)**; Just Around the Corner for Boys **(for classes with boys only)**.

## **OBJECTIVE**

- 6.3 The student will develop a basic knowledge of communicable diseases and describe why it is important to learn about sexually transmitted infections.

## **CONTENT**

- I. Definition of communicable diseases
- II. Common communicable diseases
- III. Sexually transmitted infections
- IV. Abstinence

## **TEACHING STRATEGIES**

1. The use of the health text, *Glencoe Teen Health 1*, Chapter 11 (p. 268-281), will be used as resource material to discuss the above topics.
2. The use of a PowerPoint Presentation entitled, *Sexually Transmitted Infections and HIV/AIDS*, and current materials will be used as resources for the above topics.

## **OBJECTIVE**

- 6.4 The student will list reasons to avoid teenage sexual activity and understand that abstinence is the best choice.

## **CONTENT**

- I. Reasons to avoid teenage sexual activity
- II. Benefits of postponing premarital sexual activity
- III. Abstinence
- IV. Decision making steps
- V. Refusal techniques and assertiveness

## **TEACHING STRATEGIES**

1. The use of the health text, *Glencoe Teen Health 1*, Chapter 2 (p. 44 and 280), Chapter 3 (p. 78-80) will be used as resource material to discuss the above topics.
2. The use of a PowerPoint Presentation entitled, *Abstinence*, and current materials will be used as resources for the above topics.
3. The use of recommended visual aid: Videos – Say No With Pride, and My Best Me – Self-Esteem.

## **OBJECTIVE**

- 6.5 The student will understand the concept of abuse and sexual harassment.

## **CONTENT**

- I. Harassment
- II. Sexual harassment
- III. Awareness and effects
- IV. Strategies for preventing
- V. Strategies for reporting and receiving help

## **TEACHING STRATEGIES**

1. The use of the health text, *Glencoe Teen Health 1*, Chapter 3 (p. 71-72), will be used as resource material to discuss the above topics.
2. The use of a PowerPoint Presentation entitled, *Sexual Harassment*, and current materials will be used as resources for the above topics.
3. The use of recommended visual aid: Video – Flirting or Hurting? When is it okay, When is it Harassment?

*Revised June 2018*