

**OPEN ARMS? OPEN EYES!**

This video addresses power, control and abuse in teenage relationships. A group of students analyze three abusive teenage relationships. They explore and discuss signs and symptoms of such relationships and what strategies can be used to end them. Parents, teachers, coaches and other trusted adults are encouraged resources for victims.

**SEX SMART FOR TEENS: ABSTINENCE**

This video presents essential information in an upbeat manner to inspire teens to practice abstinence and why this is necessary. It also gives them strategies to say “no” to sex and discusses the influence of peer pressure, media messages, and avoiding risky situations. It is fast paced with up-to-date, accurate information, and includes a group of teens as cast members that are ethnically diverse.

**What is an STI?**

The National Institutes of Health video that explains what types of sexually transmitted infections(STI) are affecting teens today. This video discusses transmission and prevention of STIs.

**STANDARD DEVIANTS GUIDANCE SYSTEMS: SEXTING: SEX PLUS TEXT  
EQUALS TROUBLE**

A Discovery Education movie that explores the importance of confidence and individuality in adolescents. The movie examines the risks of taking suggestive pictures of yourself or sending inappropriate messages, known as sexting. The movie emphasizes that sexting can be misused and the consequences may be lasting. NOTE: This program contains sensitive content that may not be appropriate for all viewers. (Discovery Education, Inc. 2018)

**SPECIAL EDUCATION:****A BOY’S GUIDE TO PUBERTY AND PERSONAL SAFETY**

Intended for older boys with special needs, this video gives parents and educators continued momentum in this vital area of special education. Chapters include boys’ bodies, girls’ bodies, where babies come from, public or private, and staying safe.

**A GIRL’S GUIDE TO PUBERTY AND PERSONAL SAFETY**

Intended for older girls with special needs, this video gives parents and educators continued momentum in this vital area of special education. Chapters include boy’s bodies, girl’s bodies, where babies come from, public or private, and staying safe.

**Child Abuse**

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

**Standards of Learning Objective:**

8.13	<b>The student will discuss the effects and prevention of sexual assault, rape (including "date rape") incest and molestation. Strategies to prevent these criminal offenses and resources for victims will be explored.</b>
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**Lesson Summary:**

The nurse will define sexual assault, rape (including "date rape"), incest and molestation. The student will discuss situations where a person may be at risk for sexual offenses and will discuss strategies to avoid these situations. The teacher will provide a list of community agencies which provide information and assistance for victims of sexual offenses. The student will be assured that sexual offenses are never the victim's fault.

**Parent/Child Activity:**

The student and his/her parents or guardian will discuss sexual exploitation or abuse reported in the media and/or community.

**Bibliography:**

*The Virginia Code*  
*Open Arms? Open Eyes!*

**Alternative lesson:**

Students opting out of Family Life Education will be provided an alternative lesson by their Health and Physical Education teacher.

**LESSON 11****GRADE 8, SOL: 8.11****Human Reproduction and Contraception**

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

**Standards of Learning Objective:**

<b>8.11</b>	<b>The student will review facts about pregnancy prevention and disease control.</b>
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**Lesson Summary:**

The family life nurse educator will introduce and define family planning and students will discuss reasons that family planning is desirable. The nurse will provide factual information on methods of contraception and correct any misinformation. Emphasis will be on abstinence from premarital sex as the best method of contraception.

**Parent/Child Activity:**

The student will discuss with his/her parents or guardian their personal values about family planning.

**Bibliography:**

Chesterfield County Health Department  
Center for Disease Control

**Alternative Objective:**

Students opting out of Family Life Education will be provided an alternative lesson by their Health and Physical Education teacher.

**LESSON 12****GRADE 8, SOL: 8.11, 8.14****Sexually Transmitted Diseases**

*MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES. THIS LESSON MAY BE TAUGHT IN CO-ED SETTING*

**Standards of Learning Objectives:**

<b>8.11</b>	<b>The student will review facts about pregnancy prevention and disease control.</b>
<b>8.14</b>	<b>The student will recall the ways in which AIDS virus is transmitted and techniques for preventing these diseases.</b>

**Lesson Summary:**

The family life nurse educator will review information on sexually transmitted diseases (STIs) presented in earlier grades. The student will recall myths regarding the transmission of Human Immunodeficiency Virus (HIV) and list behaviors which put persons at risk for HIV/AIDS and other STDs. The nurse will emphasize that abstinence and mutual monogamy are the most effective methods of preventing STDs.

**Parent/Child Activity:**

The student will discuss with his/her parents or guardian their knowledge of STDs.

**Bibliography:**

Current statistics from U.S. Government Center for Disease Control  
What is an STI? (video) National Institutes of Health  
Sex Smart for Teens: Abstinence (video)

**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 8, SOL: 8.10****Teen Pregnancy**

*MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES. THIS LESSON MAY BE TAUGHT IN CO-ED SETTING.*

**Standards of Learning Objective:**

<b>8.10</b>	<b>The student will analyze the issues related to teenage pregnancy.</b>
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**Lesson Summary:**

The student will discuss physical, emotional, social, educational, nutritional, financial, and legal implications of teenage pregnancy. The students will generate a list of potential problems for the teen mother, teen father, their baby or babies, and for social implications.

**Parent/Child Activity:**

The student will interview his/her parents or guardian using the question, "Why do you think the U.S. has such a high rate of teenage pregnancy?"

**Bibliography:**

*Sex Smart for Teens: Abstinence* (video)

**Alternative lesson:**

Students opting out of Family Life Education will be provided an alternative lesson by their Health and Physical Education teacher

**LESSONS 14 & 15****GRADE 8, SOL: 8.7****Value of Postponing Sexual Activity Until Marriage**

*MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES. THIS LESSON MAY BE TAUGHT IN CO-ED CLASSES.*

**Standards of Learning Objective:**

<b>8.7</b>	<b>The student will describe strategies for saying "no" to premarital sexual relations.</b>
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**Lesson Summary:**

The student will learn why and how to say "no" to premarital sexual relations behaviors, to situations that challenge one's values, and to negative peer pressure. Classroom activities will enable the student to recognize that sexual feelings do not have to result in sexual activity. The students will discuss ways to assertively and effectively say "no" to pressure to participate in sexual activity.

**Parent/Child Activity:**

Students and parents or guardians will discuss family values as related to sexual activity.

**Bibliography:**

*Sex Smart Teens: Abstinence* – video

*Open Arms? Open Eyes!* - video

**Alternative Lesson:**

Students opting out of Family Life Education will be provided an alternative lesson by their Health and Physical Education teacher.

## **BIBLIOGRAPHY**

## **GRADE 8**

Chesterfield County Health Department, Chesterfield, VA.

Merki, Mary Bronson, Ph.D. *Teen Health Course 3*. New York, NY: Glencoe McGraw-Hill, 2007.

*Open Arms? Open Eyes!* video. Community Criminal Justice Board, County of Henrico, VA, 2002.

*Sex Smart for Teens: Abstinence*, video. Wheeling, IL: Film Ideas, Inc., 2003.

*The Virginia Code*, U.S. Government Center for Disease Control (current statistics)

*What is an STI?* (video) National Institutes of Health

## **SPECIAL EDUCATION - MIDDLE SCHOOL**

*A Boy's Guide to Puberty and Personal Safety*, video, Marsh Media, 2005

*A Girl's Guide to Puberty and Personal Safety*, video, Marsh Media, 2005