

CYBER RELATIONSHIPS: I-SAFE

Webcast is designed to raise student awareness to the risks they face while communicating. It addresses harassment, cyber stalking, and the process of grooming, used by cyber predators to prepare their intended victims for face to face meeting. The primary objective of this lesson is to educate and empower students with knowledge that will enable them to assertively protect themselves while communicating online to decrease the chance that they will be victimized online.

FETAL DEVELOPMENT: A NINE-MONTH JOURNEY

The first moment of birth - the first breath and cry that announce a new life - is a miracle we can see with our own eyes. But there is yet another miracle - the one that precedes it, whose events are hidden deep within the uterine world of the mother: the development of the human fetus over nine months, from one cell at conception to 200 million at birth. And it is this nine-month journey that this astonishing video chronicles through vivid images on film. Opening and closing on a birth scene, Fetal Development: A Nine-Month Journey skillfully blends in-utero fetoscopy with ultrasound images, anatomical drawings, and animation sequences to provide students with a sensitive and complete picture of fetal development from fertilization to birth.

RAPE : GET THE FACTS

This documentary style program presents the legal, medical, psychological and sociological facts about rape. Doctors, judges, social workers, detectives, victim's right advocates, self esteem experts and rape survivors all contribute information. It informs the viewer that most sexual assaults are not committed by strangers, but by someone whom the victim knows.

STRAIGHT TALK: THE TRUTH ABOUT TEEN PREGNANCY

Using an entertaining style that seamlessly combines documentary and narrative formats, this film dynamically arms viewers with important information and tools to personally combat the teen pregnancy problem. A multiethnic cast follows several stories: two teens who want to have a baby together; a young couple who don't want to have children until they are married and financially able; two older teens who have already had a baby and are struggling with the commitment of being responsible parents; and a middle-aged teen pregnancy support group leader who learned first-hand the difficulties of being a teen mom. As their stories play out, important facts become clear: only one-third of teen mothers obtain a high school diploma, only one-in-five teen mothers marry their child's father, 25 percent of teen mothers have another baby within two years, and teen parents typically do not have realistic long term goals.

SEX SMART FOR TEENS: SEXUALLY TRANSMITTED INFECTIONS

The video provides essential health information and clear instruction on prevention of sexually transmitted infection. It shows in a respectful way and with a sense of humor how the attitude "it won't happen to me" can be dangerous for teens. It teaches the facts about how STIs are transmitted, what to look for, how to get tested and how to prevent them.

TEENAGE FATHER

Every unplanned teenage pregnancy is the result of a decision by two people. All too often, however, a young unwed father finds himself excluded from any solution to the problem he has helped create. This video presents three different choices made by teenage couples.

- **Rob's Story**

Sex "just happened" to 16-year-old Julie and Rob. Together they decide on the alternative of adoption

- **The Choices**

When Sara discovers she is pregnant, she and Jim seek professional counseling and find their options are adoption, marriage, single parenthood or abortion Jim believes abortion is wrong and wants the baby. But Sara goes ahead with an abortion without telling Jim. While Jim can understand why she has the abortion, he is dismayed that he has no rights in the decision.

- **Andy Loves Zoe**

Monica is pregnant and Andy feels that he ought to get an education before getting married. Angry and upset, Monica settles for Andy's promise of financial support. After Zoe is born, he becomes a loving father. But then Monica suddenly announces that she is going to marry Kevin and move to another state with him and Zoe. Andy is stunned - how can he let the daughter he loves go out of his life? How can he not, for her sake? What is best for Zoe?

TOUGH ROADS: TEEN PARENTS TELL THEIR STORIES

Despite the bleak prospects of teen parenthood, the pressures on teens to engage in sexual activity are greater than ever. In advertising, films, television and music, teens are bombarded with images that celebrate sex. Unfortunately, emotional involvement and personal responsibility rarely enter the picture. Instead, the cultural message is that having sex is synonymous with being popular and desirable. In the face of both cultural pressures and the "romanticization" of parenthood by some teens, we urgently need to make students more aware of the reality of being a teen parent: the incredible emotional and financial stress, the loss of sleep and freedom, the curtailed social life, postponement of educational and work goals, and the hard work that goes into parenting an infant - especially for a teenager who still has so many emotional and financial needs yet to meet. Tough Roads: Teen Parents Tell Their Stories features the powerful, honest testimonials of young parents who speak candidly about what having a child as a teenager has cost them. These true stories challenge viewers to question any fantasies they may have about being a parent, and face squarely how difficult and utterly "unromantic" teen parenthood really is.

LESSON 11**GRADE 9, Standards of Learning Objective: 9.10****Human Sexuality/Growth and Development**

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

Standards of Learning Objective:

9.10	The student will demonstrate understanding of specific health issues, including the ability to conduct particular self-examinations.
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Lesson Summary:

The student will review the structure and function of the female reproductive system. Class includes a discussion of female concerns: menstruation, PMS, toxic shock syndrome, pap smears and menopause. The effects of STIs on the female reproductive system, cervical cancer and PID will be discussed. Emphasis will be placed on the importance of breast self-awareness to promote early detection and successful treatment of breast cancer. The student will review the structure and function of the male reproductive system. Class includes a discussion of male concerns: circumcision, enlarged prostate gland, impotence, and the effects of STI and other diseases, toxic chemicals, radiation, steroids, and alcohol and other drugs on the male reproductive system. Emphasis will be placed on testicular self-examination to promote early detection and successful treatment of cancer.

Bibliography: Booklet

Facts On Testicular Cancer, American Cancer Society

Parent/Child Activity:

The student will share the information sheet with parents and/or legal guardian. Open Discussion with family and/or guardian regarding value of self exams.

Alternative Lesson:

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

LESSON 12**GRADE 9, Standards of Learning Objectives: 9.9, 9.11****Human Sexuality/Growth and Development/Human Reproduction and Contraception**

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

Standards of Learning Objectives:

9.9	The student will be able to explain the process of reproduction.
9.11	The student will demonstrate knowledge of pregnancy prevention and disease control.

Lesson Summary:

The student will review the process of reproduction and fetal development. The video, *Fetal Development: A Nine-Month Journey*, will be shown to introduce the process of childbirth. Discussion will include fetal development, prenatal care, labor and childbirth. The student will recognize reasons for family planning. The student will learn the importance of pre-pregnancy planning to decrease the risk of birth defects. The student will review methods of contraception with emphasis on abstinence as the only method that is 100% effective. The teacher will present factual information on the contraceptive methods currently available as part of a lifelong learning process. Common myths regarding contraception will be discussed.

Bibliography:

Fetal Development: A Nine-Month Journey – video

Straight Talk!: The Truth about Teen Pregnancy-video

Parent/Child Activity: The student may interview parents/guardian or other trusted adult about their experience with pregnancy and childbirth. Parents of adopted or foster children may have some information about the child's birth or may share the story of the child's adoption. Parents and teens will share with each other their family values concerning contraception.

Alternative Lesson:

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

LESSON 13 **GRADE 9, Standards of Learning Objectives: 9.5, 9.7, 9.12**
Child Abuse/Sexually Transmitted Diseases

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

Standards of Learning Objectives

9.5	The student will review the nature and purpose of dating.
9.7	The student will interpret the effects and prevention of sexual assault, rape (including "date rape"), incestuous behavior, and molestation.
9.12	The student will explain the transmission and prevention of the AIDS virus.

Lesson Summary:

The Family Life Nurse educator will define sexual assault, molestation, rape, "date rape," and incest according to the laws of Virginia. The student will discuss situations where students can be at risk and review strategies to avoid risky situations. Strategies will include assertive skills, conflict resolution, avoiding risky situations, avoiding mixed messages, and good communication skills. The Family Life Nurse educator will provide statistics on sexual assault occurring in males and females. Discussion will focus on the prevention of these crimes and on resources available to assist victims in the community. Students will be encouraged to seek help if they have been exploited or assaulted. The student will review content presented in middle school regarding sexually transmitted diseases, their causes, how they are transmitted, some common symptoms, and where to obtain testing, diagnosis and treatment. The student will understand that prevention of STIs requires responsible behavior, including abstinence from sexual activity and the sharing of needles. Emphasis will be on prevention of STIs, especially through abstinence, from sexual activity and illegal intravenous drug use.

Bibliography:

Sex Smart Teens: Sexually Transmitted Infections – video
How should I handle a Cyberbully? (I-Safe)
Rape: Get the Facts
The Virginia Code

Parent/Child Activity:

Open Discussion with family and/or guardian about internet safety.

Alternative Lesson:

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

Value of Postponing Sexual Activity Until Marriage

MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES. THIS LESSON MAY BE IN A COED SETTING.

Standards of Learning Objective:

9.6	The student will realize the importance of setting standards for controlling sexual behavior and of postponing sexual relations until marriage.
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Lesson Summary:

The student will review physical, emotional, social, legal and economic benefits of postponing sexual activity until marriage. The Family Life Nurse educator will lead discussion of the importance of assertiveness and communication skills to avoid situations which can lead to sexual activity. The student will examine state laws that are related to parent responsibility.

Bibliography:

- Teenage Father* - video
- Tough Roads: Teen Parents Tell Their Stories* - video
- Straight Talk: The Truth about Teen Pregnancy*-video

Parent/Child Activity:

Encourage student to discuss with family or guardian regarding time management and cost associated with raising a child.

Alternative Lesson:

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

APPROVED BIBLIOGRAPHY GRADE 9

Etheridge, Albert. Nasco's *Human Reproduction and Development Kit*, Fetal models. Fort Atkinson, WI: Nasco, 1977.

Facts On Testicular Cancer. American Cancer Society.

Fetal Development: A Nine-Month Journey, video. Sunburst Communications: Pleasantville, NY, 1988.

Monthly Breast Self-Exam, American Cancer Society.

Sex Smart Teens: Sexually Transmitted Infections, video. Film Ideas, Inc.: Wheeling, IL, 2003

Teenage Father, video, Pleasantville, NY: Sunburst Communications, 1989.

Tough Roads: Teen Parents Tell Their Stories (video). 1997.

Rape: Get the Facts (video) Human Relations Media, Pleasantville, NY, 2014

Straight Talk: The Truth about Teen Pregnancy (video) Human Relations Media, Pleasantville, NY, 2015

APPROVED BIBLIOGRAPHY SPECIAL EDUCATION - High School

LifeFacts AIDS, James Stanfield & Co., 1991.

LifeFacts Sexual Abuse Prevention, James Stanfield & Co., 1990.

LifeFacts Sexuality, James Stanfield & Co., 1990.