

A CUP OF TEA

A PSA explaining the importance of consent before sexual activity.

ACQUAINTANCE RAPE: THE ULTIMATE BETRAYAL

This video, narrated by Leeza Givins, discusses the definition and statistics of acquaintance rape. Three real life scenarios are presented. These scenarios depict females ages fifteen through their early twenties in situations that involve underage drinking, being alone with a trusted date and being a victim of date rape drugs. Viewers are able to understand the effects of rape on these women. Prevention tips are clearly stated, including how drinking alcohol is a major risk factor in many rapes. This video provides an opportunity for group discussion on risk factors, help for a victim, and prevention of rape.

SEX IS NOT A GAME

This video fosters communication between teens and adults, as well as teens with other teens. It emphasizes that teens need to know that decisions made about sex today will impact the rest of their lives. Included are discussions of sexually transmitted diseases, sexual assault, pregnancy, and unhealthy relationships. The video also encourages delaying sexual activity until marriage.

STRAIGHT TALK: THE TRUTH ABOUT ALCOHOL AND SEX

A documentary style video that explores consequences of underage drinking and sexual misconduct. This movie discusses date rape, binge drinking, and sexting via cellular phones.

GAME ON: BECAUSE STEPPING IN SHOULD BE EVERYONE'S GAME

This sexual assault awareness video, teaches and empowers teens to prevent sexual harassment and assault in their own peer groups.

CHARLIE COLEMAN

A Teen Vogue interview with Charlie Coleman. He discusses "Rape Culture", and talks about the sexual assault on his sister, Daisy, by his fellow classmates.

HOW PORN AFFECTS THE BRAIN

This video discusses the science behind the changes on the brain with the viewing of pornography, and how pornography affects the brain like a drug.

SEXTORTION & ONLINE ENTICEMENT - A LOOK AT A NEW EPIDEMIC

This Department of Justice and National Center for Missing and Exploited Children PSA news clip discusses how a teen girl is blackmailed into sending more and more explicit images and videos to someone online that she thought she knew.

THAT'S NOT LOVE, BECAUSE I LOVE YOU, DELETE.

The phrase, "Because I love you" means something completely different when an individual is in an unhealthy relationship. The meaning can change from care to control.

BLUE CAMPAIGN: ONE VOICE. ONE MISSION. END HUMAN TRAFFICKING.

This United States of Homeland Security video discusses human trafficking. The video discusses types of human trafficking, signs and prevention.

LESSON 12

Grade 10, SOL: 9.7, 10.7 10.16

Sexual Abuse Prevention

MATERIAL WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES. THE LESSON MAY BE TAUGHT IN A COED SETTING.

Standards of Learning Objectives:

9.7	The student will interpret the effects and prevention of sexual assault, rape (including "date rape"), incestuous behavior, and molestation.
10.7	The student will explain the factors to be considered in preparing for dating and marriage.
10.16	The student will compile a list of community agencies and resources available to assist individuals and families.

Lesson Summary:

The student will discuss steps to help develop positive healthy dating relationships. The student will review the effects of sexual assault, rape, "date rape", incest and molestation. The student will discuss ways to avoid situations which could put them at risk for sexual assault. The nurse will emphasize that the victim is never at fault. Information will be provided as to where young people can receive information and counseling if they have been a victim of a sexual offense. Students are encouraged to seek information from their parents/family.

Parent/Child Activity:

The student will share information acquired in class and current referral information with parents or guardian.

Bibliography:

A Cup of Tea (Clean). YouTube. Published November 16, 2015. Accessed 2015.

Acquaintance Rape: The Ultimate Betrayal (video)

Blue Campaign: One Voice. One Mission. End Human Trafficking. (video) United States Department of Homeland Security. 2019. Accessed September 10, 2019.

Charlie Coleman. Teen Vogue Not Your Fault Campaign. (video) Published April 20, 2015

Sextortion & Online Enticement - A Look At A New Epidemic. PSA. National Center for Missing and Exploited children. Published April 28, 2016. Accessed September 10, 2019.

Straight Talk: The Truth about Alcohol and Sex (video)

That's Not Love, Because I Love You, Delete. One Love Foundation. YouTube. Published October 13, 2015. Accessed September 10, 2019.

Alternative Lessons:

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

LESSON 13

GRADE 10, SOL: 10.5

Value of Postponing Sexual Activity Until Marriage

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

Standards of Learning Objective:

10.5	The student will recognize the need to abstain from premarital sexual intercourse.
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Lesson Summary:

The student will discuss the possible impact of premarital sexual activity on future relationships and goals. Topics will include pregnancy, early parenthood, emotional and social impact of unplanned pregnancy, and the risk of sexually transmitted diseases. Emphasis will be placed on the importance of abstinence from premarital sexual activity and the avoidance of illegal intravenous drug use to prevent the spread of sexually transmitted diseases.

Parent/Child Activity:

The student will share information acquired in class and current referral information with parents. The student will discuss with parents how religious beliefs and personal values affect our standards of behavior.

Bibliography:

Sex is Not a Game (video)

Alternative Lessons:

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

LESSON 14**GRADE 10, SOL: 10.8, 10.9, 10.10****Human Reproduction and Contraception***MATERIAL WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.***Standards of Learning Objectives:**

10.8	The students will examine factors to be considered in life-goal planning
10.9	The student will describe the signs and symptoms of pregnancy
10.10	The student will analyze factors associated with a healthy pregnancy.

Lesson Summary:

The student will recognize reasons for family planning. The student will learn the importance of prepregnancy planning and genetic counseling to decrease the risks of birth defects. The student will review the physical and emotional changes associated with early pregnancy, discuss methods of early pregnancy detection, and identify community resources for early detection of pregnancy. Abstinence continues to be emphasized as the only method that is 100 percent effective in preventing pregnancy.

Parent/Child Activity:

The student may interview parents regarding their views of family planning. The student will interview an adult family member about her prenatal care. The student will share the information concerning the three stages of birth with his/her parents.

Alternative Lessons:

Students opting out of Family Life Education will be provided an alternative lesson by their health and physical education teacher.

LESSON 15**GRADE 10 SOL 9.11****Value of Postponing Sexual Activity Until Marriage***MATERIAL WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.***Standards of Learning Objective:**

9.11	The student will demonstrate knowledge of pregnancy prevention and disease control
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Lesson Summary:

Emphasis will be placed on the possible physical, emotional, and social effects of abortion. Current information on the laws that govern abortion in Virginia will be explained. Abortion will not be presented as a method of birth control. Abstinence for teens is encouraged.

Parent/Child Activity:

The student will share abortion information acquired in class with parents. The student will discuss with parents how religious beliefs and personal values affect our standards of behavior.

Bibliography:

None

Alternative Lessons:

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

LESSON 16

GRADE 10, SOL: 10.5, 10.6

Value of Postponing Sexual Activity Until Marriage

MATERIAL WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objectives:

10.5	The student will recognize the need to abstain from premarital sexual intercourse.
10.6	The student will recognize alternatives to premarital sexual intercourse for expressing feelings and affection

Lesson Summary:

The student will discuss how to develop relationships and express affection without getting involved in sexual activity.

Parent/Child Activity:

Students and parents will discuss the advantages of saying "no" to premarital sexual intercourse. Students will interview parents using the question, "Do males and females have different codes of sexual conduct?"

Bibliography:

None

Alternative Lessons:

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

APPROVED BIBLIOGRAPHY

Grade 10

Bibliography:

A Cup of Tea (Clean). YouTube. Published November 16, 2015. Accessed 2015.

Acquaintance Rape: The Ultimate Betrayal (video). Discovery Education Inc.

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Charlie Coleman. Teen Vogue Not Your Fault Campaign. (video) Published April 20, 2015

Game On: Because Stepping In Should Be Everyone's Game. SafeBae. YouTube. Published April 2, 2015. Accessed January 2019.

How Porn Affects The Brain. YouTube. Published July 8, 2013. Accessed January 2019.

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Sextortion & Online Enticement - A Look At A New Epidemic. PSA. National Center for Missing and Exploited children. Published April 28, 2016. Accessed September 10, 2019.

Straight Talk: The Truth about Alcohol and Sex (video)

That's Not Love, Because I Love You, Delete. One Love Foundation. YouTube. Published October 13, 2015. Accessed September 10, 2019.

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