

## **VIDEO DESCRIPTIONS**

**GRADE 7**

### **Sensitive Content**

#### **THEN ONE YEAR:**

This comprehensive video helps girls and boys understand the new emotions and physical changes that occur during puberty. Students will meet Brad and Allison, now adults, and listen to their stories about the trials and tribulations they faced in their teen years. Some of the topics covered include: variations in rate of physical development; mood swings due to hormonal changes; opposite sex awkwardness; the onset of sexual feelings; acne; and body odor and other hygiene issues. The video also explains the anatomy of the male female reproductive systems and the physiology of the primary and secondary changes that occur in both boys and girls.

#### **KATIE'S SECRET:**

Examines the case of a 15 year old sexual abuse victim who finds support at a teen crisis center, she meets a diverse group of peers who have suffered sexual abuse.

#### **PUBERTY FOR BOYS: AMAZING CHANGES INSIDE AND OUT**

This program helps students understand physical, psychological, and emotional changes that they may experience. They will understand the causes behind these changes. This video will help eliminate confusion, embarrassment, and fears during adolescence.

#### **PUBERTY FOR GIRLS: AMAZING CHANGES INSIDE AND OUT**

This program helps students understand physical, psychological, and emotional changes that they may experience. They will understand the causes behind these changes. This video will help these changes. This video will help eliminate confusion, embarrassment, and fears about adolescence.

#### **CYBER HARASSMENT: BULLYING AND STALKING ONLINE**

This video is designed to increase student awareness of the problems associated with online communication primarily the various aspects of cyber harassment, including cyberbullying and cyberstalking. The primary objective is to enable students to make responsible choices while online and to empower them to be better cyber citizens.

#### **SEXUAL PRESSURES:**

This short video helps students understand the problems of sexual harassment. This alerts students to situations they may actually encounter in school. Discussions emphasize prevention and reporting of these situations.

#### **STRAIGHT TALK: ABOUT PUBERTY FOR BOYS**

Provides a basic overview of puberty for adolescent boys. The program discusses the importance of exercise and good nutrition, the male reproductive system, hygiene, peer pressure, and the emotional and physical changes that occur during puberty.

### **PUBERTY FOR BOYS: TOP 10 THINGS TO EXPECT**

Video discusses the puberty changes that boys experience during adolescence. Students will learn about the physical and emotional changes, and understand what is normal growth and development.

### **STRAIGHT TALK: ABOUT PUBERTY FOR GIRLS**

Provides a basic overview of puberty for adolescent girls. The program discusses the importance of exercise and good nutrition, the female reproductive system, hygiene, peer pressure, and the emotional and physical changes that occur during puberty

### **PUBERTY FOR GIRLS: TOP 10 THINGS TO EXPECT**

Video discusses the puberty changes that girls experience during adolescence. Students will learn about the physical and emotional changes, and understand what is normal growth and development.

### **TALK IT OUT: SEX, SELF-RESPECT, AND SOCIAL MEDIA**

A Discovery Education movie that discusses the potentially devastating social, legal, and personal repercussions of sexting, and provides an honest foundation for avoiding texting and social media situations that could destroy lives. The program acknowledges the role of texting in most dating relationships, but teaches viewers about the boundaries that should be set to protect oneself. NOTE: This program contains sensitive content that may not be appropriate for all viewers. (Discovery Education, Inc. 2018, 14:51 minutes)

**Human Sexuality/Growth and Development**

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

**Standards of Learning Objective**

7.2	The student will recognize the physical development of his or her sex characteristics and how they affect emotional and social growth.
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**Lesson Summary:**

The focus will be on physical changes during puberty. Through various activities the students will understand that the following changes occur during puberty:

1. body growth
2. genital changes
3. hormonal secretions
4. onset of menstruation

Students will understand that sexual feelings, erections, and nocturnal emissions are normal.

**Parent/Child Activity:**

The student will interview his/her parents or guardian about how they felt when they were in middle school.

**Alternative Objectives:**

The students opting out of Family Life Education will be provided an alternative lesson by the Health and Physical Education teacher.

**Bibliography:**

*Then One Year*, video

*Puberty of Boys: Amazing changes Inside and Out*, video

*Puberty of Girls: Amazing Changes Inside and Out*, video

*Puberty for Boys-Top 10 Things*

*Puberty for Girls-Top 10 Things*

*Straight Talk About Puberty for Girls*

*Straight Talk About Puberty for Boys*

*Katie's Secret*, video

*Sexual Pressures*

*Cyber Harassment: Bullying and Stalking On-line*

**LESSON 10****GRADE 7, SOLS: 7.2, 7.4, 7.7****Human Sexuality, Growth and Development, Human Reproduction**

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

**Standards of Learning Objectives:**

<b>7.2</b>	<b>The student will recognize the physical development of his or her sex characteristics and how they affect emotional and social growth.</b>
<b>7.4</b>	<b>The student will recognize that sexual behaviors are conscious decisions; that it is important to say "no" to premarital and inappropriate sexual relationships; and that appropriate relationships are based on mutual respect, trust, and caring.</b>
<b>7.7</b>	<b>The student will list the adverse consequences of a pregnancy in early adolescence, as well as the positive benefits of postponing pregnancy until marriage.</b>

**Lesson Summary:**

The focus will be on emotional changes during puberty. Self-awareness will be promoted and anxiety alleviated through factual information regarding differences in growth and development.

The developmental process of adolescence will be reviewed. This may include the following:

- forming more mature relationships with members of both sexes
- achieving independence - being your own person
- improving communication with parents

This lesson will also relate the impact of pregnancy and childbirth on young parents, their families, and society with regard to emotional, physical, social, and economic factors.

**Parent/Child Activity:**

The student will be encouraged to discuss with his/her parents or guardian the importance of open communication between adolescents and their parents by asking the question, "How can teens improve communication with parents?"

**Alternative Objectives:**

The students opting out of Family Life Education will be provided an alternative lesson by the Health and Physical Education teacher.

**Child Abuse**

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

**Standards of Learning Objective**

<b>7.10</b>	<b>The student will explain techniques for preventing and reporting sexual assault and molestation.</b>
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**Lesson Summary:**

The family life nurse educator will define sexual assault and molestation. Situations that place one at high risk for assault will be identified. The teacher will provide a list of community agencies and resources available to victims. Students will be introduced to Virginia State laws pertaining to sexual battery, rape and indecent exposure. Prevention of sexual assault by a predator will be discussed.

**Parent/Child Activity:**

Students will share and discuss with parents or guardian the list of community resources. Students should discuss with parents safety rules concerning sexual assault.

**Alternative Objective:**

The students opting out of Family Life education will be provided an alternative lesson by the health and Physical Education teacher.

**Bibliography:**

*Teen Health Course 2*

*The Virginia Code*

*Katie's Secret*, video

*Cyber Harassment: Bullying and Stalking Online*, video

## **LESSON 13**

## **GRADE 7, SOL: 7.8**

### **Human Reproduction**

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

#### **Standards of Learning Objective:**

7.11	<b>The student will identify causes, symptoms, treatments, prevention and transmission of sexually transmitted diseases, including AIDS.</b>
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#### **Lesson Summary:**

Identify the agents causing syphilis, gonorrhea, chlamydia, herpes II, HIV/ AIDS, genital warts/HPV, and, hepatitis B. Review symptoms and consequences of STIs. Explain that STIs are transmitted by all methods of intimate sexual contact, exchange of body fluids, sharing of used needles, and mother to unborn child. Explain the relationship between sexually transmitted diseases, pelvic inflammatory disease and cervical cancer. Explain the common medical treatments for these illnesses. Explain the methods of medical diagnosis for these illnesses, including a physical exam, blood tests and tests of body secretions.

#### **Parent/Child Activity:**

Parents or guardian should discuss with their teen the risk factors for STDs.

#### **Alternative Objective:**

The students opting out of Family Life Education will be provided an alternative lesson by the Health and Physical Education teacher.

#### **Bibliography:**

U. S. Government Center for Disease Control (Current Statistics)

**Human Reproduction**

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

**Standards of Learning Objectives:**

<b>7.4</b>	<b>The student will recognize that sexual behaviors are conscious decisions, that it is important to say "no" to premarital and inappropriate sexual relationships, and that appropriate relationships are based on mutual respect, trust, and caring.</b>
<b>7.6</b>	<b>The student will be aware of the consequences of preteen and teenage sexual intercourse.</b>
<b>7.7</b>	<b>The student will list the adverse consequences of a pregnancy in early adolescence, as well as the positive benefits of postponing pregnancy until marriage.</b>

**Lesson Summary:**

The student will identify positive reasons for postponing sexual intercourse until marriage. The student will identify positive aspects of avoiding risk-taking behavior. The student will learn the positive results and freedoms associated with preteen and teenage abstinence. The students will identify the possible consequences of sexual intercourse for both males and females, including the following:

- updated factual information regarding sexually transmitted diseases, including HIV/AIDS
- pelvic inflammatory disease (PID)
- cervical cancer
- unwanted pregnancy
- reputation, guilt, and anxiety
- emotional and financial implications of sexual activity and parenting before marriage

**Parent/Child Activity:**

The student will discuss with his/her parents or guardian the benefits of postponing sexual intercourse until marriage.

**Alternative Objectives:**

The students opting out of Family Life Education will be provided an alternative lesson by the Health and Physical Education teacher.

*Cyber Harassment: Bullying and Stalking Online*. Retrieved September 2008, from <http://www.isafe.org>

*Katie's Secret*. Retrieved September 2008, from <http://www.discoveryeducation.com>

*Puberty for Boys: Amazing Changes Inside and Out*. Retrieved September 2008, from <http://www.discoveryeducation.com>

*Puberty for Girls: Amazing Changes Inside and Out*. Retrieved September 2008, from <http://www.discoveryeducation.com>

*Then One Year*, video. Chicago, IL: SVE and Churchill Media, 1992.

*Growing Up*. Marsh Media

The Virginia Code, Michie Company.

U.S. Government Center for Disease Control (Current Statistics).

**BIBLIOGRAPHY (Middle School Special Education)**

*LifeFacts AIDS*, James Stanfield & Co., 1991.

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

*LifeFacts Sexuality*, James Stanfield & Co., 1990.