

**FAIRFAX COUNTY PUBLIC SCHOOLS
FAMILY LIFE EDUCATION**

GRADE SEVEN PROGRAM DESCRIPTION

Seventh grade Family Life Education lessons include Emotional and Social Health Education and Human Growth and Development Education. Emotional and Social Health and Human Growth and Development lessons are included in the health education curriculum *Healthy Choices*. Human Growth and Development, which covers topics such as puberty, reproduction, sexually transmitted diseases, and abstinence, is offered as a separate unit that is taught in gender-separate classes.

**Grade Seven Instructional Objectives—Emotional and Social Health
Education**

7.1: The student will identify physical, emotional, and social changes that occur during the middle school years.

Descriptive Statement: Discussion includes a brief overview of the changes that occur in students' lives related to the move to middle school, to include changing friendships and family relationships, personal safety issues, and the physical changes of puberty. The new responsibilities related to changing classes, communication with more teachers, organization and homework, and other school-related changes are discussed, and resources for support are presented.

7.2: The student will explore changes in peer relationships during adolescence.

Descriptive Statement: Emphasis is on the increasing importance of peer relationships and the effects of changing interests on friendships during adolescence. Issues such as meeting new people, fitting in, maintaining friendships, dealing with peer pressure, and coping with changes and loss in friendships are explored. Instruction will also include a brief overview of the signs and symptoms of depression and suicide and resources for support.

7.3: The student will describe how adolescent development affects family relationships and practice effective strategies for communicating with family members.

Descriptive Statement: Instruction includes the characteristics of strong families (commitment, time together, appreciation, communication, spiritual wellness, and coping with crisis) and explores students' changing roles and responsibilities as they seek more independence and privileges.

7.4: The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety.

Descriptive Statement: Instruction includes identifying and avoiding risky situations. Topics discussed include being home alone, babysitting, and neighborhood and community safety.

7.5: The student will explore safety issues related to the Internet.

Descriptive Statement: Instruction includes how predators can use the Internet to exploit young people, common techniques and lures used by Internet predators, and strategies for protecting personal information and seeking adult support in uncomfortable situations.

7.6: The student will utilize decision making strategies to make healthy, safe, and responsible decisions related to the physical, emotional, and social changes that occur during the middle school years.

Descriptive Statement: Instruction includes issues related to friendships, school, family, peer pressure, safety, the media, and alcohol, tobacco, and other drugs. The decision to remain sexually abstinent is presented as fundamental to physical, emotional, and social well-being.

7.7: The student will explore the relationship among positive self image, healthy development, and healthy decision making during the middle school years.

Descriptive Statement: Instruction includes identifying personal strengths and developing a plan for personal growth; understanding how supporting and helping others improves self esteem; recognizing how involvement in school and community activities can positively impact emotional, social, and community health; and seeking support in coping with the many changes of the middle school years.

Grade Seven Instructional Objectives—Human Growth and Development Education

7.1 (Sex-Separate): The student will examine the physical and emotional changes that occur during adolescence.

Descriptive Statement: Students are briefly introduced to the changes that occur during adolescence, including emotional and social changes addressed in the Mental Health unit. Instruction includes a review of the changes that occur during puberty in both the male and female (growth spurt, pubic and underarm hair, mood swings, skin changes, hygiene-related changes); the changes that occur to males only (including erections, ejaculation, broadening of shoulders, muscle development, nocturnal emission); and the changes that occur to females only (breast development, broadening of hips, vaginal discharge).

7.2 (Sex-Separate): The student will identify the components of the male and female reproductive systems and describe how their functioning changes during puberty.

Descriptive Statement: In addition to identifying the parts of the male and female reproductive systems, the following topics will be discussed: ovulation, menstruation, erections, ejaculation, and nocturnal emissions. Sexual intercourse and fertilization will be reviewed during the discussion of menstruation.

7.3 (Sex-Separate): The student will list common sexually transmitted infections (STDs), including HIV, and identify behaviors which eliminate an individual's risk of contracting STDs.

Descriptive Statement: Instruction will focus on the most common STDs. This includes categorizing STDs as curable (bacterial or parasitic) and incurable (viral) and a general overview of transmission, signs and symptoms, treatments, short- and long-term consequences, and

prevention. Abstinence from both sexual contact (including oral sex) and intravenous drug use will be presented as the only way to eliminate the risk of contracting STDs.

7.4 (Sex-Separate): The student will list and discuss the benefits of abstaining from sexual activity until marriage.

Descriptive Statement: Instruction focuses on the reasons why sexual abstinence is a healthy choice, including its positive effects on relationships, academics, short- and long-term goals, and physical, emotional, social, and spiritual health.

Grade Seven Videotapes—Emotional and Social Health Education

Being a Friend: What Does It Mean? Sunburst Visual Media, 1995. (21 minutes)

This program helps students understand the role that peers play in their lives by dramatizing familiar conflicts and asking questions. It suggests important steps to take in becoming responsible friends and in building constructive friendships. The video presents scenarios that demonstrate the value of positive risk-taking, the importance of venturing forth to make new friends, and learning to evaluate and handle the inevitable crises that arise in friendships.

Get a Winning Attitude, Sunburst Visual Media, 2003. (20 minutes)

The video shows teenagers in scenarios that demonstrate the challenges of achieving goals and coping with changes in the middle school years (completing requirements for a yellow belt in martial arts, learning to play an instrument, failing a test, and being chosen to participate in a track meet). The program emphasizes keys to success: visualization, affirmations, develop a positive attitude, set realistic goals, don't let failures keep you from pursuing goals, and success takes planning and hard work.

Internet Safety with the Smart Guy. Walt Disney Educational Productions, 1997. (46 minutes)

This Smart Guy episode familiarizes students with real world risks that exist in cyberspace. Viewers learn basic ground rules to follow whenever using the Internet.

Grade Seven Videotapes—Human Growth and Development Education

Abstinence...It's the Right Choice (Second Edition), SVE and Churchill Media, 2000. (23 minutes)

Members of a group of young teens come to realize that abstinence is the right choice--fostering healthy relationships, self-respect, and physical health--by talking over their questions and concerns with one another, older teens, and a parent. Real teens and medical experts provide commentary throughout and advise students to discuss questions and concerns with parents. *(Shown to both boys and girls in gender-separate groups)*

Videotape for Grades 5-12 Human Growth and Development Selected Special Education students only (female students):

Janet's Got Her Period, James Stanfield Company, 1990. (17 minutes)

Developed by Australia's Victoria Health Foundation, this video addresses the problems of menstrual management for special needs girls and young women. Developed for professionals to use with their lower-functioning students, *Janet's Got Her Period* tells the story of a young girl who learns self-care responsibility from her mother and sister. The program includes a detailed task analysis of behaviors required for using menstrual pads.