

NC Standard Course of Studies: Framework for Healthful Living

Reproductive Health and safety Education

7th Grade – Option 1 (Least Restrictive)

Lesson - 1 Human Growth and Pregnancy: How Does It All Happen?

- Review growth patterns in both males and females.
- Discuss the process of fertilization, fetal development, and birth.
- Learn about the feelings associated with growing up.
- Discuss parts of the reproductive systems of both males and females.

Lesson 2 – What Exactly Is Abstinence?

- Review the four dimensions of health.
- Discuss the definition of abstinence and the benefits of abstinence in all the domains of health.
- Review a Power Point entitled “FAQ’s of Abstinence.”

Lesson 3 – Consequences of Teen Pregnancy

- Talk about the financial, emotional, social, legal, and physical challenges related to being a teenage parent.

Lesson 4 – HIV/AIDS

- Learn the facts about HIV/AIDS.
- Discuss the negative consequences of HIV/AIDS and how they affect a student’s future.
- Discuss abstinence from sex until marriage protects against HIV/AIDS.
- Talk about effectiveness and failure rates of condoms as a means of protecting students from STD’s and AIDS.

Lesson 5 – Parental Communication is Key

- Discuss the importance of communication with adults.

Lesson 6 – Making Decisions – The Emotional Roller Coaster

- Watch a video (Mike Long’s Not Everyone Is Doing It) and discuss the importance of responsible decision-making.

Lesson 7 – Using Self Control to Overcome Sexual Pressures

- Identify where the pressures for teens to have sex comes from.
- Review the elements of peer pressure, negative consequences that occur with sexually active teenagers, and the importance of choosing abstinence.

7th Grade – Option 2 (Most Restrictive)

The only difference with this option is in Lesson 4 – HIV/AIDS. Condoms are **NOT** discussed as a means of protecting students from STD's and AIDS.