

NC Standard Course of Studies: Framework for Healthful Living

Reproductive Health and Safety Education

8th Grade – Option 1 (LEAST RESTRICTIVE)

Lesson 1 – Abstinence Continued!

- Review what students have learned in the previous year.
- Review the term abstinence.
- Discuss the benefits of choosing abstinence.
- Discuss the emotional aspects regarding relationships that may become sexual.

Lesson 2 – Building Healthy Relationships

- Discuss ways families support children.

Lesson 3 – Teens and Sex: What You Need To Know

- Identify common myths and facts related to sexual activity.
- Examine the effectiveness and failure rates of different contraceptives.
- Watch a video (Teens and Sex: What You Need to Know) that dispels the myths that arise with students' understanding of sexual activity.

Lesson 4 – STD's and STI's: The Facts

- Identify signs and symptoms related to STD's and STI's.
- Review facts and information that support awareness of STD's and STI's.
- Discuss consequences of receiving STD's and STI's.

Lesson 5 – HIV/AIDS Information

- Discuss HIV/AIDS.
- Power Point – "HIV/AIDS: A World-Wide Epidemic."

Lesson 6 – Effectiveness of Contraceptives (Nurse will instruct this lesson)

- Explain the types of contraceptives.
- Present information regarding the effectiveness of contraceptives in relation to pregnancy and STD's and STI's.
- Emphasize the importance of abstinence until marriage.

Lesson 7 – Everybody Is NOT Doing It

- Discuss the pressure and influences in our society that encourage students to become sexually active.

8th Grade – Option 2 (MOST RESTRICTIVE)

For this option Lesson 3 and Lesson 6 will be replaced with the following:

Lesson 3 – Peer Pressure

- Examine pressures placed upon teenagers by peer groups.
- Use a reading strategy from “everyone’s Not Doing It”, by Mike Long, and use it to explore the effects of peer pressure.

Lesson 6 – 101 Ways to Say NO to Sex

- Review the brochure entitled “101 Ways to Say NO to Sex.”
- Develop a written role play activity in which a sexual situation could be avoided.