

St. Vrain Valley School District Health Standard

6th, 7th, 8th & 9th Grades

Human Growth Development and Human Sexuality

SVVSD Health Standard

6th Grade
Human Growth Development and Human Sexuality

Essential Learning: Students will demonstrate an understanding of the many physical and emotional changes that take place during adolescence.

1. Demonstrate understanding of core concepts related to puberty and adolescence:
 - a. Discuss common physical, emotional, and social changes that occur during puberty.
 - b. Demonstrate an understanding of the correct anatomical names for the parts of the reproductive system.
2. Demonstrate the ability to analyze the influences of human growth development and human sexuality:
 - a. Discuss the media's portrayal of the changes that take place during puberty.
 - b. Discuss the media's influence on body image.
3. Demonstrate the ability to use interpersonal communication skills to enhance the understanding of human growth, development and sexuality:
 - a. Demonstrate the ability to procure information and ask questions of personal and community resources, related to change and puberty.
 - b. Demonstrate verbal and non-verbal communication skills to resist discrimination to self or others due to gender.
4. Demonstrate the ability to advocate for self and others with regard to human growth, development, and human sexuality:
 - a. Discuss and understand that individuals vary in their rates of development during puberty.
 - b. Discuss and demonstrate verbal and non verbal communication skills to resist and prevent unwanted sexual pressures.

SVVSD Health Standard

7th Grade

Human Growth Development and Human Sexuality

Essential Learning: Students will demonstrate an understanding of the many physical and emotional changes that take place during adolescence.

1. Demonstrate an understanding of core concepts related to puberty and adolescence:
 - a. Review the physical, emotional, and social changes that occur during puberty and adolescence.
 - b. Explain ways adolescent physical, mental, and social growth create needs and influence behavior.
2. Demonstrate an understanding of concepts related to relationship:
 - a. Define healthy relationships, friendship, respect, and intimacy
3. Demonstrate understanding of core concepts related to the reproductive system:
 - a. Review human reproductive anatomy, function and care.
 - b. Describe the process of fertilization, pregnancy and the stages of fetal development.
4. Demonstrate an understanding of core concepts related to abstinence:
 - a. Define abstinence and the role it plays in maintaining good health.
 - b. Define sex, sexual activity and the different stages of physical intimacy.
 - c. Define sexual boundaries.
 - d. Explain most middle school students are not sexually active.
 - e. Describe situations during the middle school years that could lead to pressure for sex.
 - f. Explain Colorado State statute about the age of consent for sexual contact.
 - g. Identify sexually transmitted infections, and symptoms as well as their short- and long-term effects.
5. Demonstrate understanding of core concepts related to contraception and birth control:
 - a. Identify methods of contraception and birth control.
6. Demonstrate the ability to practice healthy behaviors with respect to human growth, development, and human sexuality:
 - a. Demonstrate strategies to avoid situations that create sexual pressure.
 - b. Identify strategies for preventing pregnancy and sexually transmitted infections.

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- c. Discuss the short- and long-term benefits of making healthy sexual decisions.
 - d. Review sexual boundaries
7. Demonstrate the ability to analyze influences on human growth, development, and human sexuality:
- a. Identify the message given to young people through the use of sexual situations in music, television, movies, internet advertising, and other sources.
 - b. Describe situations during the middle school years that could lead to pressure for sex.
 - c. Explain local and federal laws concerning sexual activity and young people.
8. Demonstrate the ability to use interpersonal communication skills to enhance the understanding of human growth, development and human sexuality:
- a. Demonstrate skills to set boundaries, avoid partner pressure, and delay initiation of sexual activity.
 - b. Demonstrate peer resistance skills to sexual pressures.
 - c. Demonstrate communication skills to build and maintain healthy relationships.
 - d. Demonstrate verbal and non verbal communication skills to resist discrimination to self and others due to gender/sexual orientation.
 - e. Discuss family, community and peer attitudes regarding sexual relationships.
9. Demonstrate the ability to set goals and make decisions about human growth, development, and human sexuality:
- a. Describe reasons and benefits for a personal commitment of sexual abstinence.
 - b. Identify and practice strategies for setting personal boundaries, avoid sexual pressure, and avoid early initiation of sexual activity.
 - c. Demonstrate knowledge of risk-reduction methods for unintended pregnancy and STD transmission.
10. Demonstrate the ability to advocate for self and others with regard to human growth, development, and human sexuality:
- a. Identify strategies for providing peer support for abstinence and for lowering sexual risk-taking behaviors.

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8th Grade

Human Growth Development and Human Sexuality

Essential Learning: Students will demonstrate an understanding of the many physical and emotional changes that take place during adolescence.

1. Demonstrate an understanding of concepts related to relationships:
 - a. Review the definitions of healthy relationships, friendships, respect, and intimacy.
2. Demonstrate understanding of core concepts related to abstinence and sexual risk behaviors and effects:
 - a. Define abstinence and the role it plays in maintaining good health and wellness.
 - b. Explain the continuum of sexual risk behaviors from intimacy to sexual activity.
 - c. Explain most middle school students are not sexually active.
 - d. Review Colorado State, as well as other local and federal statutes concerning sexual activity and young people
 - e. Recall sexually transmitted infections classifications, transmissions, symptoms, effects and risk reductions methods of sexually transmitted infections.
3. Demonstrate understanding of core concepts related to birth control:
 - a. Explain abstinence is the only 100% effective method at preventing unintended pregnancy as well as all sexually transmitted infections
 - b. Explain various methods of birth control including efficacy and failure rates.
 - c. Explain the consequences of unintended pregnancy.
 - d. Identify strategies to provide support for pregnant teenagers.
4. Demonstrate the ability to access information about human growth, development, and human sexuality:
 - a. Identify school and community resources and support services that contribute to healthy relationships.
 - b. Identify and provide sources of information on sexually transmitted infections and pregnancy intervention.
 - c. Identify and provide community resources for sexually transmitted infection prevention, testing, counseling and treatment.
5. Demonstrate the ability to practice healthy behaviors with respect to human growth, development, and human sexuality:
 - a. Identify strategies for maintaining personal sexual health.

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- b. Demonstrate strategies to avoid emotional and physical sexual health risks.
 - c. Describe strategies for preventing pregnancy and sexually transmitted infections.
 - d. Discuss the short-and long-term benefits of making healthy sexual decisions.
 - e. Demonstrate appropriate and respectful interactions about sexual orientation and gender expression issues.
- f. Demonstrate the ability to analyze influences on human growth development, and human sexuality:
- a. Discuss the message given to young people through the use of sexual situations in music, television, movies, internet advertising, and other sources.
 - b. Distinguish between fantasy portraits in popular media vs reality.
 - c. Discuss the images portrayed and messages given about sexual orientation and gender expression in media and other sources.
 - d. Describe how alcohol and drugs can affect sexual-decision making.
7. Demonstrate the ability to use interpersonal communication skills to enhance the understanding of human growth, development, and human sexuality:
- a. Identify reasons and benefits to a personal commitment to set boundaries, avoid sexual pressure, and avoid early initiation of sexual activity.
 - b. Demonstrate verbal and non-verbal communication and resistance skills to set personal boundaries and to avoid sexual pressures.
 - c. Compare and contrast communication skills used to refuse sexual pressures with other risk areas.
8. Demonstrate the ability to set goals and make decisions about human growth, development and human sexuality:
- a. Describe reasons and benefits for a personal commitment of sexual abstinence.
 - b. Review personal boundaries, in order to avoid sexual pressure and an early initiation of sexual activity.
 - c. Develop and apply a viable decision-making process for avoiding or getting out of situations that compromise sexual health.
9. Demonstrate the ability to advocate for self and others with regard to human growth, development, and human sexuality:
- a. Identify strategies to increase awareness of and provide peer support for those who choose abstinence.
 - b. Demonstrate the importance of advocating for the respect for the rights of all individuals.

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- c. Identify strategies to increase awareness and prevent sexually transmitted infections, pregnancy, and sexual orientation stereotypes.

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9th Grade

Human Growth Development and Human Sexuality

Essential Learning: Students will demonstrate an understanding of and analyze the many physical and emotional changes that take place during adolescence

1. Demonstrate understanding of core concerns related to the reproduction system:
 - a. Review human reproduction anatomy and functions.
2. Demonstrate understanding of concepts related to relationships:
 - a. Describe the most important traits of healthy relationships, friendships, and respect.
 - b. Define intimacy.
 - c. Review a continuum of sexual risk behaviors from intimacy to sexually active.
3. Demonstrate understanding of core concepts related to abstinence and risky sexual behaviors and their effects:
 - a. Review the definition of abstinence and the role it plays in maintaining optimum health and wellness.
 - b. Explain abstinence is the only 100% sure method of preventing pregnancy and sexually transmitted infections.
 - c. Explain most high school students are not sexually active.
 - d. Describe the effects of alcohol and other drugs on sexual decision-making.
 - e. Describe situations during high school years that could lead to unwanted pressure for sexual activity.
 - f. Explain sexually transmitted infections, symptoms and the short-and long-term effects.
 - g. Explain Local, State and Federal laws concerning sexual activity and young people.
4. Demonstrate understanding of core concepts related to birth control:
 - a. Describe the effectiveness, advantages and disadvantages of birth control methods, including abortion.
 - b. Review the consequences of unintended pregnancy.
5. Demonstrate the ability to access information about human growth, development, and human sexuality:
 - a. Assemble, utilize and evaluate sources of information related to sexual decision making, teenage pregnancy, and sexually transmitted infections.

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- b. Identify and evaluate resources for prenatal care, childbirth options, and parenting skills.
6. Demonstrate the ability to practice healthy behaviors with respect to human growth, development, and human sexuality:
 - a. Differentiate between safe and risky behaviors in relationships.
 - b. Describe what it means to assume responsibility for healthy decisions in relationship development.
 - c. Describe what it means to assume responsibility for healthy choices in sexual decision making.
 - d. Relate knowledge of sexual decisions and long-term consequences.
 - e. Differentiate between safe and risky behaviors in terms of unintended teen pregnancy and sexually transmitted infection transmission.
 - f. Describe strategies for teen pregnancy and sexually transmitted infection prevention.
 - g. Identify testing, treatment and communication about sexually transmitted infections as preventative measures.
 - h. Describe what it means to assume responsibility for making healthy decisions concerning sexual health.
7. Demonstrate an understanding of core concepts related to reproduction:
 - a. Review stages of pregnancy and fetal development
 - b. Describe stages of childbirth
 - c. Examine risk to fetal development
 - d. Discuss problems during pregnancy including spontaneous abortion, miscarriage birth defects, etc...
8. Demonstrate the ability to analyze influences of human growth, development, and human sexuality:
 - a. Evaluate how information from a variety of sources influences healthy decisions about relationships, sexual decision making and teen pregnancy.
 - b. Identify sources that examine social norms of sexual involvement during high school.
 - c. Analyze current information about sexually transmitted infection.
 - d. Discuss social norms and urban myths regarding sexual activity among high school students.
9. Demonstrate the ability to use interpersonal communication skills to enhance the understanding of human growth, development, and human sexuality:
 - a. Identify and communicate reasons for and benefits of setting boundaries, avoiding sexual pressure, and delaying early initiation of sexual activity.
 - b. Demonstrate verbal and non-verbal communication and resistance skills to set personal boundaries and to avoid sexual pressures.

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- c. Express support for peers who choose to remain abstinent from sexual activity.
 - d. Identify and express an informed choice or commitment to remain abstinent or to use risk reduction methods to prevent unintended pregnancy and sexually transmitted infections.
10. Demonstrate the ability to set goals and make decisions about human growth, development, and human sexuality:
- a. Review short- and long-term benefits of maintaining sexual health and avoiding unintended pregnancy and sexually transmitted infections.
 - b. Develop a personal plan to enhance life-long wellness related to relationships, sexual decision-making, pregnancy and sexual transmitted infection prevention.
 - c. Describe how to maintain personal boundaries, avoid sexual pressure, and avoid early initiation of sexual activity.
11. Demonstrate the ability to advocate for self and others with regard to human growth, development, and human sexuality
- a. Describe strategies to increase awareness about sexual health issues- e.g. refusing sexual pressure, stereotyping, avoiding risky situations.
 - b. Describe strategies that will provide peer support for abstinence and a reduction in sexual risk-taking behaviors
 - c. Describe strategies to provide support for pregnant teenagers.
 - d. Demonstrate the importance of advocating for the respect for the rights of all individuals.