

Middle School Sample

Scope and Sequence for Human Growth and Development Strand

HECAT Modules: Mental and Emotional Health, Sexual Health, Violence Prevention

Grade Level	Unit Title	# of lessons	Health Education Standards and Outcomes	
			Core Concept	Health Skills
6	Reproductive Health-Getting Accurate, Credible Information	8	<p>Priority CC: Puberty, Male and Female Reproductive Health</p> <ol style="list-style-type: none"> Describe basic male and female reproductive body parts and how they work. SH1.8.27 SHM.1.2.c Describe puberty and the process of human reproduction SHM.1.2.d Discuss how emotions change during adolescence MEH1.8.3 Describe the interrelationship of mental, emotional, social and physical health during puberty and adolescence SHM 	<p>Priority Skill Standard: Accessing Information, Resources, Services</p> <ol style="list-style-type: none"> Identify trusted adults who can provide accurate information about puberty and adolescent development. M.2.1 Access accurate, credible, and developmentally appropriate reproductive health information from a variety of resources-people, printed material, online. SH3.8.6 Evaluate** sources of information to determine if they are accurate and credible. SH3.8.6, M.2.4. <p>Supporting Skill Standard: Interpersonal Communication</p> <ol style="list-style-type: none"> Use respectful communication skills and ground rules to ask questions during classroom discussions CT. M.5.6.
7	Reproductive Health-Using Accurate Resources to Make Safe, Healthy Choices	10	<p>Priority CC: Risk and Protective Factors, abstinence, communicable diseases including STDs</p> <ol style="list-style-type: none"> Describe male and female reproductive systems, puberty, and the process of human reproduction M.1.2.c, M.1.2.d Review <i>from grade 6</i>. Include the signs and symptoms of pregnancy. Compare and contrast communicable and non-communicable diseases. M.1.9. 	<p>Priority Skill: Accessing Information, Resources, and Services</p> <ol style="list-style-type: none"> Demonstrate the ability to access medically accurate information about sexually transmitted diseases and evaluate** the reliability of this information. M.2.4 Include online resources. Identify trusted adults, including parents, who can provide information, help, and support. SH3.8.6

			<p>3. Identify and explain causes, ways of transmission, symptoms, long and short term effects, and risk reduction /prevention methods for HIV/AIDS, hepatitis, and other common sexually transmitted diseases, M.1.9., SH1.8.26</p> <p>1. Explain why abstinence is the safest, most effective method of protection from communicable diseases and pregnancy M.1.11.</p> <p>2. Describe how your sexual health choices effect your overall personal health.</p>	<p>3. Demonstrate ability to locate and access school and community resources</p> <p>Supporting Skill Standard: Decision Making</p> <p>4. Demonstrate the ability to make a safe, healthy choice to avoid sexually transmitted diseases and pregnancy M.6.1, SH5.8.7</p> <p>Supporting Skill Standard: Interpersonal Communication</p> <p>5. Demonstrate effective negotiation and refusal skills to avoid sexual risk behaviors and contracting sexually transmitted diseases. M.5.3</p>
8	Making Safe, Healthy Choices about Our Reproductive Health	12	<p>Priority CC: Risk and protective factors, abstinence, contraception, pregnancy</p> <p>1. Define abstinence and explain why abstinence is the safest, most effective method of protection from communicable diseases (e.g. STD/HIV) and pregnancy M.1.11.</p> <p>2. Explain the value of postponing sexual activity M.1.11.</p> <p>3. Identify the methods of contraception, how they work and the effectiveness or ineffectiveness of each M.1.11, M.1.7.b.</p> <p>4. Discuss how the use of alcohol influences the likelihood of engaging in sexual risk behaviors SH2.8.4., M.4.3</p> <p>5. Explain protective and risk factors and how they impact the likelihood of contracting STDs and getting pregnancy</p> <p>6. Describe how your sexual health choices effect your overall personal health.</p>	<p>Priority Skill Standard: Decision Making</p> <p>1. Choose a healthy alternative when making a sexual health-related decision M.6.1, SH5.8.7 When making these decisions, the following will be considered:</p> <ul style="list-style-type: none"> • Protective factors, including the benefits of abstinence M.1.7.a • Risk factors, including contracting STDs and getting pregnant • Short and long term consequences on early pregnancy (physical, financial, graduation, college, career choices) • Importance of weighing in family values and beliefs with factual information <p>Supporting Skill Standard: Interpersonal Communication</p> <p>2. Demonstrate effective communication skills to avoid or deal with sexually risky situations and dating violence</p> <p>Supporting Skill Standard: Analyzing Influences</p>

				<p>3. Identify and explain how the media may influence behaviors and decisions in regard to sexuality and dating M.4.4. M.4.2</p> <p><i>Supporting Skill Standard: Accessing Information and Resources</i></p> <p>4. Demonstrate ways to obtain medically accurate information about reproductive and sexual health from family, school personnel, health professionals and other responsible adults M.2.4, SH3.8.6</p> <p>5. Access valid and reliable sexual health information and resources from home, school or community. SH3.8.6</p>
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