

SUMMARY OF LAKEVIEW SCHOOL DISTRICT'S REPRODUCTIVE HEALTH CURRICULUM

Philosophy Statement

The primary responsibility for human sexuality education belongs to the family. The schools' responsibility is to complement and supplement this education. The Lakeview Board of Education recognizes the importance of an instructional program for students and families. This program will build student knowledge, understanding and acceptance of an individual's sexuality, personal responsibilities and lifelong decision-making, interpersonal relationships, and family roles.

Values inherent in this philosophy are that:

- Sexuality is a natural and healthy part of life.
- All persons are sexual beings.
- Sexuality includes physical, ethical, spiritual, psychological and emotional dimensions.
- Every person has dignity and self worth.
- People express their sexuality in varied ways.
- Sexual relationships should never be coercive or exploitative.
- All sexual decisions have effects or consequences.
- There are benefits when children are able to discuss sexuality with parents and/or other trusted adults.
- Abstinence is the most effective method of preventing pregnancy and STD/HIV

Lakeview's Human Sexuality Program Goals

The goals of the Human Sexuality Program are to increase a student's knowledge, understanding and acceptance of:

- The importance of making informed, thoughtful decisions. (***that are likely to reduce the rates of pregnancy and STDs.***)
- The development of positive physical, emotional, mental and social health.
- Strategies to assertively deal with social pressure.
- Abstinence as a healthy and responsible choice for adolescents.
- Human growth, development, anatomy, physiology, and reproduction.
- The value of respect for self and others in interpersonal relationships.
- Recognizing the lifelong impact of conceiving a child.
- The role of the family.
- Responsibilities and obligations involved in sexual behaviors.
- (***Michigan Law on criminal sexual conduct (underage sexual contact).***)

As a result of the above statements, the goal in Lakeview is that students "develop the capacity for caring, supportive, non-coercive, and mutually pleasurable, intimate and sexual relationships".

Lakeview's Definition of Human Sexuality

Understanding human sexuality is a lifelong process. Through *Lakeview's Human Sexuality Education Program* students will seek to understand, "a positive view (***a healthy view***) of their sexuality, provide themselves with information and skills about taking care of their sexual health, and help themselves acquire skills to make decisions now and in the future".

The Lakeview curriculum for reproductive health and sexually transmitted diseases is offered within the context of the general Lakeview Health curriculum which covers the topics listed below:

- Personal Safety (Grades K-11)
- Abstinence, “The most effective method of birth control and STD/HIV prevention, also part of a healthy lifestyle for unmarried people.” (Grades 4-11)
- Reproductive Anatomy (Grades 4-9)
- Personal Health Practices (Grades 4-11)
- Growth and Development (Grades 4-8)
- Emotional, Mental, and Physical Health (Grades 4-11)
- Disease Prevention and Control, including STD & HIV Prevention and Control (Grades 4-11)
- Gender Identity, Expression, Sexual Orientation, LGBTQ (Grades 8-9, 11)

Student learning outcomes for each topic are based on the age and maturity level of students at each grade level (K-9, and 11), and are taught in the following courses:

- Life Skills, Grade 5-8 (Required Course)
- Personal Health and Fitness, Grade 9 (Required Course)
- Choices, Grade 9-10 (Elective Course)
- Career Prep and Healthy Living, Grade 11 (Required Course)
- Skills for Living, Grade 12 (Elective Course)

The Lakeview Reproductive Health Curriculum (Including HIV/AIDS) utilizes the Michigan Model for Comprehensive Health Education and covers the following topics by grade level and course:

Kindergarten through Grade 3

Main Concepts:

1. Everyone needs to be touched. We all need warmth and affection.
2. Sexual abuse prevention is another area of safety, like bike safety or water safety.
3. Some touches are not positive. These touches can scare, confuse or hurt a child.
4. Children have a right to their own bodies and their own feelings. They also have a right not to be inappropriately touched on the private parts of their bodies.
5. Children need to “trust their senses”. If their feelings tell them something or someone is not okay, they need to talk to a trusted adult about what they are feeling.
6. Children have a right to “**Say No,**” **get away and tell** someone they trust if anyone is touching them in ways they don’t understand, or ways that make them feel uncomfortable.
7. Children need to know who to tell. It is never too late to tell. Identifying helpful people could include family members, school personnel and other trusted individuals.
8. Children are not to blame if someone touches them inappropriately. The person who touched them is responsible.
9. Sexual abuse happens to many boys and girls. There is help for families where sexual abuse occurs.
10. This curriculum is teaching personal body safety, not sex education.

4th Grade Human Sexuality Curriculum Outline

Day 1 – Growth and Development - Puberty

- Ground rules covered on behavior during class
- Boys and girls are separate for this introductory class
- Definition of Puberty (write on handout, and may also read a short story on puberty for class discussion)
- Likenesses and differences in male and female development (handout worksheet for students)
- Reproductive changes (handout covering anatomy) and video, "Always Changing," – 12 minutes for boys' section, 19 minutes for girls' section). Boys see only the section for the boys, and girls see only the section for girls.
- Hygiene practices (introduction of disease prevention/stopping the spread of germs – this is early HIV education).
- For girls, cover use of feminine pads
- Question and answer time
- Handout packets for both girls and boys (order from Always Changing, Procter and Gamble, website: www.pgschoolprograms.com)

Note: Class time is one hour

Day 2 – Personal Safety Strategies

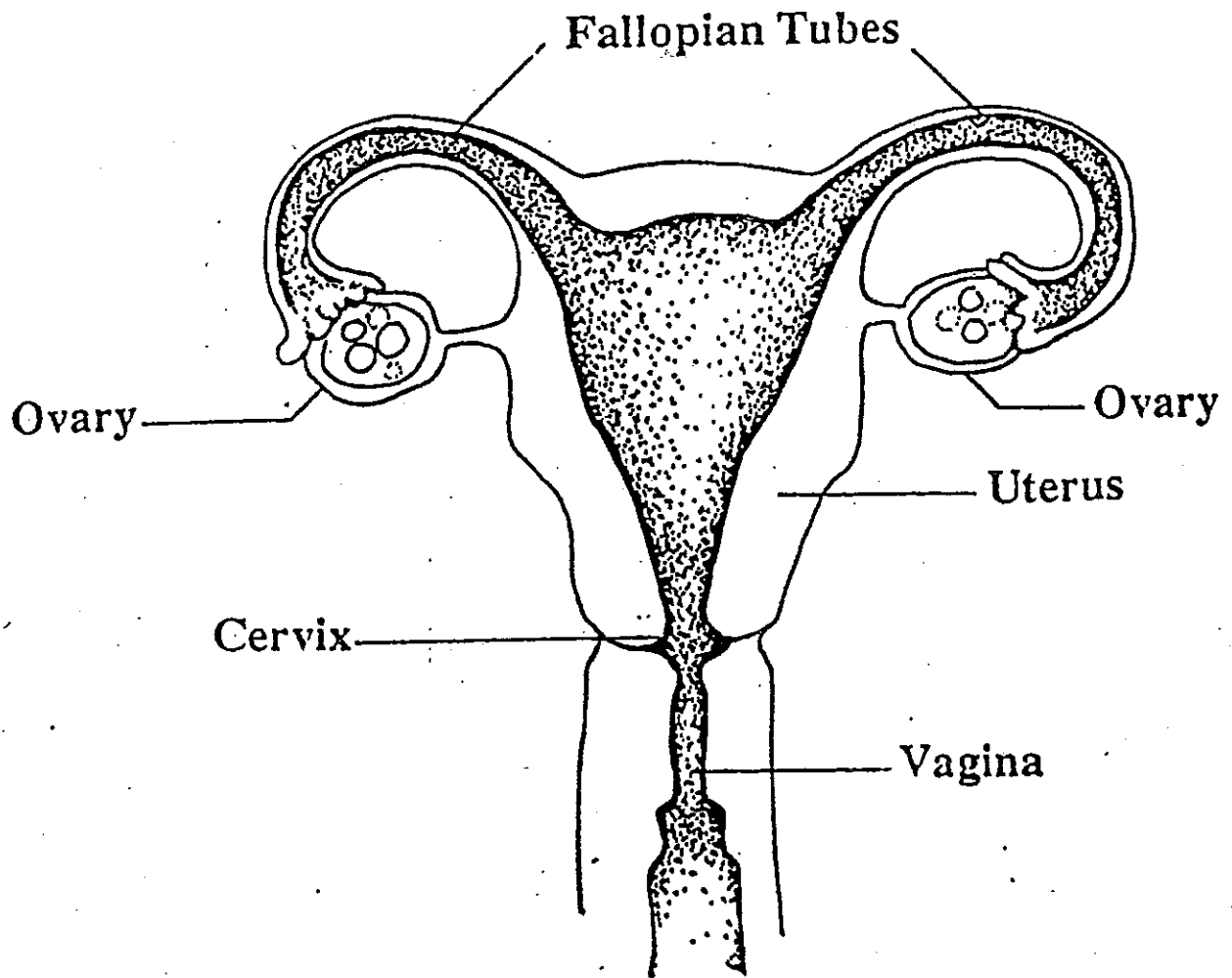
*Class can be given after human sexuality class, or may be scheduled for any time during school year

- Video – "Now I Can Tell You My Secret" – 15 minutes
- Personal space and boundaries covered
- Identify appropriate and inappropriate touch
- Strategies and avoiding unsafe situations
- Identify whom to ask for help
- Demonstrate strategies to get away in cases of inappropriate touch or abduction
- Student worksheet – "Keep Yourself Safe"
- Parent resource – "What you can do to protect your child from sexual abuse"

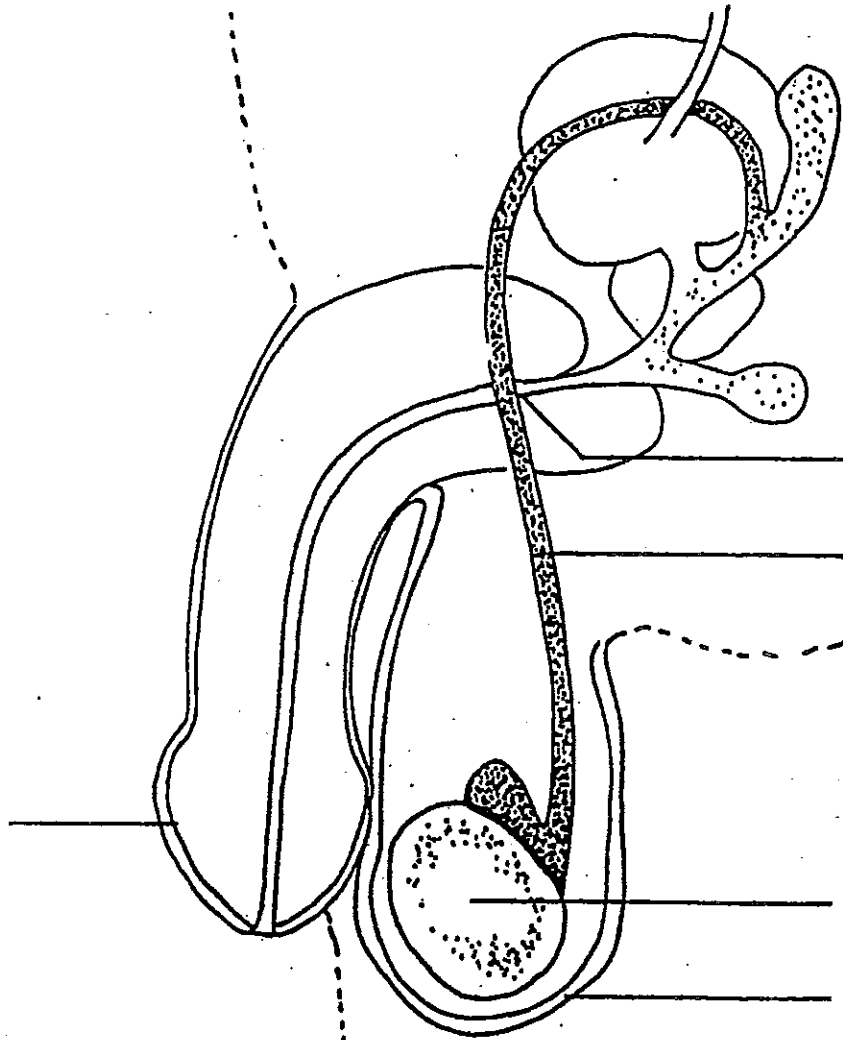
Note: Class time is approximately 30 minutes

LESSON 16
Teacher Reference

FEMALE REPRODUCTIVE SYSTEM



Male Reproductive System



What I Like About Me

You are special. ☺ There is no one else quite like you!

In the list below, list at least 5 characteristics or skills that you have that makes you feel good about yourself. For instance, you may good at sports because of you athletic ability, or, you may be artistic (good at art) or dancing or computers. Think of others.

- 1.
- 2.
- 3.
- 4.
- 5.

What I Like About Me

You are special. ☺ There is no one else quite like you!

In the list below, list at least 5 characteristics or skills that you have that makes you feel good about yourself. For instance, you may good at sports because of you athletic ability, or, you may be artistic (good at art) or dancing or computers. Think of others.

- 1.
- 2.
- 3.
- 4.
- 5.

5th Grade Human Sexuality Curriculum Outline

(Approved by Lakeview Board of Education July 20, 2015)

Day 1 – Growth and Development of Male and Female – Puberty (boys & girls together)

- Ground rules and accepting responsibility for behavior in classes
- Order and content of classes covered and a question box/envelope for students to put their questions
- Definition of human sexuality using health circles - worksheet
- Discussion of life cycle and likenesses/differences in male/female development
- Self esteem

Day 2 & 3 – Female Growth and Reproductive Anatomy

- Review previous day information
- Female reproductive system – anatomy, changes girls go through
- Video – “Girl to Woman”, 22 minutes (updated version)
- Define Sexual Harassment & Sexual Abuse

Day 4 – Male Growth and Reproductive Anatomy

- Male reproductive system –anatomy, changes boys go through
- Video – “Boy to Man”, 19 minutes (updated version)

Day 5 – Conception, Fetal Growth and Birth

- Fertilization and conception; discussion of twins

Day 6 - HIV/AIDS (Kids Together)

- Bacteria vs Virus
- What HIV/AIDS is
- How transmitted
- How to Protect (Abstinence)

BOOKS:

Where did I come from?

6th Grade Human Sexuality Curriculum Outline
FLASH CURRICULUM 4,5,6
(Approved by Lakeview Board of Education July 20, 2015)

Day 1 – Review of material covered in 5th grade sexuality curriculum

- Review of ground rules, respect and accepting responsibility for behavior during all lessons, overview, and folders
- Demonstrate an understanding of definition of sexuality using Health Circles
- Review and discuss the concepts taught in 5th grade through:

Day 2 –

- Understand and discuss qualities of friendship, including building self esteem, relationships, peer pressure and stress
- Take home assignment to discuss “Setting Dating Standards” with parent and return to class signed by parent

Day 3 – Abstinence, and HIV/AIDs, HEP B(power point)

- Understand the definition and benefits of abstinence
- Understand what ~~STIs~~ are and their implications
- Understand the transmission, treatment, and prevention of ~~STIs~~-HIV/HEP B

Day 4 –Understand Exploitation and Sexual Exploitation

- Discuss Children’s Rights
- Contrast Healthy/Unhealthy Touch
- Video: You are in charge of your body VERSION A

Day 5 – Puberty

- Describe physical, emotional, and social changes of puberty
- Distinguish definitions; erection, menstruation, nocturnal emission, ovum, puberty, and sperm

Day 6 & 7 – Reproductive System

- Identify the medical terms, locations, and functions of the male and female reproductive systems.
- Distinguish definitions: ovulation, ejaculation, intercourse, fertilization, implantation, conception, circumcision, genitals, and semen.
- Explanation of the process of the menstrual cycle and sperm production/ejaculation.

Day 8 – Pregnancy

- Distinguish definitions: C-Section. Cell, chromosome, gene, navel, umbilical cord, fetus, embryo, placenta, miscarriage, prenatal care, premature births and birth defects.
- Importance of Pre Natal Care

- Recognize that vaginal birth is the most common type
- Explain the difference between fraternal and identical twins

BOOK: It's perfectly Normal

Where Did I come from?

VIDEOS : Where did I come from starting at 14:26

You are in charge of your body Version A

7th Grade Human Sexuality Curriculum Outline
FLASH CURRICULM 7,8 – for handouts
(Approved by Lakeview Board of Education: July 20, 2015)

Day 1 & 2 – Sexual Harassment

- School Handbook section on sexual harassment
- Confronting Sexual Harassment in School: What Every Student needs to Know

Day 3 & 4 – Male/Female Anatomy and Fertilization

- Puberty, Ejaculation, Prostate Gland, Breast Exam, Gender Uterus, Seminal Vesicles, Tubal Ligation, Hormones, Vagina, Fallopian Tubes, Vasectomy, Pubic Hair, Ovaries, Cervix, Ectopic Pregnancy, Menstruation/Period, Sperm, Hymen, Clitoris, Penis, Urethra, Ovulation, C-Section, Testes/Testicle, Epididymis, Semen, Vaginal Delivery, Scrotum, Vas Deferens, Testicular Exam, Infertility, Ultrasound, Amniotic Fluid, Embryo, Fetus

Day 5 – STD Information

- Power point presentation
- Gonorrhea, Chlamydia, Syphilis, Genital Herpes, Genital Warts (HPV), Hepatitis B, Pubic Lice

Day 6 – HIV/AIDS

- Worksheet
- Acquired Immune Deficiency Syndrome, Human Immune Deficiency Virus, Communicable Disease, Intravenous IV, Viral, Bacterial, Monogamy
- Heterosexual, Bisexual, Homosexual, Lesbian, Intercourse, Oral sex, Anal sex, Condom, The Pill, Abstinence

Day 7 – Decision Making/Staying Safe

- How alcohol affects decision making & drugs

Day 8 – Abusive Relationships

- Open Arms, Open Eyes DVD and worksheet

8th Grade Human Sexuality Curriculum Outline
FLASH CURRICULUM 7&8
(Approved by Lakeview Board of Education July 20, 2015)

Day 1 & 2 – Male/Female Vocabulary Review

- Ground rules
- Worksheets
- Testosterone, Fetus, Semen, Fertilization, Erection, Prostate Gland, Ovaries, Egg Cells, Cervix, Seminal Vesicles, Testes, Ejaculation, Puberty, Scrotum, Vagina, Fallopian Tubes, Embryo, Estrogen, Uterus, Labia, Epididymis, Urethra, Clitoris, Sperm Cells, Placenta, Cowper’s Gland, Nocturnal Emissions, Orgasm, Penis, Vas Deferens, Hymen, Menstruation

Day 3 – Gender Identity, Expression, Sexual Orientation

- FLASH CURRICULUM 7 & 8

Day 4 – Why Wait?

- Abstinence vs. Sexually transmitted diseases/Teen pregnancy
- STD Information
- Power point presentation
- Gonorrhea, Chlamydia, Syphilis, Genital Herpes, Genital Warts (HPV), Hepatitis B, HIV/AIDS, Pubic Lice

Day 5 – Teen Parenting

- Signs and symptoms of pregnancy
- Tough Road DVD and worksheet
- Age of Consent

Day 6 – Over the Counter Contraceptives

- Abstinence
- Barrier Methods (Male Condom, Female Condom, Sponge)
- Chemical (Foam, Gel Suppositories, Film)
- Plan B – Emergency Contraception
- Demonstration proper use of condom

Day 7 - Sex, Drugs, & Rock and Roll

- Decision Making
- No Means No – Refusal Skills

Day 8 – Miracle of Life (movie) and Safe Delivery Law

REFERENCES:

Kidshealth.org

Kids.gov

CDC.gov/family/kidsites

Permission to use speakers from the following agencies:

Planned Parenthood

Sexual Abuse Services

Topics may include: Sexual Harassment, Date Rape/Violence, and Contraception

9th Grade Human Sexuality Curriculum Outline

Health Course

(Approved by Lakeview Board of Education July 20, 2015)

Project Trust

Reproductive Health Curriculum- 9th Grade Health

For High School human sexuality curriculum, the current recommendations for 2010 through 2011 passes at the board of education meeting on May 17, 2010:

1. Power point lesson on STI's and contraception (Volinia) –Project Trust
2. Interactive presentation lesson with Project TRUST students
3. ***Avoiding Teen Pregnancy Trap*** DVD (Human Relations Media):
 - A. Lesson #1 for 9th grade would continue the same. The power point lesson from Project TRUST (which includes STI'/HIV/AIDS, and contraception including abstinence) could be presented by teaching staff to students first. This would include information already found in 9th grade, lesson # 2 and 3 and may replace the currently used STI power point. Information about the Calhoun County Health Department STI/HIV clinic is also included in the power point.
 - Endocrine- Reproductive Systems
 - Hormones and glands
 - Problems and Care
 - Male Reproductive System
 - Female Reproductive System
 - The Risks of STI's and STD's
 - High Risk Behaviors and Consequences
 - Prevention
 - Refusal Skills
 - Common STI's and Transmission
 - Shared Responsibilities and Choices
 - HIV/AIDS... What is it
 - Transmission and Stages
 - Symptoms and Detection
 - Research
 - Treatment
 - Global picture and Responsibility
 - Resource: DVD: Philadelphia
 - B. ***LGBTQI Material : We are being more intentional, respectful and appropriate with respect to the introduction of the LGBTQI terminology and content. We are***

including new vocabulary into Chapter 12: Relationships as well as further discussion with this content as it arises in Chapter 18 & 25.

- C. The interactive, hands-on presentation by Project TRUST students (a separate session) would be added after the power point. Note: An adult advisor will always be present in the classroom with the Project Trust students for addition support. (Contact : Ashley Choker, Youth Programs Coordinator at 964-0885). This lesson would reinforce information presented in the (previous lesson) power point and also utilize the male and female models and other contraceptive materials used in explaining contraception. Staff may also use another qualified health professional (i.e. health department or health educator, nurse, etc.) to cover material.

- D. ***“Avoiding Teen Pregnancy Trap” DVD :Using a peer-to-peer approach, this program educates students about the risks of teenage pregnancy. A young mother describes how becoming pregnant changed her life and forced her to defer her dreams of college and a career. A teen father discusses how fatherhood changed his life and stresses that sexually active males must share the responsibility for preventing pregnancies. An abstinent teen shares her reasons for her choice. For those who aren’t abstinent, program emphasizes that knowing the facts and using contraception effectively and consistently greatly reduces the chances of a pregnancy. Special attention is paid to exposing common myths that put teens at greater risk for pregnancy and deceive teens into thinking it’s safe to have sex without contraception.***

Contact for health department -269-969-6363

**The total expected hours for human sexuality classes in 9th grade health would be approximately ~~6-8~~ 7-9 hours.

LGBTQI Terminology

LGBTQI Terminology A note about these definitions: Each of these definitions has been carefully researched and closely analyzed from theoretical and practical perspectives for cultural sensitivity, common usage, and general appropriateness. We have done our best to represent the most popular uses of the terms listed; however there may be some variation in definitions depending on location. Please note that each person who uses any or all of these terms does so in a unique way (especially terms that are used in the context of an identity label). If you do not understand the context in which a person is using one of these terms, it is always appropriate to ask. This is especially recommended when using terms that we have noted that can have a derogatory connotation.

LGBTQI – A common abbreviation for lesbian, gay, bisexual, transgender, queer and intersexed community.

Bigender - A person whose gender identity is a combination of male/man and female/woman.

Discrimination – Prejudice + power. It occurs when members of a more powerful social group behave unjustly or cruelly to members of a less powerful social group. Discrimination can take many forms, including both individual acts of hatred or injustice and institutional denials of privileges normally accorded to other groups. Ongoing discrimination creates a climate of oppression for the affected group.

Gender Identity – A person's sense of being masculine, feminine, or other gendered.

Hermaphrodite—An out-of-date and offensive term for an intersexed person. (See 'Intersexed Person'.)

Intergender – A person whose gender identity is between genders or a combination of genders.

Intersex Person—Someone whose sex a doctor has a difficult time categorizing as either male or female. A person whose combination of chromosomes, gonads, hormones, internal sex organs, gonads, and/or genitals differs from one of the two expected patterns.

Sex Identity – How a person identifies physically: female, male, in between, beyond, or neither.

Stereotype – A preconceived or oversimplified generalization about an entire group of people without regard for their individual differences. Though often negative, can also be complimentary. Even positive stereotypes can have a negative impact, however, simply because they involve broad generalizations that ignore individual realities.

Two-Spirit – Native persons who have attributes of both genders, have distinct gender and social roles in their tribes, and are often involved with mystical rituals (shamans). Their dress is usually mixture of male and female articles and they are seen as a separate or third gender. The term 'two-spirit' is usually considered to specific to the Zuni tribe.

11th Grade: Career Prep and Healthy Living Curriculum Outline
(Approved by Lakeview Board of Education July 20, 2015)

Relationships – 2 weeks

Stress, depression, self-harm (cutting, eating disorders, self-medication)

Creating safe and healthy relationships

 Choosing partners

 Yes means yes

Conflict Resolution

 Assertive communication skills, “I statements”

 Avoiding conflict

 Breaking up in safe and respectful ways

Resources:

Summit Pointe speaker

Scenarios USA web site

The Hall website

The Virginity Question p14 Sex etc. Winter 09

Dating: What’s Healthy, what’s not p16 Sex etc. fall 09

Choosing Abstinence After You’ve already had Sex p12 Sex etc. fall 09

Substance Use/Abuse – 1 ½ weeks

Alcohol

 Pre-gaming

 Use/abuse

 Legal/illegal

Tobacco

 Cigarettes, cigars, vapor, hookah

Street Drugs

Use/misuse of prescription drugs

Resources:

Party Do's and Don'ts, p19 Sex etc. winter 09

Reproductive Health – 2 weeks

LGBTQ –

Contraceptives

Diseases – focus on “popular five”

Herpes; Chlamydia/Gonorrhea; HIV; HPV

How to access health care

Resources:

Choices – booklet with contraception information

Genderbread person

Questions LGBTQ Students Face

Should Gay, Lesbian and Bisexual Teens come out at school? P10 Sex etc. fall 09

STD's What You need to know p 14 Sex etc. spring 11

What Does it mean to get tested? P8 Sex etc. spring 2014

Personal Safety – 1 week

Media messages – Miss Representation

Making good personal choices

Looking out for others

Self Defense techniques

Resources

Miss Representation DVD use 2 of 4 segments total is 9 minutes

Let's Talk about Sex DVD 62 minutes

Find self-defense demonstration

Sexting p 10 Sex etc. spring 11

Sex etc. approved by District Reproductive Health Advisory Team as a resource, web site for student use as a factually accurate place to seek information when it is needed.

