

## FAMILY LIFE EDUCATION TOPICS

### KINDERGARTEN

The student will:

- K.1 Experience success and positive feelings about self.
- K.2 Experience respect from and for others.
- K.3 Become aware of the effects of his or her behavior on others and the effects of others' behavior on himself or herself.
- K.4 Recognize that everyone is a member of a family and that families come in many forms.
- K.5 Identify members of his or her own family.
- K.6 Develop an awareness of positive ways in which family members show love, affection, respect, and appreciation for each other.
- K.7 Realize that physical affection can be an expression of friendship, of celebration, or of a loving family.
- K.8 Recognize the elements of good (positive or healthy) and bad (negative or unhealthy) touches by others.
- K.9 Demonstrate how to say "no" to inappropriate approaches from family members, neighbors, strangers, and others.
- K.10 Identify "feeling good" and "feeling bad."
- K.11 Find help safely.

### FIRST GRADE

The student will:

- 1.1 Experience continuing success and positive feelings about self.
- 1.2 Experience continuing respect from others
- 1.3 Become aware of the effects of his or her behavior on others and the effects of others' behavior on himself or herself.
- 1.4 Develop an understanding of the importance of a family and of different family patterns.
- 1.5 Identify family members and their responsibilities in contributing to the successful functioning of the family.
- 1.6 Realize that human beings and other mammals have babies and that the babies can be breast-fed.
- 1.7 Use correct terminology when talking about body parts and functions.
- 1.8 Express his or her feelings of happiness, sadness, and anger to the teacher.
- 1.9 Become aware of appropriate behavior to use in dealing with his or her feelings.
- 1.10 Experience the logical consequences of his or her behavior.
- 1.11 Realize that physical affection can be an expression of friendship, of celebration, or of a loving family.
- 1.12 Demonstrate strategies for responses to inappropriate approaches from family members, neighbors, strangers, and others.

### SECOND GRADE

The student will:

- 2.1 Recognize that everyone has strengths and weaknesses and that all persons need to be accepted and appreciated as worthwhile.
- 2.2 Realize that adults other than parents also provide care and support for children.
- 2.3 Become aware that babies grow inside the mother's body in a special place called the uterus.
- 2.4 Become aware of the need to take responsibility for the effects of his or her behavior on others.
- 2.5 Demonstrate appropriate ways of dealing with feelings.
- 2.6 Realize that physical affection can be an expression of friendship, of celebration, or of a loving family.
- 2.7 Advance in readiness to say "no" and to tell a trusted adult, such as a parent, teacher, minister, grandparent, or guardian, in private about inappropriate approaches from family members, neighbors, strangers, and others.
- 2.8 Be conscious of how commercials use our emotions to make us want products.

### **THIRD GRADE**

The student will:

- 3.1 Demonstrate a sense of belonging in group work and play.
- 3.2 Express what he or she likes about himself or herself to continue developing a positive self-image.
- 3.3 Become aware of the changes occurring in family life that affect daily living and produce strong feelings.
- 3.4 Give examples of healthy coping strategies for dealing with the feelings produced by changes in the family.
- 3.5 Identify and use correct terms for external body parts associated with reproduction and elimination.
- 3.6 Recognize that while all human beings grow and develop in a given sequence, rates and patterns vary with individuals.
- 3.7 Become aware that both a male and a female are necessary to have a baby.
- 3.8 Comprehend that the baby grows inside the mother's body for nine months and then is born.
- 3.9 Describe the types of behavior that enable him or her to gain friends or to lose friends.
- 3.10 Practice safety rules in the home.
- 3.11 Demonstrate to others how to respond appropriately to good touches and how to handle inappropriate approaches from relatives, neighbors, strangers, and others.
- 3.12 Be conscious of how commercials use our emotions to make us want products.

### **FOURTH GRADE**

The student will:

- 4.1 Be able to identify the human reproductive organs.
- 4.2 Identify physical and emotional changes that begin to occur during puberty.
- 4.3 Develop an awareness of human fertilization and prenatal development.
- 4.4 Identify basic human emotions and effective ways of dealing with them.
- 4.5 Develop awareness and acceptance of his or her strengths and weaknesses.
- 4.6 Become aware of the need to assume responsibility within the family and to function effectively as a family member.
- 4.7 Describe the factors surrounding child abuse and child neglect.
- 4.8 Identify factors contributing to the use of drugs.
- 4.9 Recognize the dangers of substance use and abuse.

### **FIFTH GRADE**

The student will:

- 5.1 Define the structure and function of the endocrine system.
- 5.2 Identify the human reproductive organs in relation to the total anatomy.
- 5.3 Explain how human beings reproduce.
- 5.4 Recognize the relationship between the physical changes that occur during puberty and the developing capacity for reproduction.
- 5.5 Realize the importance of nutrition for himself or herself and for pregnant women who need to eat nutritious foods and avoid dangerous substances while the baby is growing inside the uterus.
- 5.6 Identify reasons for avoiding sexual activity prior to marriage.
- 5.7 Describe the effects of personal hygiene on one's self-concept.
- 5.8 Recognize the importance of contributing to a constructive group activity.
- 5.9 Develop an increased understanding of the roles, duties, and responsibilities of family members.
- 5.10 Examine the messages from mass media related to sexuality.
- 5.11 Develop skill in saying "no" to any social behavior or activity that he or she perceives as wrong for him or

herself.

- 5.12 Recognize threatening or uncomfortable situations and how to react to them.
- 5.13 Explain the effects of substance use and abuse on the body.
- 5.14 Become aware of the existence of sexually transmitted infection.

## SIXTH GRADE

The student will:

- 6.1 Understand personal hygiene practices and the physical changes that occur during puberty.
- 6.2 Explain the effects of growth on development, attitudes and interests.
- 6.3 Continue to identify physical and emotional changes that occur during puberty and their effects on growth and development.
- 6.4 Recall basic facts about sexually transmitted infections.
- 6.5 Be able to describe the etiology, effects, and transmission of HIV.
- 6.6 Summarize the process of human reproduction and the benefits of postponing premarital sexual activity.
- 6.7 Describe personal characteristics that can contribute to happiness for self and others.
- 6.8 Demonstrate increased understanding of child abuse and neglect, including emotional and sexual abuse.
- 6.9 Become aware of community healthcare and safety agencies and their functions.
- 6.10 Explain the effects of substance use and abuse on the individual, family, school, and society.
- 6.11 Evaluate the messages from mass media related to sexuality and gender stereotyping.
- 6.12 Apply decision-making skills in problem-solving and in determining the possible outcomes of his or her decisions.

## SEVENTH GRADE

The student will:

- 7.1 Identify his or her role and relationships within the family.
- 7.2 Recognize the physical developments or his or her sex characteristics and how they affect emotional and social growth.
- 7.3 Realize that physical affection does not have to be sexual, but it also can be an expression of friendship, of celebration, or of a loving family.
- 7.4 Recognize that sexual behaviors are conscious decisions; that it is important to say “no” to premarital, abusive, and inappropriate sexual relationships; and that appropriate relationships are based on mutual respect, trust, and caring.
- 7.5 Identify messages in society related to sexuality.
- 7.6 Be aware of the consequences of preteen and teenage sexual intercourse.
- 7.7 List the adverse consequences of a pregnancy in early adolescence, as well as the positive benefits of postponing pregnancy until marriage.
- 7.8 Describe the signs and symptoms of pregnancy.
- 7.9 Develop an understanding of and responsibility for family planning.
- 7.10 Explain techniques for preventing and reporting sexual assault and molestation.
- 7.11 Identify causes, symptoms, treatment, prevention, and transmission of sexually transmitted infections, including HIV.
- 7.12 Identify the issues associated with friendships.
- 7.13 Realize the role of peers and the peer group during adolescence, and the nature and purpose of dating.
- 7.14 Recognize contributions of various racial and ethnic groups to family life and society.
- 7.15 Increase his or her ability to listen to different points of view and to accept the rights of others to a differing point of view.

## **EIGHTH GRADE**

The student will:

- 8.1 Relate stages of human development to his or her own developmental level.
- 8.2 Recognize the development of sexuality as an aspect of the total personality.
- 8.3 Become aware of the need to think through decisions and to take responsibility for them.
- 8.4 Identify the issues associated with friendships.
- 8.5 Recognize the nature of dating during adolescence.
- 8.6 Interpret the messages in society related to sexuality.
- 8.7 Describe strategies for saying “no” to premarital sexual relations.
- 8.8 Develop the coping skills needed to deal with stress.
- 8.9 Identify the stresses related to changing relationships in the home.
- 8.10 Analyze the issues related to teenage pregnancy.
- 8.11 Review facts about pregnancy prevention and disease control.
- 8.12 Describe the effects of alcohol and drug use and abuse on families and peer relationships.
- 8.13 Identify the effects and prevention of sexual assault, rape (including “date rape”), incestuous behavior, and molestation.
- 8.14 Recall the ways in which the HIV virus is transmitted and prevented.

## **NINTH GRADE**

The student will:

- 9.1 Understand the human growth and development cycle.
- 9.2 Explain the importance of the family as a basic unit of society and his or her responsibility as a member of the family.
- 9.3 Recognize the development of sexuality as an aspect of the total personality.
- 9.4 Review and apply the decision-making process.
- 9.5 Review the nature and purposes of dating.
- 9.6 Realize the importance of setting standards for controlling sexual behavior and of postponing sexual relations until marriage.
- 9.7 Interpret the effects and prevention of sexual assault, rape (including date rape), incestuous behavior, and molestation.
- 9.8 Relate specific information on substance use and abuse to each stage of the life cycle.
- 9.9 Be able to explain the process of reproduction.
- 9.10 Demonstrate understanding of specific health issues, including the ability to conduct self-examinations.
- 9.11 Demonstrate knowledge of pregnancy prevention and disease control.
- 9.12 Explain the transmission and prevention of the HIV.
- 9.13 Identify the effects of discrimination.
- 9.14 Begin to identify educational and career goals.

## **TENTH GRADE**

The student will:

- 10.1 Determine how maturation affects adolescents.
- 10.2 Describe his or her own attitudes concerning expectations of self and interpersonal relationships.
- 10.3 Examine values, morals, and ethics essential to the growth and maintenance of positive human relationships.
- 10.4 Use the steps in the decision-making process to solve specific problems.
- 10.5 Recognize the benefits of abstaining from premarital sexual intercourse.
- 10.6 Recognize alternatives to premarital sexual activity for expressing feelings and affection.
- 10.7 Explain the factors to be considered in preparing for dating and marriage.

- 10.8 Examine factors to be considered in life-goal planning.**
- 10.9 Describe the signs and symptoms of pregnancy.**
- 10.10 Analyze the factors associated with a healthy pregnancy.**
- 10.11 Explain the importance of supportive roles of the mother and father through pregnancy and birth.**
- 10.12 Describe available birthing options.**
- 10.13 Identify the stages of the birthing process.**
- 10.14 Analyze the skills and attitudes needed to become a competent parent.**
- 10.15 Describe adjustments to be made after the birth of a child.**
- 10.16 Compile a list of community agencies and resources available to assist individuals and families.**
- 10.17 Review the positive aspects of family life as a basic unit of society and as a means of personal development.**