



Middle School Family Life Education Instructional Topics

**Taught by family life educators*

Grade 6 (seven 45-minute classes)

- Good hygiene and health practices
- Physical and emotional changes experienced in puberty
- Anatomy and physiology of the reproductive system
- Benefits of abstinence
- Awareness and prevention of sexual harassment and sexual abuse
- Importance of communication with parents and other trusted adults
- Respect for self and others
- Problem-solving and decision-making skills
- Consequences of sexting and internet safety
- Introduction to human trafficking and awareness of lures
- Protection and prevention against becoming a victim of human trafficking

Grade 7 (seven 45-minute classes)

- Review of reproduction and puberty
- Benefits of abstinence and postponing sexual activity
- Developing healthy decision-making skills
- Transmission and prevention of STIs, HIV/AIDS
- Correction of myths about conception
- Respect for self and others
- Awareness and prevention of sexual harassment/sexual abuse
- Developing positive relationships with family and friends
- Communication with family and other trusted adults
- Effects of media and peers on relationships
- Consequences of sexting and internet safety precautions
- Introduction to human trafficking and awareness of lures
- Protection and prevention against becoming a victim of human trafficking

Grade 8 (seven 45-minute classes)

- Effects of media and peers on personal identity
- Risk-taking and its impact on life choices
- Personal responsibility
- Respect for self and others
- Communication with parents and other trusted adults
- Communication in relationships with peers
- Correction of myths about STIs, HIV/AIDS
- Methods of contraception
- Transmission, prevention and treatments of STIs, HIV/AIDS
- Awareness and prevention of sexual harassment/sexual abuse
- Consequences of sexting and internet safety
- Introduction to human trafficking and awareness of lures
- Protection and prevention against becoming a victim of human trafficking