



A 21st Century Learning Community

Catalina Foothills Unified School District #16

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Dear Parent/Guardian:

Human Growth and Development is a state approved curricular program offered on a voluntary basis to fourth through ninth/tenth grade students in the Catalina Foothills School District. The curriculum will be taught at Orange Grove Middle School to 8th Grade students in five sessions. Copies of the program are available in the office. Feel free to stop in and review a copy. All supplementary materials will also be available for preview just prior to and during the instructional time span. If you are interested in viewing these materials, please contact the main office. The following summary will acquaint you with the general content of this instruction.

8th Grade students will:

- Learn the ground rules for discussion and the proper use of the question box.
- Understand the importance of basic hygiene (e.g., body issues of today-- tattooing).
- Recognize the different STD's, how they are transmitted, prevention, treatment, and the effects on one's body.
- Know that abstinence prevents STD's.
- Understand the basic structure and function of the male/female reproductive systems.
- Know that abstinence is the only method 100% effective in preventing pregnancy.
- Understand the development of human life from fertilization to birth.
- Understand how methods of contraception prevent pregnancy.
- Know how to apply refusal skills in making responsible decisions.
- Understand appropriate and inappropriate "touch" with others and know your legal rights.
- Understand Arizona law pertaining to financial responsibilities of parenting and legal liability relating to sexual intercourse with a minor.
- Recognize the legal, social, and emotional consequences of sexting.
- Know how to ask trusted adults questions that deal with personal concerns and health issues.

Sincerely,

Mark Rubin-Toles
Principal

**Catalina Foothills School District
Human Growth and Development Overview**

Human Growth and Development is an optional curriculum taught at each grade level in middle school as a component of Catalina Foothills School District’s K-12 Comprehensive Health Curriculum. In accordance with state statutes, written parental permission is a requirement for student participation in the lessons delineated herein.

In Eighth Grade, students will:

BC-8-1	Understand the importance of basic hygiene (e.g., body issues of today – tattooing).
D-8-1	Recognize the different STDs, how they are transmitted, prevention, treatment, and the effects on one’s body.
D-8-2	Know that abstinence prevents STDs.
AP-8-1	Understand the basic structure and function of the male and female reproductive systems.
AP-8-2	Know that abstinence is the only method 100% effective in preventing pregnancy.
AP-8-3	Understand the development of human life from fertilization to birth.
AP-8-4	Understand how methods of contraception prevent pregnancy.
I-8-1	Know how to apply refusal skills in making responsible decisions.
LE-8-1	Understand appropriate and inappropriate “touch” with others and know your legal rights.
LE-8-2	Understand Arizona law pertaining to financial responsibilities of parenting and legal liability relating to sexual intercourse with a minor.
LE-8-3	Recognize the legal, social, and emotional consequences of sexting.
R-8-1	Know how to ask trusted adults questions that deal with personal concerns and health issues.

Eighth Grade Session Focuses

Session 1

Benchmark Focus:

D-8-1	Recognize the different STDs, how they are transmitted, prevention, treatment, and the effects on one’s body.
D-8-2	Know that abstinence prevents STDs.
AP-8-2	Know that abstinence is the only method 100% effective in preventing pregnancy.

Session 2

Benchmark Focus:

BC-8-1	Understand the importance of basic hygiene (e.g., body issues of today – tattooing).
D-8-1	Recognize the different STDs, how they are transmitted, prevention, treatment, and the effects on one's body.
D-8-2	Know that abstinence prevents STDs.
AP-8-1	Understand the basic structure and function of the male and female reproductive systems.
AP-8-2	Know that abstinence is the only method 100% effective in preventing pregnancy.

Session 3

Benchmark Focus:

BC-8-1	Understand the importance of basic hygiene (e.g., body issues of today – tattooing).
AP-8-3	Understand the development of human life from fertilization to birth.
AP-8-4	Understand how methods of contraception prevent pregnancy.

Session 4

Benchmark Focus:

I-8-1	Know how to apply refusal skills in making responsible decisions.
LE-8-1	Understand appropriate and inappropriate “touch” with others and know your legal rights.
R-8-1	Know how to ask trusted adults questions that deal with personal concerns and health issues.

Session 5

Benchmark Focus:

LE-8-2	Understand Arizona law pertaining to financial responsibilities of parenting and legal liability relating to sexual intercourse with a minor.
LE-8-3	Recognize the legal, social, and emotional consequences of sexting.
R-8-1	Know how to ask trusted adults questions that deal with personal concerns and health issues.

Annotated List of Eighth Grade Videos:

Session 1:

DVD: *What is Love? What is Sex?* (Human Relations Media) (27 minutes)

Through personal interviews with teenagers who have made a variety of choices regarding sexual activity, students identify with their struggles and learn how to deal with this contemporary rite of passage.

Session 2:

DVD: *Abstinence: Choosing to Wait* (Cerebellum Corporation, Human Relations Media) (23 minutes)

This video emphasizes how thinking ahead, responsible decision-making, honest communication, and setting personal, academic, and social goals result in more meaningful relationships and a decreased likelihood of teens engaging in sexual intercourse. Real teens' personal stories send a strong message that sexual abstinence is a desirable and attainable goal. Teens who are committed to abstinence discuss the personal, social and ethical reasons they chose abstinence and reveal how they combat peer and media pressure to have sex.

Session 3:

DVD: Video segment from NOVA, *The Miracle of Life*

The video begins with the statement, "Ten days after fertilization the blastocyst implants itself firmly in the lining of the uterus." The video ends with "And the process of birth begins." We do not show the live birth at the end of the video.

Session 4:

DVD: *Am I Ready? Making Healthy Sexual Decisions* (Human Relations Media) (24 minutes)

In this video, teens and health experts talk frankly about the importance of healthy decision-making when it comes to sexual activity. The program unpacks the many factors that go into a young person's decision to become sexually active or not, beginning with a discussion of sexual pressure from the media, peers, and partners. Sexually transmitted infections among youth and the life-changing effects of an unplanned pregnancy are also discussed. The video presents abstinence as a healthy choice for teens and emphasizes the benefits of delaying sexual activity.

Session 5:

DVD: *The Dangers of Sexting: What Teens Need to Know* (Human Relations Media) (17 minutes)

Using a peer-to-peer approach, teens talk about the importance of resisting pressures to engage in sexting and make it clear that a person always has the right to refuse. They emphasize that one can't assume that anything that is sent or posted is going to remain private. The legal, social, and emotional consequences of sexting are discussed in the video.

NOTE: All materials will be available for preview just prior to and during the instructional time span. If you are interested in viewing these materials, please contact the school's main office.