



**Catalina Foothills Unified School District #16**

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**A 21<sup>st</sup> Century Learning Community**

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 7th Grade students in five sessions in the spring. 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.

7th 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-- waxing, shaving, and piercing).
- Know that there are a variety of STDs and their signs and symptoms.
- Know that abstinence prevents STDs.
- Understand the basic structure and function of the male and female reproductive systems.
- Know that abstinence is the only method 100% effective in preventing pregnancy.
- Understand that there is variability in physical and socio-emotional development.
- Examine how media and peer pressure influence personal decision-making.
- Examine how to make tough decisions in the face of outside pressure.
- Understand appropriate and inappropriate "touch" with others and know your legal rights.
- Recognize the legal, social, and emotional consequences of texting and 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 Seventh Grade, students will:**

BC-7-1	Understand the importance of basic hygiene (e.g., body issues of today-- waxing, shaving, and piercing).
D-7-1	Know that there are a variety of STDs and their signs and symptoms.
D-7-2	Know that abstinence prevents STDs.
AP-7-1	Understand the basic structure and function of the male and female reproductive systems.
AP-7-2	Know that abstinence is the only method 100% effective in preventing pregnancy.
AP-7-3	Understand that there is variability in physical and socio-emotional development.
M-7-1	Examine how media and peer pressure influence personal decision-making.
I-7-1	Examine how to make tough decisions in the face of outside pressure.
LE-7-1	Understand appropriate and inappropriate “touch” with others and know your legal rights.
LE-7-2	Recognize the legal, social, and emotional consequences of texting and sexting.
R-7-1	Know how to ask trusted adults questions that deal with personal concerns and health issues.

**Seventh Grade Session Focuses:**

**Session 1**

**Benchmark Focus:**

AP-7-1	Understand the basic structure and function of the male and female reproductive systems.
AP-7-3	Understand that there is variability in physical and socio-emotional development.
R-7-1	Know how to ask trusted adults questions that deal with personal concerns and health issues.

## Session 2

### Benchmark Focus:

D-7-1	Know that there are a variety of STDs and their signs and symptoms.
D-7-2	Know that abstinence prevents STDs.

## Session 3

### Benchmark Focus:

D-7-1	Know that there are a variety of STDs and their signs and symptoms.
D-7-2	Know that abstinence prevents STDs.
R-7-1	Know how to ask trusted adults questions that deal with personal concerns and health issues.

## Session 4

### Benchmark Focus:

I-7-1	Examine how to make tough decisions in the face of outside pressure.
LE-7-1	Understand appropriate and inappropriate “touch” with others and know your legal rights.
AP-7-3	Understand that there is variability in physical and socio-emotional development.
R-7-1	Know how to ask trusted adults questions that deal with personal concerns and health issues.

## Session 5

### Benchmark Focus:

M-7-1	Examine how media and peer pressure influence personal decision-making.
I-7-1	Examine how to make tough decisions in the face of outside pressure.
LE-7-2	Recognize the legal, social, and emotional consequences of texting and sexting.

## Annotated List of Seventh Grade Videos:

### Session 3:

DVD: *Understanding HIV and AIDS*, 18 minutes (Human Relations Media)

This video provides students with the facts about HIV and AIDS. It presents an age-appropriate review of the basic terms, definitions, and biology of the HIV virus plus means of infection, treatment, and protection. The program also sends a clear message that abstinence is the only 100% effective option for avoiding sexual transmission of the HIV virus. It includes a dialogue with middle school students and two HIV positive young people on issues that impact their lives: How should a HIV+ person be treated by others? What are the common misconceptions about how HIV is acquired? What strategies and life skills can teens use to stop the pressures that might expose a young person to HIV?

**Session 4:**

DVD: *Taking Charge: Resisting Sexual Pressure*, 29 minutes (Human Relations Media)

Through a variety of common sexual pressure scenes, the video shows students the importance and desirability of setting clear sexual limits in advance and teaches them refusal skills and assertiveness techniques they can use to stay in control in specific sexual situations.

**Session 5:**

DVD: *B Careful When U Txt: The Dangers of Texting and Sexting*, 19 minutes (Human Relations Media)

Today, kids no longer have to wait to get to a desktop computer to see and hear all of the latest gossip. It's right in their hands, on their cell phones, mobile email devices, and handheld computers, giving them the ability to take and send pictures and videos and instantly access social networking sites like Facebook and Twitter. Using dramatic scenarios as well as first person experiences, the video explores the positive and negative sides of this technology. It gives viewers a primer on the Do's and Don'ts of text messaging, including the laws on privacy and child pornography, setting and maintaining personal boundaries, dealing with unforeseen consequences, and underscoring the need to "think before you click."

**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.