***“Sex Education for Young People”***

**LINNS VALLEY-POSO FLAT SCHOOL**

**FEBRUARY  2019**

**FEB 25-27             GIRLS   BOYS    7TH & 8TH GRADE**

**SUBJECT**

**Freedom Road**

***“Abstinence”***

**Anatomy**

**STD’S, S/H**

**“Rules Changed*”***

**AIDS**

***“Sex, Lies & Truth”***

**Pregnancy &**

***“Miracle of Life”***

**Birth Control**

**HOW TO WAIT**

**PUBERTY TO BE TAUGHT TUESDAY AT 11:00 AM FOR BOYS**

**AND WEDNESDY AT 11:00 AM FOR GIRLS – 5TH AND 6TH GRADE**

**\*TIMES TO BE DETERMINED PER SCHOOL SCHEDULE.**

**Recently, our school board selected a Sex Education and Aids Prevention Program for 7th and 8th grade students that we believe will both meet the community standard and assist our students in developing a healthy, wholesome attitude towards their growth and development.**

**TEEN HEALTH ASSOCIATES provides a puberty class for 5th and  6th graders. The course will cover basic anatomy, hygiene, and will prepare your student for the hormonal and emotional changes related to puberty.**

**Connie Moustakis, Director of Teen Health will teach a puberty class to boys and girls separately.   The class is about one hour with a power point presentation followed by a video produced by Discovery:  Girl to Woman/Boy to Man.   The class concludes with a question and answer session.**

**The class will be taught Tuesday, February, 26 for boys and Wednesday, February 27, for girls.**

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**YOUR SON/DAUGHTER MAY NOT ATTEND WITHOUT A PERMISSION SLIP!**

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**PERMISSION SLIP**

  STUDENT\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_    YES,  MY STUDENT MAY ATTEND TEEN HEALTH.

\_\_\_\_\_\_     NO,  MY CHILD MAY NOT ATTEND

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       PARENT/GUARDIAN SIGNATURE                                          DATE

“Sex Education for Young People”

RELATIONSHIPS:

\*Define relationship   
\*Discuss foundations for healthy relationships   
\*Define gender: identity and expression, and sexual orientation  
\*Present weaknesses and strengths of relationships   
\*Define sexual manipulation and give examples  
\*Discuss incidents of intimate partner violence;   
 -Relationship abuse and sexual assault   
\*Discuss value of committed relationships like marriage

SEXUALLY TRANSMITTED DISEASES:

\*Define sexually transmitted disease  
\*Discuss risks of sexual activity and consequences  
\*Discuss condoms reducing the risk of STD’s   
\*Discuss STD’s affect on the female/male reproductive system  
\*Present STD’s: HPV, Herpes, Chlamydia, and Gonorrhea  
\*Discuss treatment, vaccinations and cures for STD’s  
\*Show:  “Sex is Not a Game”  
\*10 minute video discusses   
 -Sexual Manipulation  
 -Taking responsibility for sexual health  
 - Molestation and sexual abuse

PREGNANCY:

\*Encourage students to involve parents when pregnant  
\*Explore reasons why teenagers aren’t ready for pregnancy  
\*Discuss reasons for teen pregnancy  
\*Present practical lesson on financial hardship/responsibility  
\*Highlight pregnancy options including:  
 -Parenting  
 -Abortion  
 -Adoption  
  -Save Haven/Baby Surrender Law

BIRTH CONTROL:

\*Encourage self control as the best birth control  
\*Give definition and examples of self control  
\*Discuss the number of pregnant teenagers in the US  
\*Present birth control  
 -Diaphragm  
 -Spermicidal Foam  
 -Sponge  
 -Condoms (male/female)  
 -Birth Control Pill  
 -Depo-Provera  
 -Birth Control Patch  
 -Nuva Ring  
 -Hormonal Implants  
 -IUD  
\*Discuss how birth control works   
\*Discuss side affects of hormone based birth control  
\*Discuss Emergency contraception/Plan B  
\*Reinforce abstinence as the only 100% affective birth control

LIFE‘S GREATEST MIRACLE:

\*Discuss Safe Haven/Baby Surrender law   
\*Discuss drugs, alcohol, and cigarettes when pregnant  
\*Show an edited version of  “Life’s Greatest Miracle”   
 Video shows:  
 -Reproductive anatomy of male and female  
 -Egg and sperm production  
 -Fetal development beginning with the sperm and egg  
 -No live birth is shown  
\*Pass around fetal models

DANGERS OF SOCIAL MEDIA:

\*Define social media  
\*Discuss reasons pornography is harmful  
\*Discuss sexual trafficking and its’ relation to social media  
 -The lure of social media and teenagers  
 -Sexual predators connection to social media  
 -Sexting and its consequences regarding laws    
 -Posting detailed information and its longevity  
\*Pass out commitment cards   
\*Pass out wristbands to complete class

QUESTIONS:  EMAIL  [teenhealth.inc@gmail.com](mailto:teenhealth.inc@gmail.com)

Constance M. Moustakis  
Director, Teen Health Associates