7th Grade Sex Ed Curriculum Overview

Objectives:
- Recognize and distinguish between the terms puberty and adolescence.
- Describe the structures and their functions of the male and female reproductive systems.
- Describe the changes that occur during puberty and adolescence.
- Describe what happens during pregnancy, birth, and early childhood
- Identify the advantages of abstinence.
- Recognize teenage pregnancy as one of the possible consequences of sexual intercourse.
- Understand that sexual intercourse carries the responsibility of planning for the possibility of becoming a parent.
- Understand that consistent use of modern birth control methods can greatly reduce the risk of unintended pregnancy but may not protect against sexually transmitted infections.
- Recognize that future plans might change if an unplanned pregnancy occurs.
- Understand that all alternatives in teenage pregnancy are difficult for the adolescent and families involved.
- Understand that teenagers who are pregnant are at greater risk of medical problems during pregnancy; their infants are at a greater health risk also.

Activities:

Day One:
- Rules/Guidelines
  - Ground rules are established to provide guidance and establish a safe place to discuss and ask questions.
- Adolescence and Puberty
  - Adolescence and Puberty are defined and differences between the two terms are discussed.
- Sex Cells
  - Through a text reading, students identify the male and female sex cells, sex organs, and hormones.
- Male Reproductive System
  - Students read about the male reproductive system and label a diagram.

Day Two
- Female Reproductive System
  - Students read about the female reproductive system and label a diagram.
- Pregnancy, Development and Birth
  - Using a Pre/Post concept check students read and discuss the topics of pregnancy, fetal development, and birth.

Day Three
- Video: Human Reproduction and Childbirth
  - This video provides information about the male and female anatomy, menstruation, fertilization, fetal development, and childbirth.
- Where Do Babies Fit
  - This activity asks how student selected goals would change if they had a baby.

Day Four
- Life in the Fast Lane-Cost of a Baby
  - Students investigate the cost of having a baby through a web-based budget activity.
  - Web link: [http://www.hinsdale86.org/staff/jbondi/LifeInTheFastLaneBudgetItems/costofbaby2B.html](http://www.hinsdale86.org/staff/jbondi/LifeInTheFastLaneBudgetItems/costofbaby2B.html)
- Contraception Options
  - Students review a list of contraception options and their effectiveness in preventing pregnancy and sexually transmitted disease.

Question Box: Each day students have the opportunity to submit questions anonymously. Teachers screen the questions and answer them scientifically. Moral/Opinion questions will be referred to parent/guardian or trusted adult. Questions that appear to be asked for shock value will not be addressed (teacher discretion).
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For a complete inspection of curriculum materials parents/guardians are encouraged to attend the Sex Education Information Night.

Parents/Guardians who do not want their student to participate in the district's Sex Education program must submit written notice, signed and dated by the parent, to the appropriate Middle School principal. Students who are not participating in the district's program will be provided an alternative assignment.