Guidelines:

1. All State Board of Education and Arizona Administrative code guidelines will be followed.

2. Parents will be informed of the program in advance of presentation in the health course; preview material will be available for review.

3. The unit will be incorporated into the 7th grade Health curriculum as an Opt-In program. To attend the lessons, written parent permission will be required and students who do not have permission will be placed in an alternate program.

4. Boys and girls will be taught in separate classes.

Program Goal and Objective:

The purpose of teaching growth and development education in the health curriculum is to provide students with accurate, age appropriate information, to promote educated decision-making, teach refusal skills, to emphasize that abstinence is the only 100% effective method to prevent pregnancy, provide current information about laws, address relationships during teen years and sexually transmitted diseases.

Day 1

Lesson Content:

1. Introduction — Chapter 12 page 362
2. Body Changes-Puberty
   a. Changes during adolescence Male and Female
   b. Physical, Mental (emotional), and Social Growth — Foldable-definitions
3. Reproductive systems
   a. Male and Female systems — Chapter 12 page 374
   b. Illnesses and prevention

State Standard

1. Strand 6 PO1 Assess personal health practices
2. Strand 1 Concept 2 PO 1 Describe the interrelationships of emotional, intellectual, physical and social health in adolescence.

Day 2

Lesson Content:

1. Preparing for Adulthood — Chapter 12 page 391
   a. Reducing risk
   b. Choosing Abstinence — S.T.O.P. p 394 Role
2. Partnership/Relations
   a. Relationships during Teen Years — Chapter 6 page 184
   b. Respect, caring, trust, friendship — Chapter 6 page 191
   c. Emotions — Abstinence packet L6

Strand 7 Concept 2 PO 2 Demonstrate behaviors that avoid or reduce health risks to self and others.

Strand 2 Concept 2 PO 2 Explain the influence of personal values and beliefs on individual health practices and behaviors.

Day 3

Lesson Content:

1. Arizona Law — Computer Lab- AZ Depart Public Safety
    a. Sexual Conduct with Minor — Lawforkids.org
    b. Financial Obligations

State Standard

Strand 5 Concept 2 PO 6 Analyze the potential outcome of teen sexual activity or substance abuse

Strand 2 Concept 1 PO 3 Analyze how peers influence healthy and unhealthy behaviors.

Day 4

Lesson Content:

1. Sexually Transmitted Diseases — Chapter 13 page 422
    a. What are STD or STI? — Page 423
    b. Current Stats — Arizona Dept. Health Service
    c. Abstinence from Sexual Activity — Page 425 -L3 Ab. Packet
    d. HIV/AIDS — Page 427
    e. Taking Responsibility for actions — L5 Abstinence Packet

State Standard Strand 2 Concept 2 PO 5 Choose healthy alternatives over unhealthy alternative when making a decision.

Strand 1 Concept 6 PO 3 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

Day 5

Lesson Content:

1. Refusal Skills/Decisions — Abstinence Packet
    a. Making responsible decisions — Lesson 1
    b. Abstinence: The Responsible Decision — Lesson 3
    c. Practicing Refusal Skills — Lesson 7
    d. Responsible social media

State Standard Strand 4 Concept 1 PO 2- Demonstrate refusal and negotiation skills that avoid or reduce health risk.