



Life Skills & Sexual Education Curriculum

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The intention of this program is to provide our adolescents with an opportunity to learn about, explore, and question the pre-teen and teenage topics of concern to them now and in the near future. Education is an essential part of making informed and responsible decisions, as they mature into young adults.

We believe this education begins at home and hope to support and build upon it at school. Parents will be informed of current topics and families are encouraged to communicate about these topics regularly. If parents have any suggestions, questions, or concerns about any of these topics, they are encouraged to contact the teacher or attend a Life Skills class.

We continually consider the students' comfort when speaking about sensitive subjects in a group of peers. For some topics, the class is split into male and female groups, while for other topics, the groups are split based on age and maturity. We also provide opportunities for anonymous response and questioning through writing. Additional topics may be added based on student and parent interest.

Curriculum Topics: *Topics starred below were ones that students were most interested in covering this year.

<p><u>Unit 1:</u> (age & maturity groups)</p> <ul style="list-style-type: none"> • *Personal strengths • Character • *Friendship • *Cliques & Bullying • Differences & disabilities • Family relationships • *Communication with parents • *Romantic relationships • *Dating 	<p><u>Unit 2:</u> (gender groups)</p> <ul style="list-style-type: none"> • *Teens and hormones • *Puberty • *Male anatomy • *Female anatomy • Masculinity/femininity • *Teen body care • Sexuality & Self • *Body image • Safe touch
<p><u>Unit 3:</u> (age & maturity groups)</p> <ul style="list-style-type: none"> • Learning/thinking • *Media influences/ pop culture • *Internet safety • *Self-esteem • *Emotional health • Stereotypes • *Peer pressure • *Parties • Tobacco • Drugs • Alcohol 	<p><u>Unit 4:</u> (gender groups)</p> <ul style="list-style-type: none"> • Sexuality • Communication about sexuality • Sexual anatomy • Sexual orientation • Abstinence • Safe sex • Emotional and legal aspects • Rape and assault • STDs: HIV/Aids • Birth control • Pregnancy