

Grades 5, 6, 7, 8

Adopted 2013

Core Concepts: Physical, Mental, Emotional and Social Growth and Development

- 1. Examine appropriate and healthy ways to express affection, love, friendship and concern.** [M.1.1](#)

- a. Explain how body image and self-esteem can impact decision-making regarding sexual behaviors.** [M.1.2.A](#)

- c. Describe male and female reproductive and sexual systems and how they work.** [M.1.2.C](#)

- d. Describe puberty and the process of human reproduction.** [M.1.2.D](#)

- e. Describe the interrelationship of mental, emotional, social and physical health during puberty and adolescence.** [M.1.2.E](#)

- 3. Examine how families may change over time, and the impact these changes may have on the family structure and individual members.** [M.1.3](#)

- a. Compare and contrast the characteristics of healthy and unhealthy relationships.** [M.1.4.A](#)

- b. Analyze the differences and similarities between friendships and romantic relationships.** [M.1.4.B](#)

- a. Analyze ways in which the physical, social, cultural and emotional environment and personal health are interrelated.** [M.1.5.A](#)

- 6. Describe healthy and unhealthy dating practices (e.g. values, culture, dating violence).** [M.1.6](#)

- e. Differentiate between gender identity, sexual orientation, and the concept of gender roles.** [M.1.6.E](#)

- a. Explain the value of abstinence and/or choosing to abstain after having already engaged in sexual activity.** [M.1.7.A](#)

- b. Identify the methods of contraception and how they work.** [M.1.7.B](#)

- 8. Identify and discuss the impact of teenage pregnancy and parenthood (e.g. future goals, financial, graduation, college).** [M.1.8](#)

10. Discuss HIV/STD and hepatitis infections as it relates to higher risk behaviors, modes of transmission and prevention methods. [M.1.10](#)

Accessing Health Information and Resources

1. Identify a trusted adult who can provide accurate information about puberty, adolescent development and sexuality. [M.2.1](#)

2. Distinguish between reliable and unreliable sources of information on sexual health (e.g. internet and social media). [M.2.2](#)

a. Identify the process for getting help and to report sexual harassment, sexual assault, child abuse, human trafficking, bullying and other types of violence. [M.2.3.A](#)

b. Discuss the legal age of consent for sexual behaviors in Connecticut. [M.2.3.B](#)

Self-Management of Healthy Behaviors

1. Demonstrate the ability to use self-control and express feelings appropriately. [M.3.1](#)

a. Identify strategies that an individual could use to abstain or delay sexual intercourse. [M.3.2.A](#)

b. Describe abstinence and its role in maintaining sexual health. [M.3.2.B](#)

4. Discuss the importance of personal responsibility for sexual behavior, including abstinence and sexual and reproductive health. [M.3.4](#)

a. Identify strategies to use social media safely and respectfully. [M.3.5.A](#)

b. Identify sexual exploitation and behaviors that are perceived as sexually coercive and resources to address these concerns. [M.3.5.B](#)

6. Identify and discuss the value of postponing sexual activity, the methods and effectiveness of contraception and ways to protect oneself from communicable diseases (e.g. STD/HIV). [M.3.6](#)

7. Discuss ways in which an individual could respond in a situation when they or someone else is being bullied or harassed. [M.3.7](#)

Analyzing Internal and External Influences

1. Describe how internal and external influences affect sexual behavior, attitudes and decisions. [M.4.1](#)

2. Analyze a variety of external sources that may influence sexual decision making and sexual behavior (e.g. parents, family values, media, internet, culture, peers, society). [M.4.2](#)

3. Analyze the influence of alcohol and other drugs on sexual behavior and sexual health. [M.4.3](#)

	a. Describe the ways in which technology can impact physical and emotional safety (e.g. internet, social media, texting). M.4.4.A b. Explain how sexual exploitation can occur on the internet, social media or other. M.4.4.B
Communication Skills	a. Discuss what influences ones decision to use various communication styles in developing and sustaining healthy relationships. M.5.1.A b. Demonstrate positive ways to communicate differences of opinion while maintaining relationships. M.5.1.B 2. Identify and demonstrate verbal and non-verbal skills to refuse pressure to engage in sexual risk and other higher risk behaviors (e.g. smoking, drinking). M.5.2 3. Demonstrate effective negotiation and refusal skills to avoid sexual risk behaviors. M.5.3 a. Demonstrate how to communicate clear expectations, boundaries, personal safety strategies and clear limits on sexual behaviors. M.5.4.A c. Analyze healthy ways to express empathy for others. M.5.4.C 5. Discuss various forms of communication that constitutes sexual harassment and identify the process for reporting incidents of sexual harassment and other types of violence. M.5.5
Decision-Making Skills	1. Describe the impact that external influences (e.g. partners, peers, family, community) have on decision-making about abstinence, sexual activity and sexual health. M.6.1 2. Predict how deciding to remain abstinent protects ones' sexual health. M.6.2 3. Explain how the use of alcohol and other drugs impacts the decision to remain abstinent or be sexually active. M.6.3
Goal-Setting Skills	1. Discuss how internal and external influences may affect goal-setting (e.g. personal choices, sexual health, behaviors, family, peers, community, culture). M.7.1
Advocacy	1. Formulate a plan to engage in an experience of caring, compassion and advocating for others (e.g., community service). M.8.1 2. Describe the impact discrimination has on people and how to address bias and discrimination. M.8.2

3. Discuss the benefits of and advocate for developmentally appropriate, medically accurate sexual health education. M.8.3

4. Advocate for safe environments that encourage dignified and respectful treatment of others. M.8.4