Virginia Family Life Education

Grade 7

The student will identify his or her role and relationships within the family. 7.1	1 Content includes identification of personal interactions; communication skills; ways of meeting emotional, physical, and intellectual needs; and the student's contribution to the family unit. Students learn the positive benefits of personal sacrifice to support family goals and needs when such a decision is indicated. 7.1
The student will recognize the physical development of his or her sex characteristics and how they affect emotional and social growth. 7.2	2 Emphasis is placed on the biological and physiological changes of early adolescence. Attention is given to such secondary sex characteristics as body growth, genital changes, hormonal secretions, the onset of menstruation, and sex-response feelings. Instruction promotes self-awareness and alleviates anxiety through factual information regarding menstruation, spontaneous erections, nocturnal emissions, masturbation, and differences in growth rates and development. 7.2
The student will realize that physical affection does not have to be sexual, but it also can be an expression of friendship, of celebration, or of a loving family. 7.3	3 The student learns that appropriate expressions of affection are essential for emotional, physical, and psychological health. The student will recognize the difference between appropriate and inappropriate physical affection. Characteristics of abusive relationships will be addressed. 7.3
The student will recognize that sexual behaviors are conscious decisions; that it is important to say "no" to premarital, abusive, and inappropriate sexual relationships; and that appropriate relationships are based on mutual respect, trust, and caring. 7.4	4 Sexual feelings are interpreted as normal and to be expected, but not always to be manifested in behavior. Instruction includes explanation of the differences between needs and desires, assertive skills, problem solving or conflict resolution, and alternatives. Refusal skills are taught and practiced by students. Characteristics of abusive relationships, which may also involve alcohol and other drug use and abuse, inappropriate use of electronic devices such as phone or Internet are addressed. In addition, the consequences of teenage pregnancy, the nature of sexually transmitted infections, and the benefits of delaying sexual activity are discussed. 7.4
The student will identify messages in society rel	5 The teacher guides the student in discovering and analyzing messages about sexuality found in advertising media, music and videos, television, films, printed materials, and graffiti. Students learn to recognize gender stereotyping and sexual exploitation. They are encouraged to evaluate and counteract any negative effects identified and to engage in a variety of positive activities, rather than spending

Skip to main content

		too much time viewing media containing negative components. Students will demonstrate how these messages affect mental health issues related to sexuality. 7.5
Students will explore safety issues related to the Internet. 7.6	6	Instruction includes how predators can use the Internet to exploit young people. Students will identify how traffickers use technology to find and lure victims and how information posted on social media sites may make students vulnerable. Strategies and habits to keep technology users protected from human trafficking and protect personal information will be discussed. Students will list resources available to them when seeking adult support in an uncomfortable situation. 7.6
The student will be aware of the consequences of preteen and teenage sexual intercourse. 7.7	7	Instruction focuses on updated, factual information regarding sexually transmitted infections, including HIV; pelvic inflammatory disease (PID); cervical cancer; unintended pregnancy; and discussion about reputation, guilt, and anxiety. Discussion also includes the emotional, psychological and financial implications of sexual activity and parenting before marriage. Students are guided in identifying positive aspects about themselves as reasons for avoiding risk-taking behavior. They learn also about the positive results and freedoms associated with postponing sexual activity. 7.7
The student will list the adverse consequences of a pregnancy in early adolescence, as well as the positive benefits of postponing pregnancy until marriage. 7.8	8	Instruction includes a review of pregnancy and childbirth from previous grade levels, as well as discussion of responsibilities involved and adverse consequences encompassing the emotional, mental, physical, social, and economic impact on young parents, on their families, and on society. The nutritional implications of high-risk infants and teenage mothers also are included. The effects of an adolescent pregnancy on the student's lifelong goals and potential achievements are emphasized. The benefits of being married before having children and the effects on the family, child, and community will be discussed. 7.8
The student will describe the signs and symptoms of pregnancy. 7.9	9	Instruction involves physical and psychological changes and the need for early detection of pregnancy through medical testing to ensure a healthy and successful pregnancy. Community resources for testing and/or further information are identified. 7.9
The student will develop an understanding of and responsibility for family planning. 7.10	10	Content includes reasons for family planning, factors to be considered when planning a family, the role of the family physician, community resources, and methods of contraception. 7.10
The student will explain techniques for preventing and reporting sexual assault, human trafficking, and mo	11	Methods of handling assault and molestation, as well as prevention methods, are presented. Emphasis is placed on the importance of avoiding situations which could provide opportunities for molestation and sexual assault, including the homes and cars of acquaintances when no appropriate supervision is available. Students will practice appropriate use of the Internet and text messaging. Key terms are defined. Approaches and behaviors, both in person and electronically, used by perpetrators are identified and explained. The signs of human trafficking, control methods used in different types of human trafficking, and

Skip to main content

		how to seek adult assistance to report a trafficking situation will be discussed. Community resources for victims of molestation, human trafficking and assault are identified. 7.11
The student will identify causes, symptoms, treatment, prevention, and transmission of sexually transmitted infections, including HIV. 7.12	12	Topics include the prevention, symptoms, treatment, transmission, and diagnosis of the following diseases in addition to HIV, Chlamydia, Genital Herpes, Gonorrhea, HPV, and Syphilis. In addition, myths are dispelled. High-risk activities, such as needle sharing for injection, intravenous drug use and abuse, and unprotected sexual activity are discussed. Community resources that provide testing and treatment of sexually transmitted infections and HIV are identified. 7.12
The student will identify the issues associated with friendships. 7.13	13	The student accomplishes this by identifying characteristics of each type of friendship and how friendships can change through developmental stages. The student will identify the characteristics of healthy and unhealthy relationships. Respect for the privacy and boundaries for self and others is reinforced along with tools to ensure that the student respects the personal privacy and boundaries of others. 7.13
The student will realize the role of peers and the peer group during adolescence, and the nature and purpose of dating. 7.14	14	Discussion focuses on the qualities of friendship, the importance of participating in peer groups that encourage the development of positive personal traits, and the nature of dating. Group dating is presented as a positive first step in developing romantic relationships, demonstrating appropriate and inappropriate dating behavior, utilizing positive mental health practices and fulfilling dating responsibilities. 7.14
The student will recognize contributions of various racial and ethnic groups to family life and society. 7.15	15	Topics include the importance of racial and ethnic identity for families and the effects of negative stereotypes on families and individuals. Emphasis is placed on appreciation of racial and ethnic differences. 7.15
The student will increase his or her ability to listen to different points of view and to accept the rights of others to a differing point of view. 7.16	16	Positive communication skills are developed to enhance relationships and to increase recognition of various points of view existing within families and society. 7.16