Virginia Family Life Education

Grade 9

The student will understand the human growth and development cycle. 9.1	1	Information about developmental levels throughout the life cycleprenatal, infant, toddler, pre-kindergarten, school-age, adolescent, young adult, middleage, and elderly-is related to the complexity of childrearing and to the need for maturity before parenthood. Life-stage development is also presented to help students gain appreciation of their own development. 9.1
The student will explain the importance of the family as a basic unit of society and his or her responsibility as a member of the family. 9.2	2	Topics include the function of the family, family forms, family strengths, family influences on society, and instruction in the value of family relationships. The benefits, challenges, responsibilities, and value of marriage for men, women, and children, and communities in society will be included. 9.2
The student will recognize the development of sexuality as an aspect of the total personality. 9.3	3	Discussion focuses on the development of one's sexual identity. Internal and external conflicts associated with problems of sexual identity are addressed. 9.3
The student will review and apply the decision-making process. 9.4	4	Students practice methods of gathering information and applying the decision-making process in practical situations. Emphasis is placed on the need for parental guidance, family and personal values, knowledge, positive mental health practices, and reason as bases for decision-making. 9.4
The student will review the nature and purposes of dating. 9.5	5	Topics include understanding family guidelines related to dating, the functions of dating, and coping with the pressures experienced in dating situations. Students will discuss the signs of dating violence, sexual violence, physically and mentally abusive relationships, and the law and meaning of consent prior to sexual activity. Discussion may focus on the importance of group dating, rather than dating as a couple, in early adolescence. 9.5
The student will realize the importance of setting standards for co[illegible] be po[illegible]	6	The physical, emotional, social, psychological and economic consequences of premarital sexual relations continue to be emphasized along with reinforcement of assertive skills and ways to say "no" in terms that will enable the student to [illegible]esist pressure from other teenagers and manage his or her own feelings and [illegible]ehavior. Instruction includes discussion regarding the law and meaning of

Skip to main content

relations until marriage. 9.6		consent. Emphasis is placed on an increased awareness that consent is required before any kind of sexual activity. 9.6
The student will interpret the effects and prevention of sexual assault, rape (including date rape), incestuous behavior, molestation, human trafficking, and sexual harassment using electronic means. 9.7	7	This is a review of the use of assertive skills, conflict resolution, avoidance of risk situations, and referral services in the community. In addition to identifying such factors, the student explains or interprets them to others. The student will 35 demonstrate proper approaches to dealing with physically and mentally abusive relationships. The student will identify the appropriate and inappropriate use of electronic devices. Instruction includes the legal implications for inducing someone to engage in commercial sex (i.e., purchaser, John, inducer). Instruction includes recognizing red flags of human trafficking victims, understanding the types of trafficking, and knowing how to safely and responsibly report a human trafficking situation. 9.7
The student will relate specific information on substance use and abuse to each stage of the life cycle. 9.8	8	Emphasis is on substance use and abuse during pregnancy, puberty, and adolescence and its general effect on daily functioning. 9.8
The student will be able to explain the process of reproduction. 9.9	9	Instructional components include anatomy, physiology, conception, fertility, fetal development, childbirth, and prenatal care. 9.9
The student will demonstrate understanding of specific health issues, including the ability to conduct self-examinations. 9.10	10	The focus is on factual information about menstruation, proper use of feminine hygiene products in relationship to cleanliness, pre-menstrual syndrome, menopause, and male- and female-specific concerns. Disease prevention through selfassessment and self-examination is reinforced with emphasis on breast and testicular selfexamination. 9.10
The student will demonstrate knowledge of pregnancy prevention and disease control. 9.11	11	Topics include planning for adult relationships, a review of factors to consider in planning for a family, misconceptions about contraception, a review of methods of contraception in relation to effectiveness in pregnancy prevention and disease control, and the decisions associated with contraception. Abortion is not presented as a method of birth control, but spontaneous abortion or miscarriage is explained and the risks of induced abortion are analyzed. 9.11
The student will explain the transmission and prevention of the HIV. 9.12	12	This is a review of the ways in which HIV is transmitted and the techniques for preventing this disease. 9.12
Th th dis		The teacher helps students identify forms of discrimination and the consequences of discrimination on individual and family life. Discussion focuses

Skip to main content

		on the value and importance of differences among individuals and families. The effects of discrimination on a person's mental health will also be discussed. 9.13
The student will begin to identify educational and career goals. 9.14	**14**	**Students formulate educational and career objectives. A "life goals" project provides the structure for achieving this objective and students complete activities that enable them to gain insight into the variety of personal and career options available to males and females. Students will discuss the impact of use of social networking sites on career goals.** 9.14