

MONTGOMERY COUNTY PUBLIC SCHOOLS

Grade 8 Instructional Outline

FAMILY LIFE AND HUMAN SEXUALITY

Instructional Objectives

By the end of the designated grade level, the student should be able to:

- *Examine factors that influence stereotyping and generalizations about gender roles
- *Discuss how culture and family values affect relationships and marriage
- *Explore the effect of family stress and divorce on the family and society
- *Describe the process of pregnancy and birth, recognizing the importance of prenatal care for the mother and fetus
- *Discuss the effects of hormonal changes on the body and on behavior throughout the life cycle
- *Analyze the influence of peer pressure and other factors on an individual's decisions regarding sexual behavior
- *Analyze consequences of sexual activity
- *Examine myths and misconceptions about human sexuality
- *Discuss the social, emotional and economic impact of teenage parenting
- *Discuss how family values, culture, religious views and other factors influence family planning
- *Identify abstinence from sexual intercourse as the most effective means of pregnancy prevention
- *Identify and describe methods of pregnancy prevention

Content Outline

I. Examine Factors That Influence Stereotyping and Generalizations About Gender Roles

A. Define stereotyping

B. Factors that influence stereotyping and generalizations about gender roles

1. family values - examples

- a. girls wash dishes
- b. girls do the sewing
- c. boys take out the trash
- d. boys work on fixing the car

2. societal generalizations

- a. girls become nurses/boys become doctors
- b. girls become stewardesses/boys become pilots
- c. girls cry/men don't
- d. girls are quieter - more passive than boys

C. Stereotyping is unfair and everyone should be free to do whatever they choose based on their own individual merit and ability -- regardless of gender

II. Discuss How Culture and Family Values Affect Relationships and Marriage

A. Family approval of dating partners

1. arranged marriages
2. chaperoned dates

B. Religious differences

1. cannot marry someone of a different religion
2. children must be raised in a specific religion

C. Male as head of household

1. wife cannot work
2. man is the bread-winner and head of family

D. Conflicts created by contrasting values

III. Explore The Effect of Family Stress and Divorce on the Family and Society

A. Divorce and/or separation

1. define and describe
2. leading causes - lack of communication, financial problems
3. more common today

B. Effect of family stress and separation/divorce on the family

1. loss of communication
2. loss of love
3. unable to deal effectively with problems
4. socioeconomic changes that result in financial hardship
5. family members may become dysfunctional
 - a. substance abuse
 - b. child abuse
 - c. child neglect
 - d. spouse abuse

C. Effect of family stress and separation/divorce on society

1. children become dysfunctional at school
2. breakdown of the family unit
3. need for more health care for the family to get through crisis
4. need for social services

IV. Describe the Process of Pregnancy and Birth, Recognizing the Importance of Prenatal Care for Mother and Fetus

A. Fertilization

1. joining of sperm and egg

B. Embryo

1. attachment to the uterine wall (discuss ectopic pregnancy)
 - a. placenta
 - b. umbilical cord
 - c. amniotic sac

C. Fetus

1. need for prenatal care
 - a. proper nutrition
 - b. avoiding alcohol, and other drugs (including OTC drugs)
 - c. avoiding tobacco
 - d. avoiding diseases
 - e. visiting obstetrician
 - f. appropriate exercise
2. health of the baby depends on health of the mother
 - a. placenta - exchange of material between baby and mother
 - b. developmental stages during each trimester
 - c. healthy development based on mothers behavior

D. Birth

1. labor
 - a. stage one - complete dilation of cervix
 - b. stage two - passing of the baby through the birth canal
 - c. stage three - delivery of the placenta

V. Discuss the Effects of Hormonal Changes On the Body and Behavior Throughout the Life Cycle

A. Review hormonal changes in the male at puberty

1. Growth of body hair
 - a. underarms
 - b. chest
 - c. legs
 - d. pubic area
2. voice change
3. growth of muscles
4. growth of genitals
5. production of sperm
6. behavioral changes caused by hormonal imbalances
 - a. increased testosterone level causes increased aggression

B. Hormonal changes in the female at puberty

1. growth of breasts
2. growth of body hair
 - a. underarms

- b. genitals
- 3. broadening of the hips
- 4. ovulation
- 5. menstruation
- 6. menopause
- 7. behavioral changes caused by hormonal imbalances
- a. connection to menstrual cycle

C. Hormonal fluctuations throughout the life cycle

- 1. fluctuations during puberty for both males and females
- 2. fluctuations during pregnancy for women
- 3. menopause and hormonal changes later in life for males and females
- 4. hormone therapy and treatments

VI. Peer Pressure and Other Factors Influence Decisions Regarding Sexual Behavior

A. Peer pressure

- 1. define, describe and give examples
- 2. "all your friends are doing it" - perception that is not accurate
- 3. manipulation to convince you to do something you don't want to do

B. Other factors

- 1. family expectations and values
- 2. myths and misconceptions you may have regarding sexual behavior
- 3. cultural beliefs
- 4. religious beliefs
- 5. media messages

C. Sifting through all the influences

- 1. only you can decide what is best for you
- 2. a decision that should be based on more than passion
- 3. deciding what is right for you is a tough decision, but an important one

VII. Analyze Consequences of Sexual Activity

A. Negative feelings about self

- 1. poor self concept
- 2. low self-esteem
- 3. disappointment
- 4. depression
- 5. suicide

B. Feelings others may hold

- 1. loss of reputation
- 2. change of friends

C. Pregnancy

1. change in lifestyle

D. Sexually transmitted diseases

1. infection that may cause death or damage to sexual organs

E. Long-term loving relationship

1. rare among teens
2. promises before sexual activity are many times forgotten afterward

F. Positive consequences

1. there are positive consequences of sexual activity for adults, but for most teens the negative results far outweigh the positive

VIII. Examine the Myths and Misconceptions About Human Sexuality

A. You're not really a man (or woman) until you have sex

1. sometimes it is more difficult to say no than yes
2. it is more adult to wait until you are ready and can handle the consequences

B. Myths regarding pregnancy

1. can't get pregnant if you do it standing up
2. can't get pregnant the first time you do it
3. can't get pregnant if he pulls out
4. can't get pregnant if you have never had your period
5. can't get pregnant while you are menstruating

C. Other

1. men need it more than women
2. men must ejaculate once they have an erection
3. men need many partners, women only need one

IX. Review the Social, Emotional and Economic Impact of Teenage Parenting

A. Social

1. loss of friendships
2. loss of social activities
3. marrying for the wrong reasons

B. Economic

1. inability to complete educational goals
2. lack of employment skills
3. low paying employment
4. use of the welfare system

C. Emotional

1. low self-esteem/concept
2. depression
3. forced to act like an adult (job, bills, parenting)
4. inability to cope with child rearing
 - a. child abuse
 - b. neglect
 - c. adoption
 - d. other
5. lost adolescence

X. Review How Family Values, Culture, Religious Views and Other Factors May Influence Family Planning

A. Define family planning

1. having children when you can afford them and want them
2. using methods for preventing pregnancy

B. Family values

1. being financially capable of rearing a child
2. completion of educational goals
3. marriage before children
4. selection of marriage partner

C. Cultural factors

1. unacceptance of unwed mothers in certain cultures
2. selected marriage partners

D. Religious views

1. use of birth control methods
2. ostracized from the church for using certain methods

E. Other factors

1. extended family burdened by teenagers' children

XI. Abstinence

A. Define and describe

B. Only 100% effective means of pregnancy prevention

C. Only 100% effective means of preventing sexually transmitted diseases

D. Preservation of self-concept/self-esteem

1. you decide when and if you want to become sexually active
2. consider the consequences and you make a decision

3. only you are responsible for your own behavior

E. Before marriage and for teens it is the best choice

XII. Identify and Describe Methods of Pregnancy Prevention

A. Abstinence

B. Periodic abstinence (rhythm method)

1. calendar
2. basal body temperature
3. mucus billings method

C. Withdrawal

D. Barrier methods

1. spermicidal preparations
 - a. foams, creams, jellies - used alone/used with other barrier methods
2. condom male/female
3. diaphragm
 - a. cervical cap

E. Birth control pills

F. Implantable hormone (Norplant)

G. Injectable hormone (DES)

H. Intra uterine devices (IUD)

I. Surgical methods

1. vasectomy
2. tubal ligation

Content Resources:

**Family Relationships, Comprehensive Health For The Middle Grades, ETR Associates, 1996.

**Abstinence, Comprehensive Health For The Middle Grades, ETR Associates, 1996.

**Puberty, and Reproduction, Comprehensive Health For The Middle Grades, ETR Associates, 1996.

Disease Prevention, Health Facts, ETR Associates, 1994.

**Education For Sexuality and HIV/AIDS, Meeks Heit Publishing, 1993.

HIV Prevention, Health Facts, ETR Associates, 1994.

**HIV and STD's, Comprehensive Health For The Middle Grades, ETR Associates, 1996.

Sexuality, Health Facts, ETR Associates, 1994.

STD, Health Facts, ETR Associates, 1994.

**Teen Health, Glencoe/McGraw Hill, 1993, 1996.

**Totally Awesome Health, Meeks Heit Publishing, 1996.

Abstinence, Health Facts, ETR Associates, 1994.

HIV, Health Facts, ETR Associates, 1994.

**These content resources also contain activities.

Activity Resources:

Comprehensive School Health Education, Meeks Heit Publishing, 1992.

Relationships and Communications Activities, Just For The Health Of It, Center For Applied Research in Education, 1993.

Sex Education Activities, Just For The Health of It, Center For Applied Research in Education, 1993.

Videos:

Saying No - A Few Words to Young Adults About Sex, V3431

Know How, V4239

Drugs, Alcohol and Pregnancy: What You Should Know, V4989

Choosing to Wait: Sex and Teenagers, V2837

Sex, Lies, and the Truth, V3925

Preview of a Birth, V3780

Sexual Responsibility: A Two-Way Street, V3782

Am I Normal?, V4490

You Can Go Farther If You Don't Go All The Way, (in all media centers)

Everyday Miracle: Birth, V4371

It Only Takes Once, V2559

Teen Birth Control: Why It Doesn't Work, V2696

Booklets: A classroom set of each has been sent to each middle school

Abstinence - Saying "No" To Sex, Channing L. Bete Co., 1994.

As Boys Grow Up, Channing L. Bete Co., 1994.

As Girls Grow Up, Channing L. Bete Co., 1994.

DISEASE PREVENTION AND CONTROL

Instructional Objectives

By the end of the designated grade level, the student should be able to:

- *Describe modes of transmission, signs and symptoms of disease
 - *Discuss the role of the immune mechanism in combating disease
 - *Analyze risk factors and risk behaviors that affect an individual's susceptibility to disease
 - *Examine issues of availability and accessibility of health care
 - *Identify and explore responsibilities of public and private health-related agencies
 - *Examine cultural, religious, ethical, and legal implications of disease intervention and prevention efforts
 - *Examine the role that government has in maintaining the health of the population
 - *Explain the rights and responsibilities of individuals in relation to disease
 - *Identify STD's including HIV(AIDS)
 - *Explore the impact of STD's including HIV(AIDS) on individual and societal behaviors
- Content Outline

I. Transmission, Signs and Symptoms of Disease

A. Define disease and epidemiology

B. Causative agents

1. bacteria
2. virus
3. protozoans
4. metazoans
5. fungus

C. Modes of transmission

1. air
2. water
3. food
4. bodily fluids

D. Signs and symptoms

1. define signs and symptoms
2. variety - give examples
3. incubation period

II. Immune Mechanism and How It Fights Disease

A. First line of defense

1. skin
2. tears
3. mucous membranes
4. saliva
5. gastric juices

B. Main line of defense

1. white blood cells
2. antibodies
3. t-cells, b-cells, etc.

C. Active and passive immunity

1. define active and passive immunity
2. give examples of how each develops
3. immunization

III. Risk Factors and Risk Behaviors That Affect Susceptibility to Disease

A. Risk factors

1. heredity
2. environment
3. health/hygiene habits
4. stress
5. lifestyle
 - a. occupational choices
 - b. recreational choices
 - c. other

B. Risky behaviors

1. body fluid exposure
2. unprotected sex
3. sharing needles
 - a. body piercing
 - b. tattooing
 - c. injected drugs
4. drug/alcohol use
5. others

IV. Availability, Accessibility, and Responsibilities of Health Care

A. Public health care

1. local public health clinics
 - a. availability
 - b. confidentiality factor
 - c. cost
 - d. support groups
 - e. bilingual services
 - f. testing
2. education about health and disease prevention
3. regulations and laws

B. Private health care

1. hospital/nursing care
2. pharmaceutical companies
3. HMO's (Health Maintenance Organizations)

V. Cultural, Religious, Ethical and Legal Implications of Disease Prevention and Intervention

A. Cultural

1. family traditions impact disease prevention and intervention
 - a. "don't go to a doctor unless you're really sick"
 - b. "treat illness with herbs and soups or home remedies"
2. expectations
 - a. "doctor's don't help"
 - b. "hospitals are where people go to die"

B. Religious

1. beliefs
 - a. "disease caused by unclean thoughts"
 - b. "treat disease through prayer"
2. religious tenets
 - a. "certain medical procedures viewed as a sin"

C. Ethical

1. confidentiality
2. reporting certain conditions
3. treatment of the terminally ill

D. Legal

1. individual rights
2. living will
3. organ donors

VI. Role of Government in Maintaining Health

A. Health education

1. disease prevention
2. presenting facts to the public

B. Research

1. government facilities for epidemiology
 - a. Centers for Disease Control and Prevention
 - b. National Institutes of Health

C. Funding

1. private or university research
2. prevention/education efforts

3. treatment

D. Data collecting and recording

1. statistics on diseases

E. Regulation

1. federal

2. state

3. local

VII. Individual Rights and Responsibilities

A. Avoid risky behaviors and situations

B. Get regular medical check-ups

C. Maintain good health/hygiene habits

D. Take all medications as prescribed

E. Practice responsible behavior when contagious

VIII. STD's

A. Define

1. STD's

B. Identify types

1. syphilis

2. gonorrhea

3. herpes simplex I and II

4. chlamydia

5. genital warts

6. scabies

7. pubic lice

8. monilia/candidiasis

9. trichomoniasis

10. Hepatitis B

For each of the above infections, coverc.-I.

C. Causes

1. bacteria

2. Virus

3. vector (animals, insects)

D. Mode of transmission

E. Incubation period

F. Signs and symptoms

G. Treatment

1. curability rate
2. reinfection

H. Consequences of non/late treatment

I. Prevention

1. abstinence
2. responsible sexual behavior

IX. HIV (AIDS)

A. Cause

B. Transmission

1. blood
2. semen
3. vaginal fluids
4. birth
5. breast feeding

C. Risky behaviors

1. unprotected sex
2. sharing needles
3. irresponsible sexual behaviors resulting from
 - a. excessive drinking
 - b. drug use

D. Course of disease

1. point of entry of disease
2. point of attack inside the body
 - a. immune system
 - b. helper T-cells
3. incubation period
4. signs and symptoms of HIV (AIDS)
5. Treatment
 - a. no cure
 - b. latest medical treatments and discoveries

E. Myths about HIV (AIDS)

X. Impact on Behavior of STD's

A. Individual behavior

1. people need more education on how to prevent STD's
2. adolescents need to delay sexual activity
3. people should have only monogamous relationships
4. people should practice responsible/protected sexual behavior

B. Societal behavior

1. fear of or stigma on the individual afflicted
2. funding - who is going to pay for treatment
3. fear of blood and body fluids that may contain HIV

Content Resources:

**Education For Sexuality and HIV/AIDS, Meeks Heit Publishing, 1993.

HIV, Health Facts, ETR Associates, 1994

**HIV and STD's, Comprehensive Health For The Middle Grades, ETR Associates, 1996.

STD, Health Facts, ETR Associates, 1994.

**Teen Health, Glencoe/McGraw Hill, 1993, 1996.

Disease, Health Facts, ETR Associates, 1994.

** These content resources also contain activities.

Activity Resources:

**Comprehensive School Health Education, Meeks Heit Publishing, 1992.

How To Survive Teaching Health, Parker Publishing, 1990.

Videos:

Abstinence - It's The Right Choice (new)

AIDS: What Everyone Needs to Know, V2219

AIDS: Hitting Home, V5328

No Second Chance, V3758

Sexually Transmitted Diseases: What You Should Know, V2695

Booklets: - a classroom set has been sent to each middle school

What Young People Should Know About AIDS, Channing L. Bete Co., 1993.