

## ***Tips for talking to your child about sexuality***

- Take advantage of “teachable moments” to discuss and share your views about human sexuality topics that are part of music, TV, movies, news, or other moments where issues arise.
- Give correct sexuality information. Children want to get the facts from *you*.
- Talk about your values regarding sexual behavior.
- Let your child know that you are open to talking.
- Communicate what you believe is right and wrong.
- Listen. Sometimes, the less you say, the more a child will talk.
- Teach your child ways to make good decisions about sex.
- Coach kids on what to say and do to get out of risky situations.
- Start talking early. It will keep lines of communication open throughout your lives together.

*If you have questions or want more specific information, talk to your child's Health Education Teacher or contact the Office of Health, Physical Education, and Dance.*



ANNE ARUNDEL  
COUNTY PUBLIC SCHOOLS

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*Superintendent of Schools*

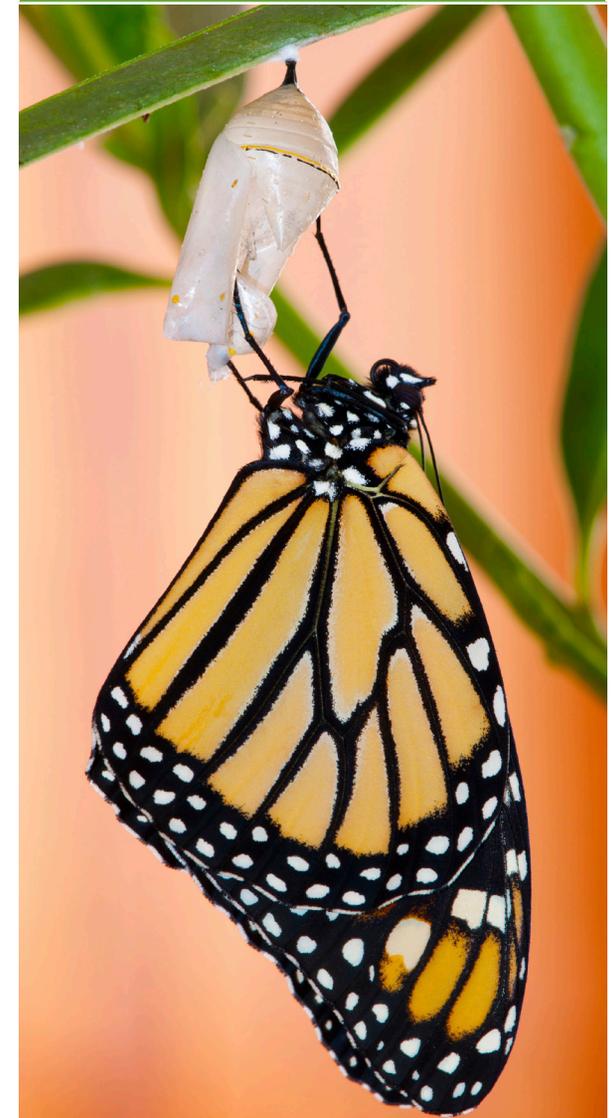
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Anne Arundel County Public Schools



***Family Life and  
Human Sexuality***

*Grades 6-8*



# Parents and Teachers—Partners in Education

## **The Family Life & Human Sexuality Unit**

All students in grades six, seven, and eight participate in comprehensive health education instruction for one quarter of the year. The 4-day *Family Life and Human Sexuality Unit* is one of several units taught during health education. This unit is based on national and state education standards, and is required by Maryland State regulations.

## **What are the goals of these lessons?**

We believe strongly that parents should take the lead in all learning relating to family life and human sexuality. This partnership between the school and the family ensures your child is provided with the most respectful and appropriate information so that they understand and appreciate what is happening during this very important time in their lives.

Our goals are to:

- *support parents as the primary sexual educators*
- *promote healthy attitudes on human sexuality*
- *encourage abstinence as the safest, healthiest choice for adolescents*
- *counteract negative messages about sexuality portrayed in the media*
- *help students navigate through early adolescence—a time of significant change in growth and development*

## **Are boys and girls taught separately?**

No. Each grade level is taught in a coeducational setting with boys and girls learning the material simultaneously.

## **Are you showing pictures?**

Yes. We use a variety of appropriate visuals to enhance the lessons. All materials have been approved through the AACPS Materials of Instruction review process and include:

- *simplified illustrations/animations showing the changes to the human body that occur during puberty, including the menstrual cycle*
- *detailed illustrations and cross sections of the human anatomy and reproductive system, labeled with appropriate terminology*
- *illustrations of the reproductive process, including fetal development and childbirth*

## **Can I review the curriculum?**

Of course. We invite every parent to attend a meeting at their school to review the information and materials used in these units. If you cannot attend the school meeting, you may schedule one with the Office of Health, Physical Education, and Dance.

## **What if I don't want my child to participate in these lessons?**

No problem. If you are not comfortable with the curriculum or the materials, return the *opt out* letter to your school. Your child will receive appropriate alternative instruction in a different setting. Girls not participating with their class will receive instruction concerning menstruation, as required by state regulations.

## **What do students learn?**

*Specific outcomes and activities are appropriate for students at each grade level.*

### **Grade 6: Puberty**

- All physical as well as functional changes that occur to the male and female body during—and as a result of—puberty
- The anatomy and functions of the male and female reproductive system (including correct terminology)
- The process of human reproduction, including ovulation, menstruation, and fertilization

### **Grade 7: The Importance of Communication**

[Review of puberty and the reproductive system]

- The meaning and importance of abstinence
- Resources and role models to help students make good decisions
- The importance of developing communication among family members
- The definition of consent and the positive effects on a relationship.

### **Grade 8: Healthy Relationships & Sexual Behavior**

[Review of puberty and the reproductive system]

- Components of a healthy relationship
- The importance of abstinence as the safe, healthy, responsible decision for adolescence
- Skills to help resist peer pressure
- The impact of teen pregnancy—on the teen, the family & the child
- Advantages, disadvantages, and effectiveness of various methods of contraception
- A review of consent and why it's necessary