

**Buncombe County Schools**  
**7<sup>th</sup> Grade Reproductive Health and Safety Outline**

**7<sup>th</sup> Grade, Day 1**

**Content Area:** Puberty, Reproductive Anatomy and Physiology

7.ICR.2 Remember abstinence from sexual intercourse as a positive choice for young people.

7.ICR.2.2 Identify the positive benefits of delaying sexual intercourse.

7.ICR.3 Apply strategies that develop and maintain reproductive and sexual health.

Students respond to a True/False quiz, giving educators the opportunity to review the following from the 6<sup>th</sup> grade program:

I. Reproductive Anatomy and Physiology

- A. Male
- B. Female
- C. Menstrual cycle
- D. Conception

II. Importance of abstinence until marriage

- A. For prevention of pregnancy
- B. For prevention of Sexually Transmitted Disease
- C. Strategies to maintain abstinence
- D. Risky situations to avoid

Question/ Answer Time

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**7<sup>th</sup> Grade, Day 2**

**Content Area:** STDs and Health Benefits Gained From Abstinence

7.ICR.3.1 Recognize common STDs (including HIV and HPV), modes of transmission, symptoms, effects if untreated, and methods of prevention.

7.ICR.3.2 Summarize the safe and effective use of FDA-approved methods of preventing sexually transmitted diseases.

is needed.

There are many physical and psychological benefits to be gained from abstaining from sexual activity until a mutually faithful monogamous marriage. Today, we will discuss sexually transmitted diseases, (STD's) their symptoms, and prevention. All of these diseases are serious, some of these diseases can be fatal, but all can be prevented. Abstinence from sexual activity is the only 100% effective prevention strategy.

## **Outline:**

- I. STDs
  - A. What is a Sexually Transmitted Disease?
  - B. How are STDs spread?
  - C. ACTIVITY: STD Handshake
  
- II. AIDS
  - A. What is HIV/AIDS?
  - B. How does HIV/AIDS affect the body?
  - C. ACTIVITY: Pass The Cookie.
  - D. How is HIV spread?
  - E. How is HIV transmission prevented?

Students will identify abstinence until marriage as the only 100% effective prevention of STD's and AIDS.

Question/Answer Time

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## **7th Grade, Day 3**

**Content Area:** Abstinence from Sexual Involvement, Consequences, Societal Messages, and Making Decisions

7.ICR.3.3 Recognize that sexual harassment may contribute to sexual abuse and sexual assault and the feelings that result from these behaviors.

## **Outline**

- I. Introduction
  - A. Review from Day 1 and 2
  - B. Review Abstinence
  
- II. Consequences
  - A. Consequences of Sexual Activity as a Teen vs a Married Adult
  
- III. Media Influences
  - A. Sources of Messages
  - B. The Myth of the Media vs. Reality ( Myth or Fact)
  - C. Cyber-bullying
  
- IV. Decision Making
  - A. Tolerance/Respect of Individual Choices

Question/Answer Time

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7th Grade, Day 4

**Content Area:** Abstinence, Boundaries, Risky Situations, and Refusal Skills

7.ICR.2.1 Explain the effects of culture, media, and family values on decisions related to becoming or remaining abstinent.

7.ICR.3.4 Use strategies to be safe, reject inappropriate or unwanted sexual advances, and to report incidences to an adult when assistance

### **Outline**

- I. Review from Day 3 - Why teens choose NOT to be sexually active
  - II. Setting Personal Boundaries
    - A. Determining your limits – Levels of Physical expression
    - B. Respecting the limits of others
  - III. Avoiding Risky Situations
    - A. Why risky situations should be avoided
    - B. Identify risky situations
  - IV. Refusal Skills - Develop skills that combat peer pressure and reinforce abstinence until marriage
    - A. Refusal skills
    - B. Role plays
  - V. Question/Answer Time
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