

LANCASTER MIDDLE SCHOOL

802 EAST ELM STREET
LANCASTER, WI 53813

Taylor Reynolds, Principal

Telephone: (608) 723-6425 FAX: (608) 723-6731

Dear Parents of 8th graders:

This year your son/daughter will participate in the “Human Growth and Development” unit in their health class. We plan on covering most or all of the objectives listed on the following page. This is a curriculum addressing human growth and development based on abstinence. If you wish to evaluate the curriculum, please refer to your son/daughters health text and refer to the lessons listed on the next page.

If you do not want your son/daughter to participate in discussion on these subjects, he/she will be asked to complete chapter readings and assignments on other health related topics. Your son/daughter will not be penalized for not participating, but must complete the alternative assignments. If there are certain objectives on the reverse side of this letter you wish to have your child not learn about, we will provide an alternative assignment, during that particular lesson.

If you have any questions or concerns, you may call me at the Middle School 723-6425 (ext. 232).

Please acknowledge your consent by signing the bottom portion of the enclosed sheet. This form needs to be returned at registration and before they can participate in the class.

Sincerely,

Nicholas Hicks
Health Ed. Instructor

Lesson 6 Extraordinary Relationships

Objectives

- Describe characteristics of a loving person
- Identify ways (s) he can improve his or he social skills
- Discuss behaviors that are roadblocks to healthful relationships
- Outline ten conflict resolution skills
- Explain the steps in the mediation process

Lesson 7 Fantastic Family Relationships

Objectives

- List behaviors adults in healthful families teach their children
- Identify different kinds of family patterns
- Discuss changes that might occur in family relationships
- Describe ways you can adjust to changes in family relationships

Lesson 8 Strengthening Family Relationships

Objectives

- Identify three kinds of problems that can occur in dysfunctional families
- Explain why teens in families with drug dependency have difficulty in relationships
- Describe why teens who are abused need help sorting out their feelings
- State actions family members can take when their safety is at risk
- Discuss intervention and treatment for dysfunctional family

Lesson 9 Fabulous Friendships

Objectives

- Describe the balance of giving and taking in a healthful friendship
- List the six criteria to use to evaluate decisions made with friends
- Explain when and how to end a friendship

Unit 3 Growth and Development

Lesson 10 Preparing for Future Relationships

Objectives

- Explain how a person develops attitudes about sex roles.
- List the ten questions included on The Respect Checklist
- State why it is important to set limits for affection.
- Give reasons for choosing abstinence.
- Identify ten choices that support abstinence.
- Outline responsibilities of adulthood for which married teens are not prepared.
- Discuss reasons teen parenthood is risky.

Lesson 12 Moving Toward Maturity

Objectives

- Describe the functions of the endocrine and reproductive systems
- Explain ways to care for his or her endocrine and reproductive systems
- Identify physical changes that occur in puberty
- Trace the path of an unfertilized egg through the female reproductive organs
- Trace the path of a sperm cell through the male reproductive organs
- Discuss how the body and sex role can help a person feel good about his or herself

Lesson 13 Learning About Pregnancy and Childbirth

Objectives

- Explain the process of conception
- List the signs of pregnancy
- Describe the development of a baby from conception through birth
- Discuss the importance of prenatal care
- Identify problems that can occur during pregnancy
- Outline the stages of labor
- State why abstinence is the best choice for teens

Lesson 14 Understanding the Stages in the Life Cycle

Objectives

- Describe characteristics of each of the nine stages in the life cycle
- State the most important challenge of adolescence
- Identify the eight developmental tasks of adolescence
- List six suggestions to improve learning
- Discuss difficulties teens with learning disabilities might experience

Lesson 15 Aging, Dying, and Death

Objectives

Explain how practicing healthful habits now will help one age in a Healthful way

List the ten secrets of healthful aging

Discuss physical changes, mental conditions, and social needs of people as they age

Describe the five stages of dying

Identify ways he or her can comfort someone who is grieving

Unit 7 Communicable and Chronic Diseases

Lesson 33 Sexually Transmitted Diseases

Objectives

Discuss the cause, symptoms, and treatment for these STDs: Chlamydial infection, gonorrhea, nongonococcal urethritis, syphilis, genital herpes, genital warts, candidiasis, trichomoniasis, pubic lice

List ten reasons to avoid infection with STDs

Lesson 34 HIV Infection and AIDS

Objectives

Explain how HIV destroys the immune system

Describe seven risk behaviors for HIV infection

Discuss signs, tests, and treatment for HIV infection and AIDS

State ways to express compassion for people living with HIV and AIDS

Outline six responsible behaviors that prevent infection with HIV and AIDS

Lesson 35 Contraception

Objectives

Student driven questions about contraception (Note Cards)

Why abstinence is the best choice
