

SEX EDUCATION/MATURATION
8th GRADE
LESSON 1 – ANATOMY, PHYSIOLOGY, AND SEXUALITY

Student Goals:

- A. To review commonalities and differences in the physical development of males and females
- B. To review the function and structure of male and female reproductive organs
- C. To increase awareness of the relationship between sound habits of personal hygiene and maturity
- D. To gain an awareness of social/emotional changes common in adolescents
- E. To understand that human sexuality is a lifelong experience

LESSON 2 – FETAL GROWTH, CHILDBIRTH, AND HUMAN SEXUALITY

Student Goals:

- A. To review the biological aspects of sexual intercourse as a process of reproduction
- B. To review how babies are conceived, how they develop, and how they are born
- C. To examine the development of emotional, mental, social, and spiritual maturity

LESSON 3 – ADOLESCENT RELATIONSHIPS

Student Goals:

- A. To develop an awareness of how and why friendships develop
- B. To increase awareness of issues, responsibilities, and risks of romantic relationships
- C. To examine purposes and responsibilities of dating
- D. To discover ways to say “no” to a physical relationship

LESSON 4 – APPROPRIATE EXPRESSIONS OF SEXUALITY

Student Goals:

- A. To understand the difference between infatuation and love
- B. To identify influences on sexual decision making
- C. To identify benefits (physical, emotional and social) of abstinence/virginity
- D. To identify risks (physical, emotional, and social) of being sexually active, including pregnancy and sexually transmitted infections

LESSON 5 – HUMAN SEXUALITY AND SELF-IMAGE

Student Goals:

- A. To discuss the relationship between self-image and age-appropriate behavior
- B. To learn a step-by-step guide to decision making
- C. To discuss principles of assertiveness in relation to setting limits and accepting responsibility for decisions
- D. To examine parenting considerations, emotional maturity, financial considerations, and family planning

LESSON 6 – SUMMARY

Student Goals:

- A. To ask questions and have clarified any information covered in previous five lessons
- B. To reinforce information and dispel myths relating to anatomy, physiology, human reproduction, and human sexuality
- C. To provide feedback regarding knowledge and understanding of the physical and emotional changes of puberty and of human sexuality
- D. To identify good sources of information to assist students in decision making related to their emerging sexuality

Permission Slip:

Student _____ Teacher _____

_____ My student has permission to participate in the entire sex education/maturation program for Grade 8.

_____ My student has permission to participate in only the following lessons: _____

_____ My student does not have permission to participate in any part of the sex education/maturation program for Grade 8.

Parent/Guardian Signature _____ Date: _____