



# Life Skills & Sexual Education Curriculum

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The intention of this program is to provide our adolescents with an opportunity to learn about, explore, and question the pre-teen and teenage topics of concern to them now and in the near future. Education is an essential part of making informed and responsible decisions, as they mature into young adults.

We believe this education begins at home and hope to support and build upon it at school. Parents will be informed of current topics and families are encouraged to communicate about these topics regularly. If parents have any suggestions, questions, or concerns about any of these topics, they are encouraged to contact the teacher or attend a Life Skills class.

We continually consider the students' comfort when speaking about sensitive subjects in a group of peers. For some topics the class is split into biological sex groups. We also provide opportunities for anonymous response and questioning through writing. Additional topics may be added based on student and parent interest.

## Curriculum Topics:

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| <p><u>6<sup>th</sup> Grade:</u></p> <ul style="list-style-type: none"> <li>• Learning Styles</li> <li>• Differences &amp; Disabilities</li> <li>• Study Skills</li> <li>• Teens and Hormones</li> <li>• Puberty</li> <li>• Teen Brain Development</li> <li>• Emotional Development</li> <li>• Growth Spurts</li> <li>• Body Image &amp; Society</li> <li>• Character</li> <li>• Friendship</li> <li>• Cliques &amp; Bullying</li> <li>• Family Relationships</li> <li>• Communication with Parents</li> </ul> | <p><u>7<sup>th</sup> Grade:</u></p> <ul style="list-style-type: none"> <li>• Learning/Thinking</li> <li>• Teens and Puberty</li> <li>• Self-Image</li> <li>• Personal Strengths</li> <li>• Teen Body Development</li> <li>• Hygiene &amp; Teen Body Care</li> <li>• Stress</li> <li>• Sleep / Caffeine</li> <li>• Depression</li> <li>• Gender, Sexuality, &amp; Self</li> <li>• Masculinity/Femininity</li> <li>• LGBTQ+</li> <li>• Body Image &amp; the Media</li> <li>• Exercise and Eating Disorders</li> </ul> |
| <p><u>8<sup>th</sup> Grade:</u></p> <ul style="list-style-type: none"> <li>• Personality Type</li> <li>• Self-Esteem</li> <li>• Emotional Health</li> <li>• Social Media</li> <li>• Male Sexual Anatomy</li> <li>• Female Sexual Anatomy</li> <li>• Masturbation</li> <li>• Pornography</li> <li>• Safe Touch</li> <li>• Romantic Relationships / Dating</li> </ul>   | <ul style="list-style-type: none"> <li>• Abstinence</li> <li>• Safe Sex</li> <li>• Emotional and Legal Aspects of Sex</li> <li>• Rape and Assault</li> <li>• STDS, HIV/AIDS</li> <li>• Birth Control</li> <li>• Pregnancy</li> <li>• Peer Pressure</li> <li>• Parties</li> <li>• Tobacco / Vaping</li> <li>• Drugs / Alcohol</li> </ul>   |