FAMILY LIFE EDUCATION CURRICULUM GUIDE

GRADE 10: Saying “No” to Premarital Sex

10.1 The student will determine how maturation affects adolescents.
10.2 The student will describe his or her own attitudes concerning expectations of self and interpersonal relationships.
10.3 The student will examine values, morals, and ethics essential to the growth and maintenance of positive human relationships.
10.5 The student will recognize the need to abstain from premarital sexual intercourse.
10.6 The student will recognize alternatives to premarital sexual intercourse for expressing feelings and affection.

<table>
<thead>
<tr>
<th>State Standard</th>
<th>MCPS Purpose and Goals</th>
<th>Resources</th>
<th>Person(s) Responsible for Teaching</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Lesson 1: Saying “No” to Premarital Sex Instructional Lesson Guide Grade 10</td>
<td>Health/P.E. Teacher</td>
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</table>

Emphasis is placed on the process of adolescent development as it relates to:
- self-image
- self-esteem
- physiological changes
- identification of human needs
- constructive responses to emotions
- the decision-making process
- sources of values
- self-discipline.

Attitudes concerning:
- appropriate friendships
- dating or group activities
- stages of developing relationships
- assertiveness
- types of love
- communication
- individual and family roles are stressed.

The positive benefits of postponing sexual activity until marriage are emphasized, especially the opportunities available to young men and women who concentrate on attaining their personal, educational, and career goals.

In addition, abstinence continues to be emphasized as the only method that is 100% effective in preventing pregnancy.

Students are guided toward communicating feelings and affection through talking; through expressing ideas, values, and goals; through social and recreational contacts and community service; and through positive body language and caring gestures, rather than through premarital sexual intercourse.

Purpose: The student will gain an understanding of the importance of saying “no” to premarital sexual activity.

Goals
- The student will understand self-image and how it relates to the emotional, physical, and psychological makeup of the individual. (MCPS 2)
- The student will understand the individual’s roles and responsibilities in various types of relationships. (MCPS 4)
- The student will identify positive and negative stress factors in his/her life including understanding the effects of positive and negative peer pressure. (MCPS 5)
- The student will understand the social, psychological, physical, and economic implications and consequences of premarital sexual intercourse and understand that it is preferable to say “No”. (MCPS 12)
### GRADE 10: Teen Parenthood

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<tr>
<td><strong>Descriptive Statement</strong></td>
<td><strong>Purpose:</strong> The student will have an understanding that unplanned pregnancy is, in most cases, the result of a decision by two people and has a serious effect on both partners. <strong>Goals</strong>  - The student will understand the importance of a commitment to the family unit and of each member’s roles and responsibilities within that family unit. (MCPS 1)  - The student will understand the individual’s roles and responsibilities in various types of relationships. (MCPS 4)  - The student will understand the social, psychological, physical, and economic implications and consequences of premarital sexual intercourse and understand that it is preferable to say “No”. (MCPS 12)</td>
<td>Lesson 2: <em>Teen Parenthood</em> Instructional Lesson Guide Grade 10 Video: <em>Nicole and Raoule</em> (6 minutes) Worksheet: Teenage Parents</td>
<td>Health/P.E. Teacher</td>
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Content focuses on the need to consider life-long goals in relation to pressures for present sexual activity. Topics include:
- the consequences of non-marital pregnancy
- the impact on reputation and on present and future goals
- the importance of adhering to family values
- the need to complete educational plans
- the burdens of financial responsibilities

The positive benefits of postponing sexual activity until marriage are emphasized, especially the opportunities available to young men and women who concentrate on attaining their personal, educational, and career goals.

In addition, abstinence continues to be emphasized as the only method that is 100% effective in preventing pregnancy.
## GRADE 10: Sexual Assault and Dating Violence

<table>
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<td>The universal values of honesty, trustworthiness, self-control, responsibility for self and others, and social justice are discussed as well as the development of moral and ethical systems.</td>
<td><strong>Purpose:</strong> The student will understand verbal and physical forms of abuse. They will know preventive actions and appropriate responses. <strong>Goals</strong> - The student will recognize and understand different types of physical, sexual, and psychological abuse and know where to go for help. (MCPS 3) - The student will understand the individual’s roles and responsibilities in various types of relationships. (MCPS 4) - The student will identify positive and negative stress factors in his/her life including understanding the effects of positive and negative peer pressure. (MCPS 5) - The student will identify ways to use coping skills and the decision-making process. (MCPS 6)</td>
<td>Lesson 3: <strong>Sexual Assault and Dating Violence Instructional Lesson Guide Grade 10</strong> Peaceline Plus materials from the Women’s Resource Center.</td>
<td>Health/P.E. teacher Guest speaker: Women’s Resource Center 540.639.9592</td>
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Additional Resources:
- **Video:** When Dating Turns Dangerous (38 minutes)
- **Sex and Alcohol Don’t Mix** (7:30 minutes)
- **Worksheet:** Assault and Dating Violence
- **Overheads:** Sexual Assault and Molestation Prevent Date Rape Be Safe
GRADE 10: Death and Grieving

10.3 The student will examine values, morals, and ethics essential to the growth and maintenance of positive human relationships.

10.17 The student will review the positive aspects of family life as a basic unit of society and a means of personal development.

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| The universal values of honesty, trustworthiness, self-control, responsibility for self and others, and social justice are discussed as well as the moral and ethical systems. | **Purpose:** The student will understand death and the grieving process in order for them to help themselves and others cope with loss. **Goals**  
- The student will understand the importance of a commitment to the family unit and of each member’s roles and responsibilities within that family unit. (MCPS 1)  
- The student will identify ways to use coping skills and the decision-making process. (MCPS 6) | Lesson 4: Death and Grieving  
Instructional Lesson Guide  
Grade 10  
Video:  
Either use:  
When Someone Dies: Bereavement and Loss  
or  
Teens Dealing With Death (29 min.)  
Worksheet:  
Death and Grief  
Teen Loss | Health/P.E. Teacher  
Guidance counselor or other Principal approved guest speaker. |
GRADE 10: Human Physiology and Anatomy Review

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| Instructional components include anatomy, physiology, conception, fertility, fetal development, childbirth, and prenatal care. Instruction involves physical and psychological changes and the need for early detection of pregnancy through medical testing to ensure a healthy and successful pregnancy. Possible topics for discussion include the responsibilities of each parent in relation to proper prenatal care; the effects of heredity; possible abnormal outcomes such as a miscarriage, birth defects, stillbirth, and premature birth; and the stages of fetal development prior to birth. | **Purpose:** The student will understand the function of the human body during reproduction.  
**Goals**  
- The student will understand human reproduction. (MCPS 7)  
- The student will understand human growth and development. (MCPS 8) | Lesson 5: [Anatomy and Physiology of Human Reproduction](#)  
Instructional Lesson Guide  
Grade 10  
Video:  
Life's Greatest Miracle, Part 1  
Worksheet:  
Life's Greatest Miracle, Part 1  
Male and Female Reproductive Systems  
Lesson 6: [Anatomy and Physiology of Human Reproduction](#)  
Video:  
Life's Greatest Miracle, Part 2  
Worksheet:  
Life's Greatest Miracle, Part 2 | The School Nurse will teach this lesson to boys and girls separately. The same content will be taught to both groups. |

A complete set of Family Life Instructional Lessons is available in the library of each school.  
Revised January 2011
### GRADE 10: Responsible Planning

10.5 The student will recognize the need to abstain from premarital sexual intercourse.

10.6 The student will recognize alternatives to premarital sexual intercourse for expressing feelings and affection.

10.8 The student will examine factors to be considered in life-goal planning.

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| Content focuses on the need to consider life-long goals in relation to pressures for present sexual activity. Topics include:  
  - consequences of non-marital pregnancy  
  - effects of sexually transmitted diseases  
  - impact on reputation and on present and future goals  
  - importance of adhering to family values  
  - need to complete educational plans  
  - burdens of financial responsibilities  
  - interference with future goals and job opportunities  
  In addition, abstinence continues to be emphasized as the only method that is 100% effective in preventing pregnancy. | Purpose: The student will understand the factors to be considered when planning for family including methods of contraception.  
Goals  
  - The student will understand human reproduction. (MCPS 7)  
  - The student will identify the causes and symptoms of sexually transmitted diseases, the methods of prevention, and the community agencies available for assistance. (MCPS 9)  
  - The student will understand the social, psychological, physical, and economic implications and consequences of premarital sexual intercourse and understand that it is preferable to say “No”. (MCPS 12) | Lesson 7: Responsible Planning Instructional Lesson Guide Grade 10  
Video: A Visit to the Microbiology Lab  
(11 minutes)  
Worksheet: Birth Control Pre-Test  
Materials: Birth Control Kits to show methods, as needed. PowerPoint on birth control methods. | The School Nurse will teach this lesson to boys and girls separately. The same content will be taught to both groups. |
GRADE 10: HIV/AIDS Update

9. 12 The student will explain the transmission and prevention of the AIDS virus.

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| This is a review of the ways in which the AIDS virus is transmitted and the techniques for preventing this disease. | **Purpose:** The student will discuss the AIDS epidemic and what implications there are for those who contract the HIV virus.  

**Goals**  
- The student will identify the causes and symptoms of sexually transmitted diseases, the methods of prevention, and the community agencies available for assistance. (MCPS 9)  
- The student will recognize and understand the importance of personal hygiene. (MCPS 10)  
- The student will understand the importance of regular self and medical examinations. (MCPS 11)  
- The student will understand the social, psychological, physical, and economic implications and consequences of premarital sexual intercourse and understand that it is preferable to say “No”. (MCPS 12) | **Lesson 8:** HIV/AIDS Update  
Instructional Lesson Guide Grade 10  
AIDS review sheet  
**Video:** A Life Changing visit to an AIDS Clinic (9 min.)  
**Worksheet:** HIV/AIDS Pre-Test | The School Nurse will teach this lesson to boys and girls separately. The same content will be taught to both groups. |