Tips for Talking to Kids About Sexuality

- Take advantage of “teachable moments” to discuss and share your views about human sexuality topics that are part of music, TV, movies, news, or other moments where issues arise.
- Give correct sexuality information. Children want to get the facts from YOU.
- Talk about your values regarding sexual behavior.
- Tell the child you are open to talking.
- Say what you believe is right and wrong.
- Listen. Sometimes, the less you say, the more a child will talk.
- Teach the child ways to make good decisions about sex.
- Coach kids on what to say and do to get out of risky situations.
- Start talking early. It will keep lines of communication open throughout your lives together.
- The WCPS curriculum is available to view anytime, simply call the teacher or our central office to request to see it.

Family Life and Sexual Health Curriculum

Grades 5-12
Health Education Unit

VISIT US ONLINE
Website
www.worcesterk12.org

For more information, please contact your child’s school or Coordinator of Instruction
Tamara Mills
410-632-5031
TJMills@worcesterk12.org

Partners with Parents in Education
Our Program

As part of the middle and high school instructional health program, all students starting in grade five participate in comprehensive health education instruction. The Family Life and Sexual Health Unit is just one of the several units taught in health education. This unit was developed based on national and state health education standards and in accordance with Maryland State Regulation (COMAR 13A.04.18).

Our curriculum is equitably designed to be developmentally appropriate, abstinence-based, and reflective of all students regardless of ability, sexual orientation, gender identity, and gender expression.

Why Teach Family Life and Sexual Health?

- To support parents as the primary sexuality educators
- To counteract the negative messages about sexuality portrayed in the media
- To promote a healthy attitude about human sexuality and development
- To encourage abstinence as the safest, healthiest choice for adolescents
- To help students navigate through puberty – a time of significant change in growth and development
- To inform students of available health resources and information
- Parents may opt their child out of grades 5-8 instruction, however the child will still receive education on puberty and menstruation

What is Being Taught in Each Grade?

Grade 5
- Puberty and natural adolescent changes in the body
- Reproductive system
- Communication with parents/trusted adults
- How animal and human life begins
- Family roles and identifying healthy relationships

Grade 6
- Puberty and natural adolescent changes in the body
- Anatomy and Functions of male and female reproductive systems
- Importance of safeguarding one’s own reproductive system
- Respectful treatment of peers
- Media messages
- Improving communication with parents/trusted adults

Grade 7
- Factors that influence adolescent sexual development
- Peer relationships
- Communication between parents and children about human sexuality
- Influence on sexual decision making
- Consequences to sexual activity
- Abstinence as the safest, healthiest choice for adolescents
- Personal health plan to support abstinence
- Decision making and good choices
- Contraception options

Grade 8
- Characteristics of healthy and unhealthy relationships
- Guidelines for healthy dating relationships
- Refusal skills and decision-making skills
- Abstinence as the safest, healthiest choice
- Influence and consequence of adolescent sexual activity
- Prevention of sexually transmitted infections, HIV/AIDS
- Personal health plan to support abstinence

High School Health I
- Review of previously taught materials
- Life planning and goals
- Communicable diseases
- Dating violence and abuse
- Human trafficking
- Myths and stereotypes about sexual behavior, STIs, HIV/AIDS
- Media and peer pressure
- Preventing STIs and unplanned pregnancy
- Accessing community resources