8th Grade Health : Topics, Learning Activities and Materials

In accordance with the requirements of the State of Oregon, the West Linn-Wilsonville School District School Board has adopted a Comprehensive Sexuality Education Program. Topics covered in Comprehensive Sexuality Education are based on the strands with standards related to prevention of control of disease, promotion of mental, social, and emotional health, promotion of sexual health, and violence and suicide prevention. The text used by students and the source of content for the standards and topics taught is *Comprehensive Health Skills for Middle School*, published by Goodheart-Willcox.

The 2016 Health Standards that are addressed in the Sexuality Education part of 8th Grade Health are listed below and the above table shows the topics, key class activities, and materials used. The entire Health course is shown in the outline and the Sexuality Education class sessions are highlighted. Materials used for instruction are available at your child's school; copyright guidelines prevent us from making proprietary materials from publishers available online.

The Comprehensive Sexuality Education Plan for the West Linn-Wilsonville School District will be reviewed every two years. This plan describes the topics taught at each grade level, the materials used, and the key class activities. Parents and guardians will be invited to look at materials and provide input about curriculum and instruction as part of the process for reviewing the plan. Families will receive notification through school emails reminding them of the opportunity to review curriculum materials.

Although Comprehensive Sexuality Education Programs are designed to assist and support parents and guardians as they educate their children, some parents/guardians may choose to have their children participate in an individualized learning experience as an alternative to instruction of certain standards and have their children opt out of specific lessons. If you exercise your option to substitute your child's learning experience for any part of the Comprehensive Sexuality Education program, your child will spend that time outside the classroom, with supervision, working with other health curriculum topics. Your child's grade or course credit will not be affected if you exercise this option.

Please contact your child's Health/Wellness teacher if you have questions or concerns. You may also complete the opt-out form below and have your child return it to school or email it as an attachment to your child's health teacher. We look forward to working with you to provide learning about health for your child.

8th GRADE HEALTH SEXUALITY EDUCATION STANDARDS

PREVENTION AND CONTROL OF DISEASE

- Describe personal health care practices that prevent the spread of communicable disease including HIV/AIDS, STDs, and Hepatitis B and C.
- Advocate for personal health practices that prevent the spread of HIV/AIDS and Hepatitis B and C.

PROMOTION OF MENTAL, SOCIAL, AND EMOTIONAL HEALTH

- Identify different types of addictive behaviors, including drug use and problem gambling.
- Explain how to build and maintain healthy family, peer, and dating relationships.
- Describe law for reporting child abuse.
- Identify home, school and community resources for mental and emotional health concerns.
- Identify school and community resources that provide support for addictive behaviors.
- Identify school and community resources for reporting child abuse.
- Demonstrate appropriate ways to respect and include others who are different from you.
- Analyze influences that may affect self-esteem (e.g., peers, media, and adults).
- Identify the influences that may encourage young people to try addictive drugs and participate in addictive behaviors.
- Use a decision making model to avoid or refuse addictive substances and/or behaviors.
- Advocate respect for diversity.

PROMOTION OF SEXUAL HEALTH

- Acknowledge that abstinence is the safest, most effective method of protection from STD/HIV/Hepatitis B and C and pregnancy.
- Advocate for the promotion of abstinence as the safest most effective method of protection from STD/HIV, Hepatitis B and C, and pregnancy.
- Identify methods of protection including abstinence, disease reduction measures and contraception, from STD/HIV, Hepatitis B and C and pregnancy.
- Identify possible short and long-term consequences of sexual activity, including what it means to be responsible for the result of one's decisions.
- Describe gender roles, gender identity and sexual orientation within healthy sexuality.
- Identify the impact of alcohol and other drug use on sexual decision-making.
- Define sexual intercourse and its relationship to human reproduction.
- Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, and dating violence.
- Describe a range of ways people express affection within various types of relationships.
- Define STDs, HIV, Hepatitis B and C and how they are and are not transmitted.
- Describe the consequences of prejudice, discrimination, racism, sexism, and hate crimes.
- Access appropriate school, home and community resources to meet specific needs for sexual health, including pregnancy, and STD/HIV/Hepatitis B and C testing, and contraception.
- Identify medically accurate sources of information about puberty, development and sexuality.
- Demonstrate the ability to access community resources that provide assistance around sexual health and pregnancy.
- Identify medically accurate information about STDs, HIV, and Hepatitis B and C.
- Demonstrate the steps to using a condom.
- Explain how to promote safety, respect, awareness and acceptance.
- Explain the criteria for evaluating the health of a relationship.
- Analyze the role of alcohol and other drug use in sexual violence-related situations.

- Analyze the influence of friends, family, media, society, and culture on the expression of gender, sexual orientation and identity.
- Demonstrate the use of effective communication and negotiation skills about the use of contraception including abstinence, condoms and other safer sex practices.
- Practice effective communication skills to refuse sexual pressures and communicate the consequences of sexual activity, and consent.
- Set a personal goal to avoid an unintended pregnancy.
- Use a decision making model to choose abstinence or effective contraceptives, other safer sex practices.
- Use a decision making model to avoid sexual activity that may put you and your partner at personal risk.
- Advocate for school policies and programs that promote dignity and respect for all.
- Advocate for the promotion of empathy for individual differences.

VIOLENCE AND SUICIDE PREVENTION

- Describe the differences between physical, verbal, relational, sexual, and dating violence.
- Identify that media and technology may contain violent messages and images.
- Identify reporting process within school setting.
- Demonstrate effective ways to promote respect for self and others.
- Demonstrate a variety of clear communication skills to report dangerous situations.
- Set a goal to prevent and avoid physical, verbal, relational and sexual, and dating violence.
- Set a personal goal to prevent and stop violence (including bullying and cyberbullying).
- Set personal media and technology viewing goals.