
Middle School Health Curriculum Outline

Grade 6

Health for Grade 6 emphasizes emotional health and community services while promoting understanding and respect for diversity in gender and sexuality. In this course, students will learn coping strategies for mental and emotional challenges and explore the complexities of human identity and reproduction.

- **Topics Covered:**
 - **Emotional Health & Community Services**
 - Developing coping strategies for various mental, psychological, and emotional situations
 - Understanding available community resources for support and assistance
 - **Health & Belonging**
 - Differentiating between gender identity, gender expression, and sexual orientation
 - Promoting dignity and respect for individuals of all genders, gender identities, gender expressions, and sexual orientations
 - Learning about the human reproductive systems, including external and internal body parts and their functions
 - Recognizing the natural variations that exist in human bodies

Grade 7

Health for Grade 7 focuses on digital safety, equipping students with the skills to navigate the online world responsibly and safely. This course emphasizes the importance of consent, understanding potential threats, and the impact of technology on relationships.

- **Topics Covered:**
 - **Digital Safety**
 - Assessing risks in various digital situations, including understanding the implications of sexting and the importance of consent
 - Identifying potential threats of violence in both physical and digital spaces
 - **Social Media Strategies**
 - Learning strategies to use social media safely, legally, and respectfully
 - Understanding how to communicate effectively and respectfully online
 - **Impact of Technology on Relationships**
 - Exploring how technology and social media influence relationships, focusing on consent, communication, and respect in digital interactions

Grade 8

Health for Grade 8 dives deep into social and sexual health, focusing on relationships, reproductive health, and the responsibilities of parenting. This course provides students with critical knowledge about healthy relationships, sexual health, and the complexities of pregnancy and parenting.

- **Topics Covered:**

- **Social & Sexual Health**

- Understanding how relationships are influenced by various factors, including individuals and behaviors
- Differentiating between healthy and unhealthy relationships, including friendships, romantic relationships, and sexual relationships
- Defining vaginal, oral, and anal sex
- Exploring contraception methods and strategies to reduce or eliminate the risk of unintended pregnancy and sexually transmitted infections (STIs)
- Reviewing federal and state laws, as well as community resources related to consent, child pornography, sexting, and sex trafficking

- **Pregnancy & Parenting**

- Learning about the human reproductive system, including the internal and external body parts and their functions
- Understanding the stages of pregnancy and prenatal practices that support a healthy pregnancy
- Identifying where to find accurate sources of information on reproductive health
- Discussing challenges faced by adolescent parents and their families, including available parenting resources