

Healthy Relationships

EARLY
ELEMENTARY

LATE
ELEMENTARY

MIDDLE
SCHOOL

HIGH SCHOOL

- 2.D.3. Identify the characteristics needed to sustain a marriage relationship through difficult times, including commitment, compromise, forgiveness, effective communication, perseverance, and seeking counseling when needed.
- 2.D.4. Specify the benefits of a healthy marriage, including a lifelong, committed caring relationship for the couple; increased financial stability; personal happiness and life satisfaction; and a safe and stable environment for raising children and building healthy communities.
- 2.D.5. List the elements of a healthy marriage that encourage intimacy and bonding, including trust, vulnerability and sexual fulfillment.
- 2.D.6. State that a healthy marriage is supportive of a person's physical, intellectual, emotional, social, spiritual, and financial health and well-being; and, therefore, is the optimal context for sex.
- 2.D.7. Analyze how making healthy choices before marriage, including avoiding sexual activity, can strengthen fidelity in marriage.
- 2.D.8. Affirm that attributes of a healthy marriage can be learned and applied, regardless of family experience.
- 2.D.9. Discuss research that shows healthy marriage can be a protective factor against poverty, violence and abuse.
- 2.D.10. Explore research that suggests that healthy marriage is a better predictor of long-term commitment and stability than cohabitation.

E. PARENTHOOD

Nurturing and involved parents provide love and support for the healthy development of children.
References: [111-120]

STUDENTS WILL BE ABLE TO:

- 2.E.1. List responsibilities of parents, including providing food, shelter, love, protection, education and guidance for their children.
- 2.E.2. Discuss ways that parents teach values, most effectively through love, example and discipline.
- 2.E.3. Describe how parent-child connectedness can help children and adolescents make healthy choices as they mature, including decisions that foster healthy relationships and optimal sexual development.
- 2.E.4. List family responsibilities that can be shared by parents through teamwork, such as household chores, child care and financial obligations.
- 2.E.5. Identify those who may fulfill parenting roles, in addition to biological, adoptive, single and step-parents, such as grandparents, extended family members and foster parents.
- 2.E.6. Discuss social science research about the optimal outcomes for children raised in a family structure headed by two married parents.

| | EARLY ELEMENTARY | LATE ELEMENTARY | MIDDLE SCHOOL | HIGH SCHOOL |
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| 2.D.3. | ● | ● | ● | ● |
| 2.D.4. | ● | ● | ● | ● |
| 2.D.5. | ● | ● | ● | ● |
| 2.D.6. | ● | ● | ● | ● |
| 2.D.7. | ● | ● | ● | ● |
| 2.D.8. | ● | ● | ● | ● |
| 2.D.9. | ● | ● | ● | ● |
| 2.D.10. | ● | ● | ● | ● |
| E. PARENTHOOD | | | | |
| STUDENTS WILL BE ABLE TO: | | | | |
| 2.E.1. | ● | ● | ● | ● |
| 2.E.2. | ● | ● | ● | ● |
| 2.E.3. | ● | ● | ● | ● |
| 2.E.4. | ● | ● | ● | ● |
| 2.E.5. | ● | ● | ● | ● |
| 2.E.6. | ● | ● | ● | ● |

Optimal Sexual Development

EARLY
ELEMENTARY

LATE
ELEMENTARY

MIDDLE
SCHOOL

HIGH SCHOOL

A. PUBERTY

Puberty is a natural biological process that produces important physical and emotional changes and is influenced by various factors, such as each individual's genetic profile and the environment.
References: [17, 121-130]

STUDENTS WILL BE ABLE TO:

- 3.A.1. Define puberty as a stage of human growth that signals the developing ability of an individual to reproduce.
- 3.A.2. Describe the physical and emotional changes of puberty for both males and females, and how they can vary for each person.
- 3.A.3. Identify basic components of the male and female reproductive systems and describe their function, including how girls begin to ovulate and boys begin producing sperm.
- 3.A.4. Explain how the physical and hormonal changes during puberty, including experiencing physical attraction, can affect but need not control emotions and actions.
- 3.A.5. Explain the importance of respecting individual variations in development, including body size and shape.
- 3.A.6. Identify key relationships that provide support and guidance throughout puberty, including those with parents, family members, and trusted adults.

B. HUMAN REPRODUCTION

Reproduction is the biological process by which a sperm and an egg are joined to form a unique human life.
References: [131-135]

STUDENTS WILL BE ABLE TO:

- 3.B.1. Define reproduction as the biological process by which a unique human life begins and grows.
- 3.B.2. Define fertilization as the initiation of reproduction by the joining of a sperm and an egg, which results in the complete and distinct genetic profile of a unique individual.
- 3.B.3. Define sexual intercourse and its role in fertilization.
- 3.B.4. Describe the physical changes that occur in fetal development from fertilization through birth, e.g., heartbeat, brain development, and fingerprints.
- 3.B.5. Discuss the importance of prenatal care and how it contributes to a healthy pregnancy.
- 3.B.6. Explain how fertility can be affected by age, environment and physical health.

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|---------------------------|---------------------|--------------------|------------------|-------------|
| A. PUBERTY | | | | |
| STUDENTS WILL BE ABLE TO: | | | | |
| 3.A.1. | ● | ● | ● | ● |
| 3.A.2. | ● | ● | ● | ● |
| 3.A.3. | ● | ● | ● | ● |
| 3.A.4. | ● | ● | ● | ● |
| 3.A.5. | ● | ● | ● | ● |
| 3.A.6. | ● | ● | ● | ● |
| B. HUMAN REPRODUCTION | | | | |
| STUDENTS WILL BE ABLE TO: | | | | |
| 3.B.1. | ● | ● | ● | ● |
| 3.B.2. | ● | ● | ● | ● |
| 3.B.3. | ● | ● | ● | ● |
| 3.B.4. | ● | ● | ● | ● |
| 3.B.5. | ● | ● | ● | ● |
| 3.B.6. | ● | ● | ● | ● |