



Stanhope Public School District  
OFFICE OF THE PRINCIPAL  
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**Alicia L. Finklea-DiCataldo**  
Principal

**Steven T. Hagemann**  
Superintendent

**Dr. Steven E. McHugh, Sr.**  
Business Administrator/Board Secretary

## **FOR PARENTS OF STUDENTS IN GRADES 6, 7, AND 8 ONLY**

Dear Parents and/or Guardians of Middle School Students,

In compliance with the New Jersey Administrative Code N.J.A.C. 6:29-7.1, a Family Life Education Curriculum Outline and list of course objectives are being provided for your information. Our Health teachers will be presenting these topics to our 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students during their health course as scheduled. In addition, the complete curriculum is available on our district's website for your review.

The New Jersey Administrative code defines Family Life Education as:

*“Instruction to develop an understanding of the physical, mental, emotional, social, economic, and psychological aspects of interpersonal relationships; the psychological and cultural foundations of human development, sexuality, and reproduction, at various stages of growth; the opportunity for pupils to acquire knowledge which will support the development of responsible personal behavior, strengthen their own family life now, and aide in establishing strong family life for themselves in the future, thereby contributing to the enrichment of the community.”*

If you wish to have your child(ren) excused from any part of this program, please complete and return the included exclusion form.

Respectfully,

Alicia L. Finklea-DiCataldo  
Principal

## Family Life Education Outline for Grades 6, 7, and 8

### **6th Grade**

- Compare and contrast the interconnected and cooperative roles of family members.
- Investigate ways that individuals and families enhance and support social and emotional health and meet basic human needs
- Describe the characteristics of a healthy relationship and discuss factors that support and sustain it.
- Describe how peer relationships may change during adolescence.
- Discuss different forms of dating and explain the role of dating in personal growth.
- Describe the individual growth patterns of males and females during adolescence.
- Discuss strategies to remain abstinent and resist pressures to become sexually active.
- Discuss possible physical, social, and emotional impacts of adolescent sexual activity.
- Describe behaviors that place one at risk for HIV/AIDS, STI's, or unintended pregnancy.
- Identify sexual feelings common to young adolescents and differentiate between having sexual feelings and acting on them.
- Discuss how parents, peers, and media influence attitudes about sexuality.
- Discuss fertilization, embryonic development, fetal development.
- Describe the signs and symptoms of pregnancy
- Recommend parental practices that support healthy pregnancy
- Discuss the potential challenges faced by adolescent parents and their families.
- Recommend sources of information and help for parents.
- Label a diagram of both the male and female reproductive system.

### **7th Grade**

- Compare and contrast the current and historical role of marriage and the family in community and society.
- Discuss changes in family structures and the forces that influence change.
- Analyze how relationships evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitments such as marriage.
- Describe how various cultures date or select life partners.
- Develop standards for dating situations, such as dating in groups, setting limits, or only dating someone of the same age.
- Discuss the influence of hormones, heredity, nutrition, and the environment on the physical, social, and emotional changes that occur at puberty.
- Describe the physical, emotional, and social benefits of sexual abstinence and develop strategies to resist pressures to become sexually active.
- Analyze how certain behaviors place one at risk for HIV/AIDS, STI's, and unintended pregnancy.
- Discuss topics regarding sexual orientation.
- Discuss the importance of routine health care procedures such as breast self-examination and testicular examination.
- Describe the potential impact of alcohol, tobacco, other drugs, medicines, diseases and environmental hazards on pre-natal and post-natal development.
- Describe the physical, economic, emotional, social, cultural, and intellectual responsibilities of parenthood.

## 8th Grade

- Compare and contrast the current and historical role of marriage and the family in community and society.
- Discuss changes in family structures and the forces that influence change.
- Analyze how relationships evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitments such as marriage.
- Discuss factors that enhance and sustain loving, healthy relationships.
- Differentiate among affection, love, commitment, and sexual relationships.
- Describe the signs of an unhealthy relationship and develop strategies to end it.
- Develop standards for dating situations, such as dating in groups, setting limits, or only dating someone of the same age.
- Analyze internal and external pressures to becoming sexually active.
- Describe the physical, emotional, and social benefits of sexual abstinence and develop strategies to resist pressures to become sexually active.
- Discuss the potential short and long term physical, emotional, and social impacts of adolescent sexual activity.
- Analyze how certain behaviors place one at risk for HIV/AIDS, STI's, and unintended pregnancy.
- Compare and contrast methods of contraception, risk reduction, and risk elimination and explain how reliable, religious beliefs, age, gender, health history, and cost may influence use.
- Discuss topics regarding sexual orientation.
- Discuss the importance of routine health care procedures such as breast self-examination and testicular examination.
- Describe fertilization and each stage of embryonic and fetal development.
- Discuss signs and symptoms of pregnancy and explain how pregnancy is confirmed.
- Analyze the physical and emotional changes that occur during each stage of pregnancy, including stages of labor and childbirth.
- Discuss the importance of regular prenatal care to help prevent complications that may occur during pregnancy and childbirth.
- Describe the potential impact of alcohol, tobacco, other drugs, medicines, diseases, and environmental hazards on prenatal and postnatal development.
- Describe the physical, economic, emotional, social, cultural, and intellectual responsibilities of parenthood.
- Analyze the challenges and responsibilities of being a teen mother and/or teen father.