

CHYA Curriculum for 7th - 12th Grade Students

TOPIC #1: GROWTH, DEVELOPMENT, AND SEXUAL HEALTH

Puberty, Gender Identity, and Sexual Orientation

- 1) Identify individual differences in sexual orientation.
- 2) Explain the role of the endocrine system in adolescent development.
- 3) Describe factors that influence sexual development, relationships, and behaviors.
- 4) Identify individual differences in gender identity.

Abstinence, Safe Sex, and Making Informed Decisions

- 1) Compare and contrast a variety of FDA-approved contraceptives.
- 2) Identify factors that influence one's perceptions about sexual activity.
- 3) Identify ways to maintain sexual or reproductive health.
- 4) Describe the benefits of abstinence.

Conception, Pregnancy, and Birth

- 1) Explain how conception occurs and the stages of pregnancy.
- 2) Evaluate the physical, social, emotional, legal, and economic effects of teen pregnancy and parenting.
- 3) Describe practices that are important for the health of a pregnant woman and her fetus.

Sexually Transmitted Infections, HIV, and AIDS

- 1) Identify methods to avoid or reduce the risk of a sexually transmitted infection.
- 2) This private medical care for sexually transmitted infections
- 3) Identify the effects of sexually transmitted infections.
- 4) Analyze reliable sources of information regarding sexual health.

TOPIC #2: SKILLS FOR HEALTHY RELATIONSHIPS

Skills for Healthy Relationships

- 1) Identify character traits that promote healthy relationships.
- 2) Explain the role of empathy in building and maintaining healthy relationships.
- 3) Describe strategies for communicating in healthy ways.

Healthy Family Relationships

- 1) Explain how family relationships affect well-being.
- 2) Describe the characteristics of healthy family relationships.
- 3) Identify common causes of conflict between family members.

Understanding Relationships with Peers

- 1) Describe the characteristics of healthy peer relationships.
- 2) Explain how peer relationships affect well-being.
- 3) Describe the positive and negative effects of social networking on peer relationships.
- 4) Identify common causes of conflict between peers.

Healthy Relationships: Dating and Marriage

- 1) Describes the effects of being in an unhealthy romantic relationship.
- 2) Describe how to communicate effectively with a romantic partner.
- 3) Explain the characteristics of a healthy romantic relationship.
- 4) Describe strategies to prevent and respond to incidents of domestic violence.

Parenting

- 1) Explain the responsibilities of parenting.
- 2) Describe the benefits of waiting to be coming parent until adulthood.
- 3) Describe the positive and negative effects of parenting choices on a child.

Conflict Resolution and Decision-Making Skills

- 1) Identify options that exist when communication fails or breaks down.
- 2) Describe how to apply a thoughtful decision-making process to a dangerous, risky, or emotionally charged situations.
- 3) Explain healthy communication and conflict resolution skills.
- 4) Explain how to effectively respond to peer pressure.

Gang Violence

- 1) Describe ways to avoid dangerous situations related to gangs.
- 2) Describe the characteristics of gangs and factors that affect gang involvement.
- 3) Identified the effects of gang violence on individuals, families, and communities.
- 4) Explain why it is risky and dangerous to belong to a gang.

Sexual Harassment and Sexual Assault

- 1) Explain the effects of sexual assault, sexual harassment, and molestation.
- 2) Define sexual assault and sexual harassment.
- 3) Identify resources that provide information, counseling, testing, and other information related to sexual violence and harassment.

TOPIC #3: MENTAL AND EMOTIONAL HEALTH; ALCOHOL, TOBACCO, AND OTHER DRUGS

The Importance of Mental and Emotional Health

- 1) Identify lifestyle practices that contribute to positive mental and emotional health.
- 2) Describe how social environments and relationships affect mental and emotional health.
- 3) Describe the characteristics of good mental and emotional health.

Mental and Emotional Problems

- 1) Identify factors that can influence mental health.
- 2) Describe strategies for coping with mental health problems.
- 3) Describe signs of common mental health conditions.
- 4) Explain when it is appropriate to seek help with a mental health disorder.

Stress and Stress Management

- 1) Describe the relationship between stress and physical and social health.
- 2) Describe strategies for coping with stress.
- 3) Identify signs, symptoms, and sources of stress.

Grief, Loss, Depression, and Suicide

- 1) Identify the warning signs and risk factors for depression and suicide.
- 2) Describe strategies for coping with loss, depression, and suicidal thoughts.
- 3) Explain how grief and loss may affect physical and social health.

Bullying

- 1) Explain factors that influence bullying and harassment.
- 2) Describe the effects of bullying and harassment on individuals and the community.
- 3) Describe strategies for avoiding or dealing with bullying and harassment.

Seeking Help in Your Community

- 1) Identify school and community mental health resources.
- 2) Identify when it is necessary to seek professional mental health services.
- 3) Identify the benefits of professional mental health resources.

A Substance-Free Lifestyle

- 1) Identify treatment options for those suffering from alcoholism, nicotine dependency and drug addiction.
- 2) Identify strategies for preventing use of tobacco, alcohol, and other addictive substances.
- 3) Explain health benefits of abstaining from or discontinuing use of alcohol, tobacco, and other drugs.
- 4) Identify healthy alternatives to alcohol, tobacco, and other drug use.