

**Broward County Public Schools**  
**Family Life and Human Sexuality Curriculum Overview**

**Grades K-3**

The All About Life curriculum emphasizes social skills and is designed to prepare young people to care about themselves, their family, and their community. It consists of 10 lessons for grades K through three on such subjects as friendship, feelings, families, sexual abuse prevention, staying healthy, and anatomy.

Lesson 1– Ground Rules

Classroom safety is crucial. Children feel safer and more at ease when they know the ground rules and see that they are enforced. Just as you set rules for your class at the beginning of the school year, we encourage you to set ground rules, or review ground rules at the onset of this family life education curriculum.

Lesson 2– Feelings

Feelings are so basic to our everyday lives that often we are not aware of them until we have an extreme “feeling reaction”. Teaching children about feelings, what it means to have feelings, and how behavior is influenced by feelings, is an important task.

Lesson 3 – Friendship

The purposes of lessons on friendship are to help children develop skills that contribute to positive interpersonal behavior. Peers become increasingly more important as children reach school age. Children become aware of what is important to being a friend and in selecting people as friends.

Lesson 4 – Alike and Different

Young children have a natural curiosity for how they are similar and how they are different from each other. This lesson begins the groundwork for human growth and development, and with it the basis for understanding and celebrating our similarities and differences. Understanding is an important part of tolerance and empathy.

Lesson 5 – Families

The purpose of this lesson is to acknowledge that there are different kinds of families where children grow strong, are loved and all are important parts of our community.

Lesson 6 –This Is My Space

It can be a challenge for children to learn about physical boundaries. While children easily can express “this is mine” when it relates to possessions, it is more difficult to learn the concept with their bodies. Respecting others’ personal space is an important social skill for children to learn.

Lesson 7- Sexual Abuse Prevention

Statistics indicate that one in four girls and one in seven boys are sexually abused by the time they are eighteen. Repetition of prevention skills will only help to increase a student’s ability to avoid victimization. Definition of sexual abuse: An adult or person older than the child using the child for sexual gratification. The offending behavior may include: a child touching the adult’s sexual parts; the adult touching the child’s genitals; asking the child to look at sexual pictures or asking to look at the child without clothes on (except for a medical or caretaking purpose).

**Broward County Public Schools**  
**Family Life and Human Sexuality Curriculum Overview**

Lesson 8 – Staying Healthy

Children are exposed to numerous germs daily. Techniques for preventing transmission practiced while young may prevent spread of organisms within the classroom, as well as prepare them for understanding more complex disease transmission concepts in older years. Beginning in grade 2, HIV & AIDS is integrated into the lesson.

Lesson 9- My Body

Children benefit from learning about how their bodies work, the correct name for body parts, and feeling proud about their knowledge. This lesson names the genitals, just as it names the lungs, heart and brain. The intent is to give instruction on all body parts equal emphasis. This represents a change in our usual practice in which we often have left the genitals out of lessons on body systems. Leaving out genitals gives students the message that there are some things that cannot be discussed. Teach the reproductive system with another system.

**Grade 4**

Lesson 1- Introduction & Gender Roles

Being considerate to others and beginning to learn about oneself will be covered in this lesson. The importance of ground rules; using slang vs. medical terms; and the introduction of the anonymous question box will be presented to students. This lesson will define the “sex role”; development of sex roles; and recognition of historical figures of both genders in various fields.

Lesson 2- Self-Esteem & Friendship

Having great self-esteem is key to feeling good about one's self. Friendships start to change during puberty, in fact, one of the jobs a person has during puberty and adolescence is to learn how to make and maintain close friendships, with both guys and girls. This lesson will engage students in conversations about friendship and self-esteem. The lesson contains foundational skills and tools for students to build strong self-awareness and help develop friendships.

Lesson 3 –Puberty

Puberty can sometimes be seen as a confusing time in a student’s life. It is important for students to know the changes that may occur during this important time. This lesson will instruct students on the reproductive system and puberty process. Some topics include: changes and timing of puberty; hygiene products; as well as feelings, fears and myths about puberty. The student will acquire the knowledge and skills necessary to maintain a healthy life, such as the ability to recognize dimensions of health, stages of growth and development, ways to reduce health risks and ways to live safely.

Lesson 4 – Sexual Exploitation

This lesson is intended to reduce the chances that anyone in the class will be exploited in the future and to help those who may have already been exploited to feel better about themselves. Kinds of touch; the definition of exploitation; children's rights; recognizing exploitation; preventing it; reporting it; resources; and helping a friend will be discussed.

**Broward County Public Schools**  
**Family Life and Human Sexuality Curriculum Overview**

Lesson 5 – HIV & AIDS

HIV and AIDS are very serious. The important topics covered are the difference between healthy and unhealthy fear of the disease and the modes of transmission. This lesson will educate students on “communicable diseases”, give examples of such, distinguish between illnesses caused by germs and other factors and discuss ways to prevent the contraction of HIV.

**Grade 5**

Lesson 1- Introduction & Gender Roles

Being considerate to others and beginning to learn about oneself will be covered in this lesson. The importance of ground rules; using slang vs. medical terms; and the introduction of the anonymous question box will be presented to students. This lesson will define the “sex role”; development of sex roles; and recognition of historical figures of both genders in various fields.

Lesson 2 – Decision-Making

This lesson will discuss active vs. passive decisions. Students will have an opportunity to practice making decisions and discuss the importance of considering alternatives, consequences, feelings and beliefs during the decision making process.

Lesson 3 - Reproductive System

The student acquires the knowledge and skills necessary to maintain a healthy life. The student will learn information pertaining to the reproductive system such as dimensions of health, stages of growth and development, health risks, and ways to live safely.

Lesson 4 – Sexual Exploitation

This lesson is intended to reduce the chances that anyone in the class will be exploited in the future and to help those who may have already been exploited to feel better about themselves. Kinds of touch; the definition of exploitation; children's rights; recognizing exploitation; preventing it; reporting it; resources; and helping a friend will be discussed.

Lesson 5 – HIV & AIDS

HIV and AIDS are very serious. The important topics covered are the difference between healthy and unhealthy fear of the disease and the modes of transmission. This lesson will educate students on “communicable diseases”, give examples of such, distinguish between illnesses caused by germs and other factors and discuss ways to prevent the contraction of HIV.

**Middle School**

**Grade 6**

Lesson 1- Introduction

Being considerate to others and beginning to learn about oneself will be covered in this lesson. The importance of ground rules; using slang vs. medical terms; and the introduction of the anonymous question box will be presented to students.

Lesson 2 – Decision-Making

We all face at some time in our lives decisions on sexuality, whom to choose as friends, how to act toward friends, whom to choose as a boyfriend or girlfriend and at what age, whether to "go with" anybody, whether and when to marry or have children, whether and when to go to the doctor about our private parts, whether to talk about sexuality with our families or friends, and even how to treat a person who likes us but whom we don't especially like. This lesson will engage students’ thoughts regarding making sound decisions.

**Broward County Public Schools**  
**Family Life and Human Sexuality Curriculum Overview**

Lesson 3 – Sexual Exploitation

This lesson is intended to reduce the chances that anyone in the class will be exploited in the future and to help those who may have already been exploited to feel better about themselves. Kinds of touch; the definition of exploitation; children's rights; recognizing exploitation; preventing it; reporting it; resources; and helping a friend will be discussed.

Lesson 4 – Reproductive System

This lesson will teach students the correct information about things like bodies and growth, feeling good about growing up, feeling more comfortable asking questions of parents/guardians or doctors, understanding and appreciating themselves, families and one another; and so they will not be as likely to ever be sexually abused.

Lesson 5 – HIV & AIDS

HIV and AIDS are very serious. The important topics covered are the difference between healthy and unhealthy fear of the disease, modes of transmission and ways to prevent the spread of the disease.

Lesson 6 - Puberty

Puberty can sometimes be seen as a confusing time in a student's life. It is important for students to know the changes that may occur during this important time in their life. This lesson will instruct students on the puberty process. Some topics include: changes and timing of puberty; hygiene products, feelings, fears and myths about puberty. The student will acquire the knowledge and skills necessary to maintain a healthy life.

Lesson 7- Self-Esteem

Having great self-esteem is key to feeling good about one's self. This lesson contains skills and tools for students to build strong self-awareness.

Lesson 8 - Family

Families are made up of different elements. Some with parents of different races or religions, foster parents, divorced parents, a single parent, gay or lesbian parents, adoptive parents or grandparents as guardians. During this lesson students will discuss family, the value of family and will learn ways to listen and initiate conversations with family.

**Grade 7**

Lesson 1- Introduction

Being considerate to others and beginning to learn about oneself will be covered in this lesson. The importance of ground rules; using slang vs. medical terms; and the introduction of the anonymous question box will be presented to students.

Lesson 2- Reproductive System

Educating students on how their own body and other peoples' bodies work, is the first step to taking better care of themselves. However, before they can learn about how to keep a body system healthy, they will have to understand how it is supposed to work, when it is healthy. This lesson will take a look at the reproductive system.

Lesson 3 – Sexual Transmitted Diseases

The relevance of the lesson relates to ways people get irritations and infections of the reproductive system. This lesson will look at another way of getting infections and explain how many people catch infections of the reproductive system by having sex with someone else who has them. Students will use condom line up cards as a means to learn a barrier method for protecting themselves from contracting Sexually Transmitted Disease.

**Broward County Public Schools**  
**Family Life and Human Sexuality Curriculum Overview**

Lesson 4 – HIV/AIDS: Basic Facts

HIV and AIDS are very serious. The important topics covered are modes of transmission, statistics about HIV and AIDS and ways to prevent the spread of the disease.

Lesson 5- Pregnancy

It's not enough to know the parts of the reproductive system. It's also important to understand how the system works and how pregnancy happens. This lesson will educate students on the signs of pregnancy and ways to prevent unplanned pregnancies.

Lesson 6 – Touch & Abstinence

This lesson asks the question why people have sex and why people choose to abstain; not teens specifically, but people in general. The lesson defines the word "sex". It also explains how abstinence applies not only to sex but all risky behaviors by all people. This lesson will help students identify behaviors that help a person succeed at abstaining from all forms of sex and practice using assertive decision-making techniques with a partner.

Lesson 7– Birth Control Basics

In this lesson, students will learn various birth control methods, including facts and myths about each method.

**Grade 8**

Lesson 1- Introduction

Being considerate to others and beginning to learn about oneself will be covered in this lesson. The importance of ground rules; using slang vs. medical terms; and the introduction of the anonymous question box will be presented to students.

Lesson 2- Reproductive System

Educating students on how their own body and other peoples' bodies work, is the first step to taking better care of themselves. However, before they can learn about how to keep a body system healthy, they will have to understand how it is supposed to work, when it is healthy. This lesson will take a look at the reproductive system.

Lesson 3 – Sexual Transmitted Diseases

The relevance of the lesson relates to ways people get irritations and infections of the reproductive system. This lesson will look at another way of getting infections and explain how many people catch infections of the reproductive system by having sex with someone else who has them. Students will use condom line up cards as a means to learn a barrier method for protecting themselves from contracting Sexually Transmitted Disease.

Lesson 4 – HIV/AIDS: Understanding Risk Behaviors

HIV and AIDS are very serious. The important topics covered are modes of transmission, statistics about HIV and AIDS and ways to prevent the spread of the disease.

Lesson 5- Pregnancy

It's not enough to know the parts of the reproductive system. It's also important to understand how the system works and how pregnancy happens. Use this lesson to educate students on the signs of pregnancy and ways to prevent unplanned pregnancies.

**Broward County Public Schools**  
**Family Life and Human Sexuality Curriculum Overview**

Lesson 6 – Abstinence

This lesson asks the question why people have sex and why people choose to abstain; not teens specifically, but people in general. The lesson defines the word “sex”. It also explains how abstinence applies not only to sex but all risky behaviors by all people. This lesson will help students identify behaviors that help a person succeed at abstaining from all forms of sex and practice using assertive decision-making techniques with a partner.

Lesson 7– Birth Control Basics

In this lesson, students will learn various birth control methods, including facts and myths about each method.

**High School**

Lesson 1- Making a Sex Ed Learning Community

The Making a Sex Ed Learning Community Lesson sets up the sexual health unit in a way that makes all students in the room feel recognized, welcome, and respected. Through revisiting your classes’ ground rules, and giving sexual health related examples of how they might be inadvertently violated and why that’s unfair, you will create safety and vastly increase the chances students can actually be present and learn.

Lesson 2- Reproductive System & Pregnancy

This lesson is primarily a review of information that many students learned in earlier grades. Being well-grounded in knowledge about the reproductive system will help students, if they have health problems in the future, knowing body parts helps them explain to a health provider what they think the problem may be.

Lesson 3 – Healthy Relationships

The kinds of expectations people have about how men and women act definitely influence the choices we make in relationships and about our sexual health. This lesson will talk more about relationships – how to have healthy and happy relationships, how someone might recognize if they are in an unhealthy relationship, and what kinds of communication skills can help us have the relationships we want as people.

Lesson 4 – Sexual Violence Prevention

The Sexual Violence Prevention lesson will focus on an array of behaviors and how we can stop them. This lesson deals particularly with problems high school students face Use this lesson to educate students on the rape laws; explain who can give consent for sex and under what circumstances; identify words or cues that signify consent and identify ways to help a friend who may be at risk for being sexually assaulted or for committing sexual assault.

Lesson 5- Gender Stereotypes & Lesbian, Gay, Bisexual and Transgender Youth

The intention of this lesson is to reduce students’ belief that LGBT young people are very different from heterosexual young people, even as it allows for each person’s uniqueness to be appreciated. The student will learn relevant terms (gender, gender identity, gender expression, sexual orientation, lesbian, gay, bisexual, heterosexual, transgender, cisgender) and the acronym LGBT (Lesbian, Gay, Bisexual and Transgender) and be able to distinguish among facts and common fallacies (myths/stereotypes) regarding LGBT people.

Lesson 6 – Abstinence

This lesson asks the question why people have sex and why people choose to abstain; not teens specifically, but people in general. The lesson defines the word “sex”. It also explains how abstinence applies not only to sex but all risky behaviors by all people. This lesson will help students identify behaviors that help a person succeed at abstaining from all forms of sex and practice using assertive decision-making techniques with a partner.

**Broward County Public Schools**  
**Family Life and Human Sexuality Curriculum Overview**

Lesson 7 – Birth Control Methods

In this lesson, birth control is framed positively, with intention. Students will develop positive attitudes towards contraception, including condoms” and “perceiving more benefits of using contraception”, which are important protective factors against teen pregnancy. Students will discuss the likelihood of pregnancy when people don’t use protection and reasons to delay parenting.

Lesson 8 – Sexually Transmitted Disease (STD) Prevention

Teens are one of the highest risk groups for STDs, partly because they tend to get into new sexual relationships more frequently (on average) than adults. Through this lesson, students can understand they can get STDs (without proper prevention), that a test at a clinic is the only sure way to know if they have an STD, and that completing treatment is imperative if diagnosed with an STD. Students will discuss reasons a person would want to avoid catching an STD, ways people can get STDs, and symptoms.

Lesson 9- HIV and AIDS

HIV and AIDS are very serious. In this lesson students will learn ways information about modes of transmission, getting tested and using barriers as ways to protect the student from HIV. During this lesson, teachers will use an Educator Kit or video to teach students the correct use of various barrier methods for protecting themselves from contracting Sexually Transmitted Diseases/Infections.

Lesson 10 – Talking with Partners about Prevention

The focus of this lesson is communicating with partners about preventing pregnancy and STDs. The goal is for the student to feel confident in talking about risk behaviors, and how to avoid those risks, or reduce them, by using condoms, birth control, and getting tested for STDs.