



**Comprehensive Health Education
Grade 7 Family Life and Human Sexuality**

The indicators and objectives listed below are what will be taught in this unit:

Analyze the correlation between healthy behaviors and personal health with family and relationships.

Develop a list of characteristics for healthy and unhealthy relationships.

Demonstrate ways to express affection, love, and friendship in a healthy way.

Explain why parents and other trusted adults are good sources of information related to relationships, growth and development, and sexual health.

Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.

Define sexual activity, sexual abstinence, sexual orientation, and gender identity.

Predict how teasing, bullying, and intolerance related to all aspects of sexuality, development, or physical appearance, can affect one's health.

Demonstrate respect for individual differences in all aspects of sexuality, development, or physical appearance.

Explain how appropriate health care can promote personal health.

Summarize basic male and female reproductive body parts and their functions.

Explain conception and its relationship to the menstrual cycle.

Explain how abstinence is the most effective method to prevent pregnancy and the spread of STIs.

Explain how the male condom helps prevent pregnancy and the spread of STIs

Examine how family influences the health of adolescents/Components of Healthy Relationships (Including Consent)

Reflect on family influences related to social behaviors and relationships.

Discuss how societal influences affect sexual health practices, behaviors, and interpersonal relationships (e.g., popular culture, media messages, social media, and music videos).

Describe how peers influence healthy and unhealthy behaviors.

Explain why abstinence from sexual activity is a healthy, safe, and responsible decision for adolescents.

Hypothesize how peers affect one's sexual health practices, behaviors, and relationships.



MONTGOMERY COUNTY PUBLIC SCHOOLS

Rocky Hill Middle School

22401 Brick Haven Way

Clarksburg, Maryland
20871

Office 240-740-6670

FAX 301-601-3197

Mr. Darryl Johnson
Principal

Access research-based information about gender identity, gender expression, and sexual orientation.

Differentiate between gender identity, gender expression, and sexual orientation.

Communicate respectfully with and about all people.

Advocate to promote dignity and respect for all people.

Demonstrate how to influence and support others to make positive health choices.

Persuade others to avoid teasing, bullying, or stigmatizing others based on their personal characteristics or aspects of their sexuality.



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FAMILY LIFE AND HUMAN SEXUALITY OPT-OUT REQUEST FORM

Complete and return this form ONLY for EXCLUSION from the FLHS unit. No form is needed for a student to be included in the unit.

I wish to have my student EXCLUDED from the Family Life and Human Sexuality unit of the Health Education curriculum.

Student Name: _____ **Period:** _____

Daytime Phone Number of Parent/Guardian: _____

Email: _____

Signature of Parent/Guardian

Date



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Please complete and return this form to school no later than October 7, 2022.

***If this form is not returned, your student will receive instruction on FLHS. Thank you for your cooperation.**