

**Human Growth and Development  
Waunakee Community Middle School Curriculum Overview**

**8<sup>th</sup> Grade Required Health Education**

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**8<sup>th</sup> Grade Elective Family and Consumer Education**

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The Waunakee Community School District has a committee composed of students, teachers, administrators, Board of Education members, and community members who have helped to develop, oversee, and update the District's Human Growth and Development Curriculum. The committee is chaired by the Director of Curriculum and Instruction. The Human Growth and Development Committee insures that information presented to students is current, accurate, representative of, and respectful of the values of our community. The committee is guided by Board of Education policy 341.31. (All BOE policies may be reviewed on the district website.)

Our overall goal in presenting components of Human Growth and Development during the Middle School years is to provide students with accurate, age-appropriate information about relationships, sexuality, and reproduction. We will also discuss the importance of wellness and appropriate health care during this important time of development. Finally, we will present the information in a safe and respectful environment.

We hope that our programs support and supplement the information that you have provided your children throughout the years prior to early adolescence. We will continually encourage students to discuss their questions and concerns with you, their parents. Students who raise particularly sensitive questions will be asked to discuss the issue with their parents.

Board of Education policy allows parents to opt their children out of this component of health education or family and consumer education. Attached you will find an overview of our curriculum, material references, and a form indicating that you are opting your child out of the discussion. If you decide to opt out, please complete the attached form and return it to your child's teacher.

If you have any questions we invite you to contact us via e-mail or phone (849-2060). Additionally, you are welcome to arrange a meeting or visit to obtain more information. You are also welcome to review our curriculum materials.

Thank you for your ongoing support and involvement!

**Helpful resources:**

Wisconsin Department of Public Instruction websites

<http://dpi.wi.gov/sspw/tadocs.html>

<http://dpi.wi.gov/sspw/hgd.html>

[http://www.waunakee.k12.wi.us/newsfile17747\\_1.pdf](http://www.waunakee.k12.wi.us/newsfile17747_1.pdf) - Board of Education Policy

[http://www.waunakee.k12.wi.us/newsfile17834\\_1.pdf](http://www.waunakee.k12.wi.us/newsfile17834_1.pdf) - Board of Education Policy

## Curriculum Overview – Health Education

Mr. Steve Ryan

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### Health Education Standards Addressed:

A1-describe the interrelationship of mental, emotional, social, and physical health during adolescence.

A3-describe ways to enhance health and reduce health risks during adolescence

A5-explain how health is influenced by the interaction of body systems

A7-explain the relationship between positive health behaviors and the prevention of injury, illness, disease and premature death.

B1-explain the importance of assuming responsibility for personal health of adolescents

C3-analyze how decisions regarding health behaviors have consequences for themselves and others

### Goal of the Curriculum:

The overall goal of the Human Growth and Development Unit at Waunakee Middle School is to provide students with factual, age-appropriate information and skill attitudes concerning relationships, sexuality and human reproduction. It is the intent of the Health Education's Human Reproduction Unit that students will make positive and healthy choices that result in behavior that contributes the well-being of the individual, the family, and society.

### Listing of Units of Study (includes a brief explanation):

The Human Growth and Development Unit in Waunakee Middle School Health Education class includes

1. the study of the reproduction system's anatomy and physiology of males and females,
2. the changes that occur during adolescence, the concept of fertilization and conception,
3. the basic development of humans during pregnancy and,
4. a review of the causes and effects of sexually transmitted infections.

### Materials Used:

Booklet, "The Human Story: Facts on birth, growth and reproduction"

Video tape: "Human Reproduction: What You Should Know" Part I and II

Video tape: "Kids to Kids: Talking about puberty"

Video tape: "Sexual Abstinence: Making the right choice"

Video tape: "This Ain't No Dress Rehearsal: Abstinence and Teens"

Sexual Transmitted Infections Manual: "STDs"

### Length of Unit:

The Human Reproduction Unit is approximately 20-25 lessons in length.

## Curriculum Overview –Family and Consumer Education

Ms. Connie Robb

[crobb@waunakee.k12.wi.us](mailto:crobb@waunakee.k12.wi.us)

### Family and Consumer Education Standards Addressed:

- A: Continuing Concerns of the Family
- B: Practical Reasoning
- C: Family Action
- D: Personal and Social Responsibility
- E: Work of the Family

### Goal of the Curriculum:

The overall goal of the Human Growth and Development Unit at Waunakee Middle School is to provide students with factual, age-appropriate information and skill attitudes concerning relationships, sexuality and human reproduction. It is the intent of the Family and Consumer Education's Value and Choices Unit that students will make positive and healthy choices that result in behavior that contributes the well-being of the individual, the family, and society.

### Listing of Units of Study (includes a brief explanation):

1. Starting Out: Ground rules to assure a respectful atmosphere. Self-esteem exercise. Sexuality defined.
2. Values: Defining and applying equality, honesty, respect, responsibility, promise-keeping, self-control, and social justice to real-life situations.
3. Changes: Physical changes of puberty. Emphasis on varying rates of change.
4. More Changes: Emotional changes of puberty, including sexual attraction. Affirming abstinence.
5. Equal Through Different: Sex-role stereotypes and their limiting effects.
6. Making Choices: Decision making exercises. Consequences of each decision are discussed.
7. Going Out: Varieties of dating guidelines. Pressure to date. Support given for delaying dating until teenagers are ready.
8. Saying No: Video vignettes of sexual pressures. Practical tips on ways to say no.
9. Pregnancy and Birth: Participation by both parents in a positive pregnancy experience. Includes scenes of live birth.
10. Planning for the Future: Students discuss the effect of pregnancy on life plans. Sexual abstinence is reinforced.
11. Teenage Pregnancy: The Realities - Video interviews with teen parents strip away glamour from early sexual experiences and teenage parenthood.
12. Teenage Pregnancy: The Choices – Effect of teenage pregnancy on economic, educational, and vocational plans for the future.
13. Taking Chances: Sexually transmitted diseases. Responsibility and abstinence emphasized.
14. The Power of Touch: Both positive touch and negative touch defined. Video portions on acquaintance rape and incest. Exercise in increasing students' personal safety.
15. Moving On: Students apply the values and choices content of the course to practice situations faced by early adolescents.

### Materials Used:

Values & Choices video series, other videos as approved by the Board of Education, and various student handouts

### Length of Unit:

The Human Growth and Development unit is approximately one quarter of the school year, 20-25 lessons.

**PARENT/GUARDIAN PERMISSION**  
**Not to participate in specific health education discussions.**

**Human Growth and Development**

**Health Education**

I do **NOT** give my child permission to participate in the approved Human Growth and Development Curriculum offered through the required 8<sup>th</sup> Grade Health Education class at Waunakee Community Middle School. I understand that I have the right to inspect the entire Human Growth and Development curriculum and instructional materials.

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Student Name – PLEASE PRINT CLEARLY

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Parent Name – PLEASE PRINT CLEARLY

Please Indicate – Father or Mother

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Parent Signature

Date

**Thank you! Please have your child return this form to the Health Education Teacher.**

**This form will be retained by the teacher of the class.**

**REQUIRED PARENT/GUARDIAN PERMISSION FORM**  
**Not to participate in specific family and consumer education discussions.**

**Human Growth and Development**

**Family and Consumer Education**

I do **NOT** give my child permission to participate in the approved Human Growth and Development Curriculum offered through the elective 8<sup>th</sup> Grade Family and Consumer Education class at Waunakee Community Middle School. I understand that I have the right to inspect the entire Human Growth and Development curriculum and instructional materials.

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Student Name – PLEASE PRINT CLEARLY

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Parent Name – PLEASE PRINT CLEARLY

Please Indicate – Father or Mother

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Parent Signature

Date

**Thank you! Please have your child return this form to the  
Family and Consumer Education Teacher.**

**This form will be retained by the teacher of the class.**