

FAMILY LIFE EDUCATION (FLE) OBJECTIVES
Grade 6 Health

Curriculum Strand	Objective Number	Objective and Description
Value of Postponing Sexual Activity Until Marriage	6.7 / FLE SOL 6.6	<p><i>The student will summarize the process of human reproduction and the benefits of postponing premarital sexual activity.</i></p> <p>This is a review of the reproductive process and the advantages of delaying sexual involvement. The possible detrimental effects of premarital sexual activity for both males and females are emphasized. They include sexually transmitted diseases; unwanted pregnancy; infant mortality; and psychological, social, economic, and physical consequences.</p>
Human Sexuality / Growth and Development	Health 6.4.1	<p><i>The student will define and explain the functions of the major organs in the endocrine system and explain how the endocrine system works with other systems.</i></p> <p>Emphasis is placed on the understanding of how the hormones released by the team of organs called the endocrine glands including the pituitary gland, ovaries, and testes affect growth during puberty.</p>
	FLE SOL 6.3	<p><i>The student will continue to identify physical and emotional changes that occur during puberty and their effects on growth and development.</i></p> <p>The following topics are discussed in relation to male and female changes during puberty: nocturnal emissions and erections; menstruation, instability of emotions and ways of expressing these emotions appropriately; and approaches to developing a positive attitude toward one's sexuality.</p>
	FLE SOL 6.1	<p><i>The student will relate personal hygiene to the physical changes that occur during puberty.</i></p> <p>Changes during puberty are discussed in relation to the increased need for personal hygiene, for proper dental care, for frequent showering and shampooing, for the use of deodorants, for the use and disposal of pads and tampons, and for clean clothing.</p>
	FLE 6.13	<p><i>The student will describe the physical changes caused by the hormones produced by the endocrine system including the pituitary and reproductive glands.</i></p> <p>Emphasis is placed on understanding how the hormone released by the team of organs in the endocrine system (pituitary gland and ovaries or testes) influences growth.</p>
Sexually Transmitted Diseases	FLE SOL 6.4	<p><i>The student will recall basic facts about sexually transmitted diseases.</i></p> <p>Factual information is presented regarding sexually transmitted diseases, including syphilis, gonorrhea, chlamydia, and genital herpes. Diseases of the genitalia common to adolescents that are not sexually transmitted (such as vaginitis and urethritis) are described so as to allay unnecessary fears.</p>
	FLE SOL 6.5 / SOL 7.11	<p><i>The student will describe the etiology and effects of HIV, the virus that causes AIDS.</i></p> <p>Instruction includes factual information regarding HIV and its transmission. Medical professionals should be involved in teaching this objective (and other health-related topics) to include the most up-to-date facts and information.</p>
Stress Management and Resistance to Peer Pressure	Health 6.8.1	<p><i>The student will understand how stress affects adolescents.</i></p> <p>Students will review the difference between eustress and distress, and recognize situations that are stressful for sixth graders. They will also list healthful ways to relieve stress, including participation in physical activity; practicing breathing techniques; listening to soothing music; thinking positive thoughts; getting plenty of rest; practicing time management; setting priorities; and talking to someone in order to put things into perspective.</p>

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Stress Management and Resistance to Peer Pressure	Health 6.8.3	<i>The student will understand the effects of peer pressure on decision-making.</i> Students will explain the difference between positive and negative peer pressure; identify situations involving negative peer pressure; and explain the difficulty of not yielding to peer pressure. They will identify ways to handle peer pressure, including refusal skills, and how to encourage friends to make better decisions.
Development of Positive Self-Concept and Respect for Others	Health 6.8.4 / FLE SOL 6.7	<i>The student will understand the relationship between a positive self-image and personal success.</i> Students will define self-image and explain the effects of self-image on mental health. In addition, students will understand how a positive self-image is developed and will identify the benefits of maintaining a positive self-image.
	FLE SOL 6.11	<i>The student will evaluate the messages from mass media related to sexuality and gender stereotyping.</i> Students progress from examining media messages in the fifth grade to evaluating messages from mass media related to sexuality and gender stereotyping in the sixth grade. The avoidance of sexual exploitation and negative stereotyping is stressed.
	FLE SOL 8.3	<i>The student will become aware of the need to think through decisions and to take responsibility for them.</i> The impact of present decisions on future opportunities and personal development is stressed. Instruction includes support skills for the decision-making process: assertive communication, identification of personal conflicts, and conflict resolution. Life-long education, career, and personal development goals are examined in relation to present decisions and to options available to males and females at various stages in their lives.
Substance Abuse	FLE 6.26	<i>The student will demonstrate an understanding of the laws and rules prohibiting the use of illegal drugs.</i> Students will discuss national and state laws pertaining to illegal drugs. Special emphasis is placed on the review of drug-related policies in Prince William County Public School's <i>Code of Behavior</i> .
	Health 6.7.1 / FLE SOL 6.10	<i>The student will understand the benefits of using refusal strategies and assertive behaviors when dealing with situations involving alcohol, tobacco, and other drugs.</i> Students will discuss the short-term and long-term benefits of using refusal strategies to stay drug and alcohol free. In the short term, being drug free keeps the mind and body clear; ensures a measure of safety; promotes opportunities for leadership roles; and earns the respect of family and friends. Long-term benefits include protecting future health; enables a person to reach education and career goals; and promotes responsibility.
	Health 6.7.2 / FLE SOL 6.10	<i>The student will understand the effects of alcohol, tobacco, inhalant, and other drugs on body functions.</i> The effects of alcohol, tobacco, and other drugs on the individual, family, school, and society are presented with emphasis on genetic risks and fetal development; the nature of addictive personalities; drunken driving; physical and sexual abuse; family violence; and the hazards of second-hand smoking. Information on local community resources for obtaining help with these problems is included.
	Health 6.7.3 / FLE SOL 6.10	<i>The student will recognize contraindications for prescription drugs.</i> Students will identify harmful symptoms and effects of prescriptions and over-the-counter medications and recognize that side effects may be immediate or delayed. They will also describe how physical activity, dehydration, particular foods, and the use of other drugs can affect how medications work in the body. Topics also include the role of the Food and Drug Administration and the importance of drug regulations and precautions.
	Health 6.2.1	<i>The student will identify risky behaviors and understand the consequences of engaging in risky behaviors (i.e., using alcohol and drugs; smoking).</i> Students will explain the concept of risky behavior and will identify examples of risky behaviors that are common to their peer group. Students will discuss the negative implications of participating in risky behaviors.