



“The Cedarburg School District Human Growth and Development curriculum will support the family’s role as primary educator, reflect the values of the community, and encourage students to develop healthy behaviors based on responsible decision making.”

HG&D Position Statement

The Cedarburg School District encourages abstinence as the best way to promote emotional health, positive social relationships, and a healthy understanding of sexuality.

Goals

- To promote respect for self and others as a fundamental basis for decision-making about human growth and development.
- To promote respect for parental values and encourage communication between students and their parents/guardians or other trusted responsible adults.
- To provide accurate, current, and comprehensive information about human sexuality, growth and development.
- To address questions and concerns about personal sexual development and feelings.
- To develop an understanding that sexuality is an integral component of one’s physical, psychological, social, and emotional development.
- To promote the development of a positive personal standard of behavior based on family, religious, educational, and interpersonal experiences.

Dear Parents/Guardians of 7th Grade Students,

The Cedarburg School District will be using the same Human Growth and Development (HG&D) materials and curriculum adopted by the district in 2012-13 for grades 7th, 8th and 9th. We believe that we have found an approach to HG&D instruction that will provide our parents with wonderful options and prepare all of our students for healthy lives during middle school, high school and beyond.

For all of our 7th grade students, this Human Growth and Development curriculum is taught as a portion of Science class. As always, at a parent’s request, a student may be exempted from the entire Human Growth and Development Curriculum per State Statute 118.019. Exempting a student from instruction will have no impact on a student’s course credit. Students whose parents and/or guardians elect not to have their son or daughter receive these instructions will be assigned an alternative academic learning activity that addresses our health education standards.

Our goal is always to ensure transparency and provide accurate and factual information for parents regarding instruction. Please review the attached information regarding our Human Growth and Development Curriculum, choose one of the options, and complete the online registration form.

There are two options:

1. You wish your son/daughter to receive Human Growth and Development instruction.
2. You wish your son/daughter to be exempted from all Human Growth and Development instruction.

If you have questions regarding instructional activities or wish to see materials, please consult the guidance office.

Cedarburg School District Mission Statement

The mission of the Cedarburg School District is to provide an exemplary education that challenges students in a nurturing environment to become lifelong learners, to be responsible members of a global community and to achieve their goals and dreams.

Grade Seven – **Choosing the Best Way** (An Abstinence-Focused Curriculum)

Down-to-earth and hands-on, these 6 sessions keep students involved through personal reflection and interviews with friends, parents or guardians, and class partners. Videos that open each lesson lead naturally to discussion. This lively curriculum creates the foundation for an informed commitment to healthy relationships and the Abstinence Pledge. The 50-minute sessions cover:

- **Deciding on Your Future**
Students watch teens talk about the importance of making smart decisions. Students then discover how decisions help them reach their goals, especially when linked with determination.
- **Figuring Out Friendships and Relationships**
This lesson begins by looking at the qualities of a good friend, then progresses to understanding crushes, infatuations and true love through a fun-filled activity. Learning respect for the other person is part of this lively session.
- **Avoiding Unhealthy Relationships**
Students discover how emotional needs may leave them vulnerable to unhealthy relationships. Included is an honest, but discreet, discussion about sexual abuse. An engaging activity helps students discover their personal uniqueness.
- **Identifying the Risks**
Students may know about some risks associated with sexual activity, but this session presents a frank examination of teen pregnancy and STDs, as well as the emotional effects often not discussed. From this study, students see the need for compassion.
- **Choosing the Best Way**
Risks provide reasons why students should avoid sexual activity. This session's study of abstinence offers the positive benefits of waiting until marriage. At the end of this session students have a chance to make the healthy choice to sign the Abstinence Pledge.
- **Learning How to Say NO**
Once students choose abstinence, they need tools to help them stick with their decision. First, they see how alcohol can destroy their abstinence pledge. Then, students try out different ways to say NO and keep a friendship. Students learn that courage helps them stand up and stick with their decisions.

Supplement:

Prentice- Hall Science Explorer **Human Biology and Health**

Chapter 8 The Endocrine System and Reproduction

- The Endocrine System
- The Male and Female Reproductive Systems
- Pregnancy, Birth and Childhood
- Adolescence: A Time of Change