



Human Growth & Development

8th Grade 2023-24





HG&D Mission Statement

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



Goals:

To provide accurate current information about human growth and development.

To promote respect for self and others as the 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 teens the skills necessary to set boundaries and develop healthy relationships.

To inform teens of the risks of sexual activity including pregnancy and STD's.





- **Be sensitive to other people's feelings & differences.**
- **Respect what other people say; no put-downs**
- **There are no "dumb" questions.**
- **It is all right to "pass" (not answer a question).**
- **Keep confidential all comments made by other students.**



The School District of Cedarburg emphasizes and encourages abstinence as the best way to promote emotional health, positive social relationships, and a healthy understanding of sexuality among children. It is the only 100% effective method of preventing pregnancy and the most effective method of preventing sexually transmitted disease.






Day 1: Developing the Best Relationships

Students will:

- Hear young people talk about how to have the best relationships
- Discover the difference between love and infatuation
- Discuss signs of healthy and unhealthy relationships
- Discuss self-respect and its role in making healthy choices

Interview a parent or guardian by asking the following questions:

1. What makes a healthy relationship?
 2. What are some of the danger signals that a relationship is unhealthy?
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Day 2: Avoiding STDs and HIV/AIDS

Students will:

- Hear from young people who have contracted a sexually transmitted disease
- Learn about the most common sexually transmitted diseases
- Participate in an exercise that demonstrates how STDs are spread
- Discuss the character trait of compassion and how it relates to people in need

Interview a parent or guardian by asking the following questions:

1. What are some common STDs?
 2. What are some of the health problems that STDs can cause?
 3. How can you tell if someone has an STD?
 4. What is the only way to eliminate the risk of getting an STD?
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Day 3: Preventing Teen Pregnancy



Students will:

- Hear others talk about how a pregnancy changed their lives
- Learn about teen pregnancy
- Learn about the circumstances of a couple who becomes pregnant
- Discuss if “safe sex” is really safe enough
- Discover how responsibility relates to sexually activity

Interview a parent or guardian by asking the following questions:

1. How would you define “safe or safer sex”?
2. Does using a condom totally eliminate the risk of getting pregnant?
3. Does using a condom totally eliminate the risk of contracting a sexually transmitted disease?
4. What is the only way to totally eliminate the risk of pregnancy or contracting an STD?



Day 4: Dealing with Pressure



Students will:

- Hear other teenagers talk about how they have been pressured to have sex
- Identify some major pressures to have sex
- Participate in activities to understand how pressure can influence behaviors
- Understand the role of alcohol in influencing teenagers
- Identify sexting and negative consequences that can result from this
- Discuss respect and how it relates to not pressuring others

Interview a parent or guardian by asking the following questions:

1. How are today's teenagers pressured to be sexually active?
2. What does the media communicate about sex? Why?
3. What advice would you give me about overcoming sexual pressure?



Day 5: Choosing the Best path



Students will:

- Hear teens and young adults share why they are choosing abstinence until marriage
- Discuss abstinence/sexual delay
- Consider the reasons to be abstinent/delay sexual activity
- Participate in an activity to illustrate the benefits of abstinence/sexual delay
- Have an opportunity to sign an abstinence/sexual delay pledge

Optional Home Activity: Abstinence/Sexual Delay Pledge

Interview a parent or guardian by asking the following questions:

1. Do you think it's important for me to delay sexual activity until I'm an adult? Until I'm married? Why or why not?
2. What advice do you have to help me keep my goal to delay sexual activity?



Day 6: Setting Boundaries



Students will:

- Discuss boundaries and how setting them can help a relationship
- Learn how to set boundaries
- Learn about what sexual violence is and ways to help prevent it

Interview a parent or guardian by asking the following questions:

1. Do you think it's important to set boundaries in relationships?
2. What boundaries do you think I should set?



Day 7: Speaking Up



Lesson 7: Speaking Up

Students will:

- Hear young people share about how to speak up
- Discuss how “lines” are used in influence others
- Learn skills to help say NO
- Participate in role-play activities to apply these skills
- Explore the role of courage in choosing abstinence/sexual delay

Interview a parent or guardian by asking the following questions:

1. As a teenager, did you ever have to speak up or stand up to someone who was trying to get you to do something you didn't want to do?
2. What helped you stand up for your beliefs and values?
3. What advice would you give me to help me stand up for my convictions?



Day 8: Being Assertive



Students will:

- Watch teens demonstrate assertiveness
- Discuss the video and how the teenagers responded to pressure
- Learn what it means to be assertive
- Participate in role-plays demonstrating how to speak up and be assertive (small group)
- Evaluate Choosing the Best PATH

Interview a parent or guardian by asking the following questions:


1. When you are being pressured to do something you don't want to do, what is the best way to send a "no" message without losing the friendship/relationship?
2. What advice would you give me to help me persevere when faced with pressures or challenges?
3. What is the best way for us to continue these discussions in the future?

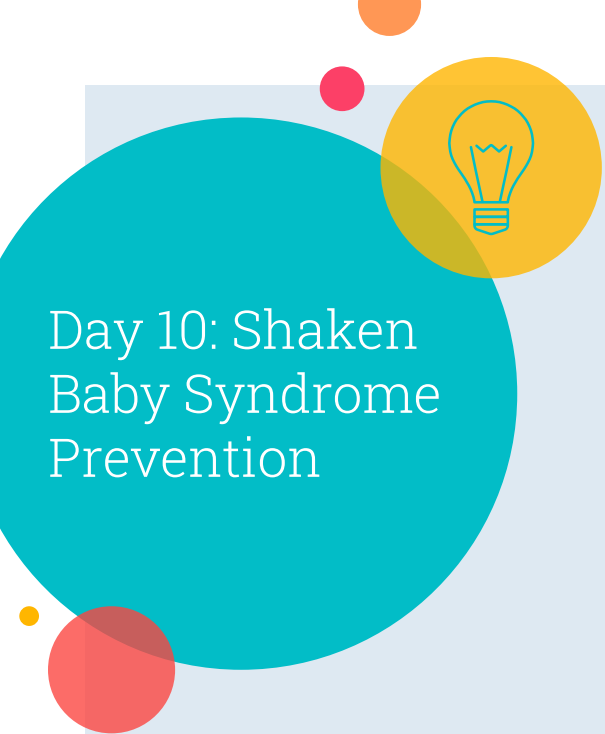




Day 9: Ozaukee Advocates Speaker

Presentation given by guest speakers from Ozaukee County Advocates to include the following topics:

- Definitions of types of abuse
 - Define sexual contact, sexual intercourse
 - Definition of consent. Who can and cannot give consent according to the law.
 - How does sexual assault laws affect children?
 - Felony vs. Misdemeanor
 - Possible consequences - sex offender registry
 - Mandatory reporting definition
 - Cyberbullying
 - Teen sexual assault fictional story with discussion in small and large group
 - What is a healthy relationship?
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Day 10: Shaken Baby Syndrome Prevention

Students will learn:

- Definition of Shaken Baby Syndrome
- Signs of Shaken Baby Syndrome, possible long term effects
- Understanding/discussion of reasons why a baby would be crying
- Soothing an irritable baby

