Reproductive Health Guidelines
8\textsuperscript{th} Grade Curriculum

1. Curriculum
   - Follow the Willing to Wait Curriculum Outline.

2. Films
   - None

3. Classes
   - Mixed gender
   - 8 sessions/lessons using a flexible scheduling format.

4. Curriculum Guidelines
   - Student’s awareness is the objective, not mastery.
   - Pre and post survey will assess comprehension
   - If asked by students:
     - Promote abstinence based
     - Students are to be taught to discuss these issues with parents and clergy.

5. Contraceptives/Family Planning
   - Abstinence will be stressed, but condoms will be described as a protective barrier for some STI’s and pregnancy.

6. Abortion
   - This is not approved for discussion

7. Parent Preview/Notification
   - Letters out to student’s parent’s
   - All curriculum materials available upon request

8. Excused
   - Parents have the right to excuse their child from these lessons/presentations without penalty.
SESSION 1: Sex: Everybody's Talking About It

Students will:
1. Begin to verbalize their thoughts and feelings about teen sexual involvement.
2. Discover reasons some teens are choosing to be sexually active and why some teens are willing to wait.
3. Identify the benefits of choosing abstinence including the physical and emotional / relational benefits.

SESSION 2: Teenage Pregnancy

Students will:
1. Explore how teenage pregnancy affects educational goals, finances, employment, social life and relationships.
2. Understand how parenthood would also impact their child’s health and well being.
3. Recognize the teen male’s responsibilities and challenges as a parent.
4. Review basic facts and terminology related to fertilization and the early stages of pregnancy.
5. Recognize the importance the father has in the life and well being of the child.
6. Learn about adoption services as an option for unplanned pregnancy and the “safe delivery of newborn laws.”

SESSION 3: Sexually Transmitted Diseases / HIV & AIDS

Students will:
1. Be able to name common sexually transmitted diseases (STDs), list symptoms, and understand transmission of STDs.
2. Realize dangers of untreated STDs including pain, sterility and damage to organs.
3. Discuss prevention of STDs, identifying abstinence as the only guaranteed prevention.
4. Discuss who is at risk for HIV/AIDS, characteristics of the disease, and prevention.

SESSION 4: Emotional/Relational Issues, Making Choices

Students will:
1. Realize that personal values guide sexual behavior.
2. Understand the emotional/relational consequences that can result from sexual encounters outside of marriage.
3. Evaluate abstinence until marriage vs. “safer sex” messages.
4. Review reasons for choosing abstinence as a physically and emotionally healthy choice.

SESSION 5: Handling Pressure and Setting Standards

Students will:
1. Learn to show self-control and respect as they clearly communicate their personal limits and values.
2. Recognize pressure “lines” and appropriate responses for making healthy choices.
3. Teach students how to say “no” to sexual advances and that it is wrong to take advantage of another person.
4. Develop skills needed to handle sexual pressure.

SESSION 6: Dating

Students will:
1. Discuss the difference between affection and arousal and learn to set personal limits.
2. Learn steps to practicing abstinence and understand the benefits of ceasing sex even if they’ve been sexually active in the past.
3. Discover creative ways to express love and caring in non-sexual ways.
4. Explore ways to respond to various dating decisions such as age differences, breaking up, people with different values, etc.

SESSION 7: Healthy Relationships / Unhealthy Relationships

Students will:
1. Identify qualities desired in a date and in a lifetime partner.
2. Discuss dynamics of healthy relationships: respect, similar values, caring, honesty, compromise and communication.
3. Understand dynamics of teen relationships that are physically, verbally or emotionally abusive.
4. Discuss date rape and learn skills to protect themselves from potential abuse.
5. Be informed on the laws regarding sex and sexual contact as a teenager and the possible consequences under Michigan law.
6. Recognize the benefits of a marriage relationship.
7. Define masturbation.

SESSION 8: Real Love Waits

Students will:
1. Through a performance by the Willing to Wait Leadership Team, review the freedoms of choosing an abstinent lifestyle.
2. Participate in general question and answer session with Willing to Wait Leadership Team (peers educators)
3. Post course evaluation.