



CRMS Sexuality Education

Parent Night
October 9, 2018

Outcomes for the Evening



- Why teach sexuality education?
- What curricula will be used and how was it chosen?
- What will students be learning?
- How does this meet state and national education standards?
- How can you support your child?
- Questions and Answers

MYTH OR FACT?



- SEXUALITY EDUCATION IS ONLY ABOUT SEX

- MYTH

MYTH OR FACT?



- IF YOU TEACH SEXUALITY EDUCATION, YOU ARE ENCOURAGING STUDENTS TO HAVE SEX.

- MYTH

MYTH OR FACT?



- ABSTINENCE ONLY EDUCATION IS NOT EFFECTIVE ONCE A STUDENT DECIDES TO BECOME SEXUALLY ACTIVE

- FACT

- “JUST TEACHING ‘NO’ DOESN’T HELP THOSE WHO MAY SAY ‘YES’.” – KINSEY INSTITUTE

MYTH OR FACT?



- PARENTS SHOULD START HAVING CONVERSATIONS WITH THEIR CHILDREN ABOUT SEXUALITY AT AN EARLY AGE.

- FACT

WHAT IS SEXUALITY?

- It is not one defined thing, but a combination of many aspects of our lives. Our sexuality includes not only sexual behavior but also our genders, our bodies and how they work, and our values, attitudes, beliefs and feelings about life, love, and the people our lives touch. We learn about our sexuality from the day we are born. It is important to let kids feel good about their sexuality from the beginning.



Why teach sexuality education in middle school?

- Helps students understand and appreciate the changes that happen during puberty and adolescence.
- Allays students' fears about the physical changes of puberty.
- Enhances students' communication skills.
- Balances the sexuality message coming from other sources, including the media
- Raises students' self-esteem and empowers them towards self-care.



Why teach sexuality education?(cont'd)

- Helps prevent sexual abuse by providing students with information and vocabulary.
- Ensures all students have a similar foundation in sexuality education.
- Encourages conversations between parents and children about sexuality, including relationships, respect, body image, communication, intimacy and sexual behavior.
- Supports parents as the primary sexuality educators of their children.
- Creates healthier communities as a result of young people making more responsible life choices into adulthood.



Sexuality Education and Maine Law

Maine Law

The importance of puberty education was confirmed by lawmakers when they passed into Maine law a requirement for comprehensive family life education in 2002.



Maine Learning Results

National Sexuality Ed Standards

Goals of sexuality education:

- Provide factual information relevant to ALL students



- Examine personal attitudes, values and insights
- Develop relationship and interpersonal skills
- Identify responsible behaviors



Puberty scares
me more as a
parent than it did
when I was going
through it
myself...

www.amotherlife.com

5th Grade Curriculum

Puberty Happens

Building a Healthy Foundation

Family Planning Association of Maine

2018



Created by Prevention Program Staff

Funded by a grant from the Department of Health and Human Services/Maine Center for Disease Control and Prevention

WHAT WILL STUDENTS LEARN IN 5TH GRADE?

PUBERTY UNIT

- LESSON 1: PUBERTY CHANGES



- LESSON 2: CHANGING BODIES
(REPRODUCTIVE ANATOMY AND
PHYSIOLOGY)

- LESSON 3: CHANGING
RELATIONSHIPS

- LESSON 4: GENDER IDENTITY,
ROLES, AND EXPECTATIONS

Puberty Video

- Always Changing Program



Link to Video:

<https://www.youtube.com/watch?v=tKfJ8w7XX6E>

5th Grade Anonymous Questions

Is puberty painful?

If you are small does that mean you start puberty later?

My mom has not brought up the subject. Should I?

Can a boy have a period?



CONSENT UNIT

- DEFINE CONSENT, SEXUAL EXPLOITATION AND SEXUAL ABUSE
- UNDERSTAND THE IMPORTANCE OF COMMUNICATING BOUNDARIES AND DEMONSTRATE REFUSAL SKILLS
- UNDERSTAND IMPORTANCE OF REPORTING



6th GRADE CURRICULUM

- CONSENT FOR 2018-2019 ONLY



7th Grade Curricula

F.L.A.S.H. (Family Life & Sexual Health)

Elizabeth Reis, M.S.

Seattle-King County Department of Public
Health

2006-2009

All units available to view for free on-line



WHAT WILL STUDENTS LEARN IN 7TH GRADE?



- Lesson 1: Puberty Review
- Lesson 2: Sexual Health & Hygiene
- Lesson 3: Reproductive System
- Lesson 4: STD's & HIV
- Lesson 5: Pregnancy
- Lesson 6: Gender Expression, Gender Identity, & Sexual Orientation

7th Grade Anonymous Questions

Why do we have to learn this?

Is it bad if a vagina smells like fish?

Does everyone have to have sex?

How do I keep from losing friends?

How long is the biggest penis?

Can you prevent acne?

How many people have sex in high school?

Can we talk about LGBTQ?

I definitely learned a lot! Thanks!



8th Grade Curriculum

Best Practices in Pregnancy and STD/HIV
Prevention Curriculum: An Evidence-Based,
Safer-Sex Approach to Teen Pregnancy,
STDs & HIV Prevention



Maine Department of Education and
Maine Family Planning

2016 Edition

WHAT WILL STUDENTS LEARN IN 8TH GRADE?

- Best Practices in Pregnancy and STD/HIV Prevention Curriculum

- Lesson Summary:

- ◆ Lesson 1- Talking about Sexual Health
- ◆ Lesson 2- Achieving Your Goals and Aspirations
- ◆ Lesson 3- Effective Communication
- ◆ Lesson 4- Sexually Transmitted Diseases
- ◆ Lesson 5- What's the risk?
- ◆ Lesson 6- Barriers (including condom demonstration & practice)
- ◆ Lesson 7- Pregnancy Prevention
- ◆ Lesson 8- Impacts of STDs & Pregnancy
- ◆ Lesson 9- Making a Plan
- ◆ Lesson 10- Consent

- Many of the lessons include individual and small group work, facilitated brainstorms and discussions, skill-building activities, and use of technology.



8th Grade Anonymous Questions

Is it possible to get pregnant without any sexual intercourse?



If you have sex with clothes on can you get STDs or pregnant?

Why do so many people have sex if there are so many STD's and bad things that can happen?

What's blue waffles?

What the (8th grade) students are saying.....

What did you like about this program? What worked?



- Anonymous questions
- All of our questions got answered no matter what we asked
- We weren't afraid to ask questions
- It was a safe environment
- We were never judged
- It was OK to pass if we didn't want to talk

What the (8th grade) students are saying.....

How was it being in a co-ed class? Some people may think it is hard or awkward.



- It was not weird and good we could learn about both genders.
- Each gender can help each other out to understand things.
- We got the experience from the other gender.
- I liked it better as co-ed.
- It was less awkward because it was a big enough group (20 students)

What the (8th grade) students are saying.....

What did you learn and what will you take away?

- I will be confident to say no to someone if they are pressuring me to have sex. I know it is OK to say no.
- Pregnancy prevention & how getting pregnant can ruin your life and future plans.
- I learned so much that I didn't know before I don't even know how to explain it.
- All the diseases you can get from having unprotected sex just one time.
- I learned how much a condom can protect you.
- How to talk to someone in a relationship.
- STD's – I didn't know how many people have them and how easy it is to get them.



8th Grade Pre/Post Survey Results

- It is important for a person to use a condom or a birth control method every time he/she has sex. **Pre: 70% Post:90%**



- More aware of impacts of risky behavior: Oral Sex without a condom- STDs (including HIV) **Pre: 64% Post: 90%**
- I would use a condom or another form of birth control every time that I have sex **Pre: 44% Post: 86%**

What the (8th grade) students are saying.....

Do you think you are more likely to have sex or become sexually active at an earlier age now that you have had this class?



- No! Just the opposite because now we know all of the consequences of having sex.
- I never thought about all of the bad things that could happen – now I know that – so I will think a lot more before I decide to have sex.

JUST TO BE TRANSPARENT....

- **NO lessons at any grade level are segregated by gender**



TEACH BOYS AND GIRLS TOGETHER? REALLY?

- Segregation may create a sense of secrecy around the topic.
- Segregation could lead to questions between students outside the classroom and to misinformation.
- Learning together ensures all students are hearing the same explanations and responses to questions.
- Learning together boys and girls can experience each other's curiosity in a safe classroom setting.
- Learning together engenders respect for each other's shared and varied changes.
- Learning together models open and honest communication between boys and girls, which is a skill that may help them to make better choices in the future.



JUST TO BE TRANSPARENT

Continued.....



- **The CRMS Guidance curriculum is inclusive and respectful of the diversity present in our community and includes language that is open and inclusive of the range of gender identities, gender expressions, and sexual orientations.**

Opting Out

Not many people opt out
but if you decide it's best
for your child.....



PAUL FELL



Conversations at Home

7th Grade Class: Puberty “Review”:



Huge lack of knowledge about reproductive system anatomy and physiology.

Only 6 of 18 students say their parents have talked with them at all about their bodies or puberty.

Sexuality Communications	Pre- Education	Post-Education	% Change
An adult has talked to me about how girls become pregnant/boys cause pregnancy.	93%	98%	5%
An adult has talked to me about types of birth control that prevent pregnancy.	60%	96%	36%
An adult has talked to me about STDs/HIV and how to prevent them.	77%	98%	21%
An adult has taught me how to use a condom correctly.	15%	94%	79%
My parent(s) or guardian(s) and I have talked about sex.	60%	55%	-15%

To Wrap it all Up.....

Last week I said to ***** on a car ride that we parents had gotten an email about the annual sexuality education parents night and that it was on my mind and reminding me to check in with him on the topic. Was there anything he was wondering? Wanted more info on (from me or Dad)? Would like a book about? I reminded him that I was a female and if he had specific questions about what was going with his female classmates, he could certainly ask me. His response was along the lines of:



"The thing about the Sexuality Education at the Middle School is.....oh, and no I don't have any questions.....is that it is really good how they do it. Together with your friends and the whole class and boys & girls. It's more comfortable than with your parents. And you learn more, I think."

And the Parents Response?

- I had to agree with him! I think this particular topic is a beautiful thing to do in school. For one, it ensures all students receive the same education, language, information, and facts, at the same time. When relying on parents, could be a lot of different stories. For two, he's right! It's so much more comfortable, and oh, He actually said it was "fun", with a larger group, your friends, and with "educators" not your parents, your "disciplinarians". We both agreed hearing the questions and comments from the other sex was valuable as well.



- **So, thank you! For doing such a good job! I'll try to do my part and keep it going as he gets older, I promise. It's a conversation that should never end. But I'm grateful that the CRMS program is so comprehensive over the 4 years.**

Resources for Parents

- <http://www.plannedparenthood.org/parents>
- <http://www.advocatesforyouth.org/parents-sex-ed-center-home>
- <http://www.maine-familyplanning.org/images/publications/facts1114.pdf>
- <http://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/Talking-to-Your-Child-About-Sex.aspx>



Recommended Books for Families



- *It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health.* Robie Harris
- *The Period Book: Everything You Don't Want to Ask (But Need to Know)* Karen and Jennifer Gravelle
- *What's Happening to My Body? Book for Boys: The New Growing-Up Guide for Parents and Sons.* Lynda Madaras
- *What's Happening to My Body? Book for Girls: The New Growing-Up Guide for Parents and Daughters.* Lynda Madaras



Questions?