

**Comprehensive Health Education in Grade 7**

**Family Life and Human Sexuality**

**Standard**

**Maryland State Curriculum Content Standard 4:** Students will demonstrate the ability to use human development knowledge, social skills, and health-enhancing strategies to promote positive relationships and healthy growth and development throughout the life cycle.

Indicators and Objectives

<b>II. Family – Analyzing Influences</b>
<b>1. Analyze the correlation between healthy behaviors and personal health with family and relationships.</b>
a. Develop a list of characteristics for healthy and unhealthy relationships.
b. Demonstrate ways to express affection, love, and friendship in a healthy way.
c. Explain why parents and other trusted adults are good sources of information related to relationships, growth and development, and sexual health.
<b>2. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.</b>
a. Define sexual activity, sexual abstinence, sexual orientation, and gender identity.
b. Predict how teasing, bullying, and intolerance related to all aspects of sexuality, development, or physical appearance, can affect one’s health.
c. Demonstrate respect for individual differences in all aspects of sexuality, development, or physical appearance.
<b>3. Explain how appropriate health care can promote personal health.</b>
a. Summarize basic male and female reproductive body parts and their functions.
b. Explain conception and its relationship to the menstrual cycle.
c. Explain how abstinence is the most effective method to prevent pregnancy and the spread of STIs.
d. Explain how the male condom helps prevent pregnancy and the spread of STIs (other contraception methods are in Grade 8 and Grade 10)

<b>II. Component of Healthy Relationships – Analyzing Influences</b>
<b>1. Examine how family influences the health of adolescents.</b>
a. Reflect on family influences related to social behaviors and relationships.
b. Discuss how societal influences affect sexual health practices, behaviors, and interpersonal relationships (e.g., popular culture, media messages, social media, and music videos).
<b>2. Describe how peers influence healthy and unhealthy behaviors.</b>
a. Explain why abstinence from sexual activity is a healthy, safe, and responsible decision for adolescents.
b. Hypothesize how peers affect one’s sexual health practices, behaviors, and relationships.

<b>III. Sexual Orientation – Accessing Information</b>
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Grade 7 Family Life and Human Sexuality

**1. Access research-based information about gender identity, gender expression, and sexual orientation.**

- a. Differentiate between gender identity, gender expression, and sexual orientation.
- b. Communicate respectfully with and about all people.
- c. Advocate to promote dignity and respect for all people.

**VIII. Sexual Orientation**

**1. Demonstrate how to influence and support others to make positive health choices.**

- a. Persuade others to avoid teasing, bullying, or stigmatizing others based on their personal characteristics or aspects of their sexuality.