

Pressure + Consent + Drugs – Sex Family Life curriculum Links Recommended Grade Level 7-12

Objective: To familiarize students with the facts of alcohol, marijuana, pressure and consent.

Students will learn which statements are true and false.

Grade 7

A2.3 Explain the meaning of emotions and describe some common effects of adolescence on a person's emotional life.

A2.4 Describe some inherited and environmental influences on people.

A2.5 Describe some of the strengths and limitations of persons.

B1.2 Recognize and appreciate the contribution of friendship to their growth as persons.

B2.1 Describe three significant aspects of relationships: intimacy, choice, and quality.

B2.4 Recognize and appreciate the need to understand the challenges of friendship and learn from them.

B3.5 Analyze friendship from the perspective of the lessons it provides and of the qualities of healthy relationships.

B3.6 Analyze some early adolescent friendship challenges.

C2.4 Recognize and appreciate that intimate sexual activity exposes young people to serious moral, emotional, and physical harm.

C3.3 Identify and describe the experience of sexual attraction and feelings as aspects of the gift of sexuality.

C3.4 Describe attitudes and behaviours that show respect for the gift of sexuality.

Grade 8

B2.4 Recognize that some stressful situations in friendship can be avoided.

B3.3 Describe the abilities that true friends demonstrate in their friendships.

B3.4 Identify and examine behaviours and attitudes that cause stress in friendship.

C3.1 Examine their present understanding of sexuality.

C3.2 Analyze aspects of the life stage of adolescence: appearance, moods and stress, and sexual activity.

C3.3 Analyze external and internal pressures on young adolescents to become involved at an early age in exclusive male-female relationships.

C3.4 Identify major sexually transmitted infections and some of their consequences.

Grade 9

PF3.2 Analyze why it is important to understand how a wide range of emotions can influence personal decisions, actions, and relationships.

FL1.1 Define chastity as a virtue and express connections between the elements of healthy and unhealthy relationships described in biblical events and their own life experiences.

FL1.3 Identify and explain the elements of healthy relationships in family, in communities and among peers (e.g., the social determinants of health – poverty, mental health and wellness, education; supports for understanding gender identity and sexual orientation) and the threats to healthy relationships (e.g., substance abuse, violence, abuse) and strategies to respond to these threats.

FL3.1 Identify and explain how a wide range of emotions influence personal decisions, actions, and relationships; furthermore, articulate the importance of a healthy positive acceptance of self, with strengths and weaknesses, in living our lives as sexual beings who use decision-making and assertiveness skills which protect and promote chastity.

FL3.3 Identify and explain the key elements of a healthy expression of sexuality and sexual health and examine the threats presented by the reality of pornography, pre-marital sex, contraception, and sexually transmitted infections (STI's).

Grade 10

FL1.1 Articulate the qualities which are essential to the building of healthy relationships, with a particular focus on the positive impact of friendship and intimacy (e.g., emotional, intellectual, work, common-cause, spiritual, aesthetic).

FL1.3 With a basic understanding of natural law, explain what it means to have a healthy and holy sexuality, including a respectful expression of it, and how that connects with a healthy and holy sense of self.

FL1.4 Explain strategies, rooted in Christian principles that can be used to deal with unhealthy relationships.

FL3.2 Explain the factors, responsibilities and commitments that must be considered before engaging in the marriage act (sexual intercourse).

FL3.4 Describe the ways in which human growth is distorted by relationships that involve exploitative, harassing or abusive behaviours (note: anti-bullying behaviour, respectful attitude/behaviour, consent can be examined here as well).

FL3.5 Explore the effects of sexualization and pornography on human growth and healthy living.

Grade 11

FL1.1 Demonstrate an understanding of ways of forming healthy and loving intimate relationships as long-range preparation for marriage and parenthood.

FL1.2 Identify the challenges presented by the encounter of cultures (gender roles, family structure) as it relates to living in relationship.

FL2.1 Explain the importance of personal integration of sexuality and the virtue of chastity in relationships and marriage.

FL2.2 Express ways in which the sacred gift of human sexuality and life itself can be protected from conception until natural death (including a description and moral assessment of relevant cultural issues such as sexuality, family planning, reproductive and genetic technologies, and the impact of STIs on human life and relationships).

FL2.3 Compare the views of various religious traditions with regard to human sexuality (e.g., marriage, divorce, abortion, reproductive technologies).

Grade 12

FL1.2 Describe ways (supported by research and stories of famous friendships in the Bible and Church history) of nurturing friendships and chaste relationships that, in Christ, uphold and celebrate our human dignity as God's daughters and sons.

FL3.2 Describe reliable ways of forming healthy and loving intimate relationships as long-range preparation for Matrimony and parenthood, with skills and strategies needed to help relationships thrive at various stages (e.g., communication skills, coping skills, conflict/resolution strategies).

FL3.5 Explain ways in which the sacred gift of human life, including sexuality, can be protected and nurtured from conception until natural death (including a moral assessment, with Church teaching, of relevant cultural issues such as the sympto-thermal method of natural family planning, expressions of sexuality, reproductive technologies and the impact of STIs on human relationships).