



Changing Lanes 6th Grade Program

Program Description:

Changing Lanes takes participants on an interactive journey that explores the development associated with puberty, the structure and function of the male and female reproductive systems, the menstrual cycle and conception. Subjects such as distinguishing between healthy and unhealthy relationships, effective refusal skills, and the difference between communicable and chronic are all discussed. Additionally, the benefits of abstinence and communication with parents are emphasized throughout the program.

Healthful Living Essential Standards:

<https://www.poehealth.org/wp-content/uploads/2019/08/Changing-Lanes-Essential-Standards-6th-Grade.pdf>

Objectives for Students:

- List physical, emotional, cognitive and social changes that occur during puberty.
- Identify the organs of the female and male reproductive systems and be able to list their functions.
- Define the menstrual cycle, ovulation and fertilization. Emphasis on the relationship between conception and the ovulation-menstrual cycle.
- Discuss the difference between communicable and chronic diseases and determine the modes of transmission and prevention.
- Emphasize the risks of sexual activity.
- Compare and contrast healthy and unhealthy relationships.
- Identify resources for help if they or someone else is in an abusive relationship.
- Discuss the importance of parental involvement and communication.