

Program Description:

Facts of Life addresses the facts of puberty and the male and female reproductive systems so participants can review the menstrual cycle, fertilization, and implantation. Students will discuss the effects of culture, media, and family values on decisions they make. Sexually transmitted infections (including HIV and HPV) are introduced. Methods to prevent sexually transmitted infections are summarized. Facts about what sexual harassment is and learning strategies to being safe are also discussed. The importance of communication with parents, caregivers and trusted adults is discussed. Interactive activities are utilized to reinforce program content.

Healthful Living Essential Standards:

The following Healthful Living Essential Standards clarifying objectives are addressed to varying degrees by this intervention.

<https://www.poehealth.org/wp-content/uploads/2019/08/Facts-of-Life-Essential-Standards-7th-Grade.pdf>

Objectives for Students:

- Review physical, emotional 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
- Discuss the transmission, symptoms and treatment of sexually transmitted infections (STIs), including HIV and HPV
- Discuss the risks of sexual activity
- Identify methods prevent the transmission of STIs
- Identify abstinence as the best method to prevent STIs.
- Think about personal values and how those influence their decisions
- Discuss the importance of parental involvement and communication
- Discuss sexual harassment and strategies to be safe.