



Family Life Education

2022-2023 Scope and Sequence

My Life: Choices Today for a Healthy Tomorrow– Grade 8

My Life: Choices Today for a Healthy Tomorrow Grade 8	OVERVIEW
	<p><i>"The mission of the Family Life Education Department is to provide a medically accurate and age appropriate human development and sexuality education that encourages parent/child communication, promotes abstinence and enables all students to make responsible decisions regarding their health and sexuality."</i></p> <p>Each year, parents of middle school students are given the opportunity to choose a Family Life Education course for their child. The two courses are: MY LIFE: Choices Today for a Healthy Tomorrow, an abstinence-until-marriage course or STEPPING STONES TO BETTER LIVING: Responsible Decisions, an abstinence-based comprehensive course. Parents can also choose to opt their child out of either Family Life Education course.</p>
Links to Parent Resources	
Program Video	Family Life Education Curriculum Information Video (updated 2022)
Student Workbook	My Life 8th Grade Student Workbooks
*Some lessons in grade 8 are divided by biological sex. Dating abuse, sexual harassment and sexual assault will be discussed. Please contact the My Life teacher for accommodations, questions or concerns.	

UNIT	Topics Covered	NORTH CAROLINA STANDARDS
Lesson 1	<ul style="list-style-type: none"> Advantages of Abstinence 	<p>8.ICR.2.1 Recall abstinence as voluntarily refraining from intimate sexual behavior that could lead to unintended pregnancy and disease.</p> <p>8.ICR.2.2 Recall skills and strategies for abstaining from sexual activity outside of marriage.</p>
Lesson 2	<ul style="list-style-type: none"> Human Reproductive System(Male/Female), Conception Fertilization Pregnancy 	<p>8.ICR.2.1 Recall abstinence as voluntarily refraining from intimate sexual behavior that could lead to unintended pregnancy and disease.</p> <p>8.ICR.2.2 Recall skills and strategies for abstaining from sexual activity outside of marriage.</p>
Lesson 3	<ul style="list-style-type: none"> Consequences of NON-abstinence Emotional, Social, Financial, and Physical challenges 	<p>8.ICR.3.1 Explain the health, legal, financial, and social consequences of adolescent and unintended pregnancy and the advantages of delaying parenthood.</p>
Lesson 4	<ul style="list-style-type: none"> Consequences of NON-abstinence Financial cost of teen pregnancy 	<p>8.ICR.3.1 Explain the health, legal, financial, and social consequences of adolescent and unintended pregnancy and the advantages of delaying parenthood.</p>
Lesson 5	<ul style="list-style-type: none"> STI's How STI's are transmitted 	<p>8.ICR.3.1 Explain the health, legal, financial, and social consequences of adolescent and unintended pregnancy and the advantages of delaying parenthood.</p>



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		8.ICR.2.1 Recall abstinence as voluntarily refraining from intimate sexual behavior that could lead to unintended pregnancy and disease.
Lesson 6	<ul style="list-style-type: none">• Culture and Media Influences on Abstinence	8.ICR.1.4 Illustrate communication skills that build and maintain healthy relationships. 8.ICR.1.5 Use decision-making strategies appropriate for responding to unknown people via the Internet, telephone, and face-to-face. 8.ICR.1.6 Recognize resources that can be used to deal with unhealthy relationships.
Lesson 7	<ul style="list-style-type: none">• Healthy and Unhealthy Relationships, Abuse, Harassment, Consent	8.ICR.1.1 Contrast characteristics of healthy and unhealthy relationships for friendships and for dating. 8.ICR.1.2 Identify the reasons that people engage in violent behaviors (bullying, hazing, dating violence, sexual assault, family violence, verbal abuse, sex trafficking) and resources for seeking help. 8.ICR.1.3 Explain the effects of tolerance and intolerance on individuals and society.
Lesson 8	<ul style="list-style-type: none">• Abstinence in Society, Technology and social media dangers, assertive refusal skills	8.ICR.2.1 Recall abstinence as voluntarily refraining from intimate sexual behavior that could lead to unintended pregnancy and disease. 8.ICR.2.2 Recall skills and strategies for abstaining from sexual activity outside of marriage.
Lesson 9	<ul style="list-style-type: none">• Summary, Review, Quiz	