



Family Life Education

2022-2023 Scope and Sequence

My Life: Choices Today for a Healthy Tomorrow— Grade 6

My Life: Choices Today for a Healthy Tomorrow Grade 6	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 6th Grade Student Booklet
*Some lessons in grade 6 are divided by biological sex. Sexual harassment 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"> • Introduction • Goal Setting • Abstinence defined 	<p>6.ICR.2.1 Explain the impact of early sexual activity outside of marriage on physical, mental, emotional, and social health.</p> <p>6.ICR.2.2 Summarize the responsibilities of parenthood.</p>
Lesson 2	<ul style="list-style-type: none"> • Friendship • Decision Making 	<p>6.ICR.1.1 Classify behaviors as either productive or counterproductive to group functioning.</p> <p>6.ICR.1.2 Implement verbal and non-verbal communication skills that are effective for a variety of purposes and audiences.</p> <p>6.ICR.1.3 Use strategies to communicate care, consideration, and respect for others.</p>
Lesson 3	<ul style="list-style-type: none"> • (GIRLS ONLY) Female Reproductive System, Puberty 	<p>6.ICR.3.1 Identify the challenges associated with the transitions in social relationships that take place during puberty and adolescence.</p> <p>6.ICR.3.2 Summarize the relationship between conception and the menstrual cycle.</p>
Lesson 4	<ul style="list-style-type: none"> • (GIRLS ONLY) Male Reproductive System, Human Reproduction 	<p>6.ICR.3.1 Identify the challenges associated with the transitions in social relationships that take place during puberty and adolescence.</p> <p>6.ICR.3.2 Summarize the relationship between conception and the menstrual cycle.</p>



Family Life Education

2022-2023 Scope and Sequence

My Life: Choices Today for a Healthy Tomorrow– Grade 6

Lesson 5	<ul style="list-style-type: none"> (BOYS ONLY) Male Reproductive System, Puberty 	6.ICR.3.1 Identify the challenges associated with the transitions in social relationships that take place during puberty and adolescence. 6.ICR.3.2 Summarize the relationship between conception and the menstrual cycle.
Lesson 6	<ul style="list-style-type: none"> (BOYS ONLY) Female Reproductive System, Human Reproduction 	6.ICR.3.1 Identify the challenges associated with the transitions in social relationships that take place during puberty and adolescence. 6.ICR.3.2 Summarize the relationship between conception and the menstrual cycle.
Lesson 7	<ul style="list-style-type: none"> Technology Safety Sexual Harassment Abuse 	6.ICR.1.3 Use strategies to communicate care, consideration, and respect for others. 6.ICR.2.3 Use effective refusal skills to avoid negative peer pressure, sexual behaviors, and sexual harassment. 6.ICR.2.4 Use resources in the family, school, and community to report sexual harassment and bullying. 6.ICR.2.5 Summarize strategies for predicting and avoiding conflict. 6.ICR.2.7 Explain the signs of an abusive relationship and access resources for help.
Lesson 8	<ul style="list-style-type: none"> Communication 	6.ICR.1.2 Implement verbal and non-verbal communication skills that are effective for a variety of purposes and audiences. 6.ICR.1.3 Use strategies to communicate care, consideration, and respect for others. 6.ICR.2.4 Use resources in the family, school, and community to report sexual harassment and bullying. 6.ICR.2.5 Summarize strategies for predicting and avoiding conflict. 6.ICR.2.6 Design nonviolent solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts. 6.ICR.2.7 Explain the signs of an abusive relationship and access resources for help.
Lesson 9	<ul style="list-style-type: none"> Summary, Review, Quiz 	