

## **Asitia Abstinence Education Program**

### **Curriculum Overview**

#### **Sixth Grade**

Sixth graders are introduced to the physical and emotional stages of male and female puberty to prepare them for their future roles as equally valued partners in the marital relationship. Vocabulary word games emphasize key concepts of abstinence, communication, commitment, trust, respect, and marriage. Interactive role-play examines the dynamics of peer pressure and teaches standard setting as well as refusal skills. Also included is a brief introduction to sexually transmitted diseases.

#### **Daily Lesson Focus/Goals**

##### **Introduction/Importance of Families**

- Students will be introduced to the overall course.
- Students will learn the definitions of vocabulary words.
- Students will be introduced to the roles of mother and father.

##### • **Puberty**

- Students will be able to understand the biological facts of puberty.
- Students will be able to understand that the media often gives them a false view of how their bodies should look and how males and females should behave.

##### • **Pressures/Boundaries**

- Students will learn to recognize negative pressure and its effects on relationships with peers, family and society.
- Students will learn the importance of setting boundaries.
- Students will learn to recognize “double messages.”

##### • **Sexually Transmitted Diseases**

- Students will identify the health risks inherent in casual sexual behavior.
- Students will examine the relationship between refusal skills and positive lifestyle choices.

##### • **Jeopardy Game**

- Students will review the information learned throughout the week.
- Students will be challenged to take this information and apply it to their lives.

The Asitia Abstinence Education program is provided by the Pregnancy Support Center, 745 S. Church Street, Suite 801, Murfreesboro, TN 37130. If you have any questions, please contact us at 867-3900.