

# WeldWAITS Curriculum Mapping

Scope and Sequence developed to meet the local needs of Weld County School Districts



## 5th Grade



Grade Level Expectations: Understand the physical, mental, emotional and social changes that occur during puberty. Describe the human reproductive system.

## 6th Grade



Grade Level Expectations: Identify qualities of healthy relationships. Recognize the importance of boundaries. Demonstrate refusal skills. Acknowledge the connection between feelings and actions.

## 7th Grade



Grade Level Expectations: Acknowledge internal (personality styles, family, experiences) and external (peers, media, society) factors that influence decision-making. Understand the concept of dating and how internal and external factors contribute to healthy and unhealthy relationships.

## 8th Grade



Grade Level Expectations: Recognize the benefits of delayed sexual onset. Develop strategies to resist sexual pressures. Compare and contrast healthy and unhealthy dating relationships. Understand components to successfully navigate dating relationships.

## High School



Grade Level Expectations: Summarize the difference between risk avoidance and risk reduction. Identify what qualifies as consent. Define STIs and describe the signs and symptoms of STIs. Understand strategies to make healthy decisions about relationships and sexual health.

- Puberty and Hygiene
- Reproductive Systems

- Importance of Healthy Friendships
- Personal Power
- Draw the Line
- Speak the Line

- Personality Styles
- Crushes, Infatuation, Love
- Media Influences
- Parental Involvement (Homework)
- Optional--WiseChoices DVD (HIV Education)

- BITT of Advice
- Steps of Physical Intimacy
- Grooming and Unhealthy Relationships

- Road Trip--
  - Sexually Transmitted Infections
  - Protection (Contraception)
  - Strategies for informed dating

This curriculum is still in the development stage...

# WeldWAITS Outcomes

WW lessons align with Colorado Academic Standards--  
Healthy Relationships, Sexual, and Reproductive Health

## 5th Grade

Students will:

- Identify the parts and functions of the reproductive system
- Discuss the changes that take place during puberty
- Discuss the importance of good physical hygiene

## 6th Grade

Students will:

- Learn about the four basic keys of personal power
- Practice naming feelings and emotions and recognize the difference between having feelings and acting on them
- Discuss the value in accepting responsibility
- Learn how choices affect future outcomes
- Brainstorm ways to celebrate making successful choices
- Determine the qualities of a good friend
- Establish the difference between healthy friends and unhealthy friends
- Strategize ways to make and be a healthy friend
- Describe the benefits of healthy friendships
- Define the concept and need for personal boundaries
- Personalize boundaries in their own life
- Discuss how peer pressure can affect boundaries
- Learn skills for communicating boundaries
- Practice refusal skills using the "NICE" technique
- Discuss the importance of respecting boundaries of others
- Identify parts and functions of the reproductive system
- Discuss changes that take place during puberty
- Discuss the importance of good physical hygiene

## 7th Grade

Students will:

- Identify personality style and learn to appreciate the differences in others
- Determine the strengths and weakness in each personality style
- Learn about effective communication strategies for interacting with people in each personality style
- Understand how to handle difficult relationships because of different personality styles
- Discover the influences of media
- Discuss the positives and negatives of social media (sexting optional)
- Learn tips for healthy media usage
- Discuss the differences between crushes, infatuation and love
- Understand qualities of healthy relationships
- Learn 4 types of love
- Discuss what dating is, why people date, age to date, qualities to look for in a person you might date
- Learn about the dating steps and what is appropriate for 7th grade
- Realize the importance of respecting the age and boundaries that their parents/trusted adult establish for them regarding dating

## 8th Grade

Students will:

- Discuss personal expectations in relationships
- Evaluate personal boundaries and learn practical ways to strengthen boundaries
- Learn about the importance of good communication skills and spending quality time with people to develop healthy relationships
- Learn definition of and types of grooming
- Discuss consequences of grooming or being groomed
- Understand the cycle of violence and types of abuse
- Review strategies for developing healthy relationships and preventing unhealthy relationships
- Discuss definition of intimacy and the physical steps of intimacy
- Understand certain actions that can increase risk of STIs
- Personalize own boundaries
- Discuss and practice refusal skills

## High School

Students will:

- Explain the physical, mental, emotional, social, spiritual, and financial consequences of early sexual activity
- Realize the benefits of delayed sexual onset
- Compare healthy and unhealthy dating relationships
- Understand the choice to abstain from sexual activity can occur at any point in time, even after having engaged in sexual activity
- Recognize the components of consent
- Analyze the effectiveness and side-effects of FDA approved methods of contraception and condoms
- Explain the increased risk of sexual activity when using alcohol and other drugs
- Understand the connection between being future-focused and making good decisions now
- Describe the signs, symptoms, and long-term complications of common STIs
- Discuss transmission and prevention of STIs
- Explain information regarding locations for testing and treatment