

oh⁴m for seventh grade

Curriculum for Sexual Risk Avoidance (SRA) in RCS Middle School Intro to Social Health Classes

PREFACE: SRA education is focused on helping students achieve optimal health...which is a balance of physical, mental and social well-being. It is based on a recognized and often used public health model known as “primary prevention” or “risk avoidance.” **oh⁴m** (*Optimal Health for Me*) is an SRA program for students that follows guidelines as outlined by the State of Tennessee. The program promotes sexual risk avoidance and teaches vital life skills that empower young people to identify healthy and unhealthy relationships, appreciate the importance of family and friends, set goals, make healthy life decisions, understand sexually transmitted diseases, and build character.

COURSE DESCRIPTION: This curriculum was specifically developed to correlate with portions of curriculum standards issued by the Tennessee State Board of Education and followed by Rutherford County Schools. The curriculum consists of five lessons for each grade level encompassing Introduction to Social Health standards (Lifespan Development, Healthy Relationships & Communications) along with Health Education standards (PW.6; MESH.3, .4, .5, .7, .8, .9; SP.1, .5, .6, SP.7; HGD.1, .2, .3, .4, .5, .8, .9, .10, .11, .12, .13, .14, .15, .16, .17; and SUA.5, .6) empowering teens to make healthy lifestyle choices. Seventh grade is about the story of the students’ lives and creating long range goals. Students will be able to dream, plan out and eventually live out the story of a life based on good healthy choices. Conversely, they will see that moving away from goals is also a process of moving away from their dreams. Interactive role-play reinforces the lessons.

Seventh Grade Lesson 1 >> Guard Your Heart <i>mental + social well-being</i>	
Discussion of characteristics in a good dating relationship + a good marriage relationship - which are very similar. Healthy relationships begin with knowledgeable choices made early.	
<i>students will:</i>	<ul style="list-style-type: none"> > identify emotional ups and downs of dating > examine how their heart and eventually their life story will be impacted by choices they are beginning to make
Seventh Grade Lesson 2 >> Dream BIG <i>mental + social well-being</i>	
Develop a plan for the next five years leading up to a dream life 20 years down the road, which include temptations and how to get out of those situations. Learning that there are things that will get in the way of their dream life.	
<i>students will:</i>	<ul style="list-style-type: none"> > project a “happily ever after” for your life and plan how to get there > learn that there are things that will get in the way of their dream life > discuss those things that will lure you away from a dream life and how to refuse those things
Seventh Grade Lesson 3 >> STDs <i>physical well-being</i>	
Presentation of the most common sexually transmitted viral and bacterial diseases (including HIV), how they affect the body and how to avoid them.	
<i>students will:</i>	<ul style="list-style-type: none"> > review the male and female reproductive systems > determine risk on their life of being sexually active > identify modes of transmission, signs and symptoms, and treatment of STDs
Seventh Grade Lesson 4 >> Social Media Messages <i>mental + social well-being</i>	
Media influences our lives, but with awareness of what’s being shown in media, you can be in control of your life without having to “give in.”	
<i>students will:</i>	<ul style="list-style-type: none"> > determine prevalence of media and ways in which they are influenced by it > learn about different social media platforms along with hazards of each
Seventh Grade Lesson 5 >> Wedding Customs <i>mental + social well-being</i>	
Identify rites of passage in life. Empower students to greet each passage knowledgeable. Presentation to include discussion of symbolism along with character traits important to a healthy marriage relationship.	
<i>students will:</i>	<ul style="list-style-type: none"> > participate in a mock wedding, discuss rituals and symbolism, and examine meaning of vows > use critical thinking skills to material presented during the week to choose avoidance or not

