



330 Mount Laurel Road • Mount Laurel, NJ 08054 • Phone: 856-235-3387 • Fax: 856-235-1837  
www.mtlaurelschools.org

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Dear Parents and Guardians,

Attached you will find an outline of the *Family Life* curriculum currently approved for use in our schools and mandated by the New Jersey Department of Education.

The attached outline lists the topics regarding wellness and human relationship and sexuality that will be introduced in each grade. You may wish to examine and discuss this information prior to its instruction at school. The curriculum guide is currently available on the district website. The principal at your child's school will also be able to answer any questions you may have about how this program is implemented in your child's classroom.

As per NJ Statute 18A:35-4.7, parents or guardians who believe that any part of this program is in conflict with their conscience or sincerely held moral or religious beliefs may have their child excused from that portion of the course. A signed statement should be sent to your child's principal. There will be no penalties as to grade, credit or graduation for opting out of this portion of Health Education.

Sincerely,

*Nicole Ferrante*

Nicole Ferrante  
Curriculum Supervisor



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## Wellness & Human Relationships AND Sexuality Within Health Units K-8

<p><b>Kindergarten</b></p>	<p><b><u>Unit 1: Personal Growth &amp; Development</u></b> Students learn healthy habits, such as hand-washing and appropriate hygiene. Students will learn to identify basic body parts, such as head: eyes, nose, mouth, ears, body: chest, shoulders, back, abdomen, hips; extremities: arms, elbows, hands, fingers, legs, knees, ankles, feet, toes. They will learn ways to identify their emotions and cope with stress.</p> <p><b><u>Unit 2: Healthy Living</u></b> Students learn about health-enhancing behaviors: food, sleep, appropriate (to the weather) dress, hygiene, physical activity, use of the bathroom/toileting.</p> <p><b><u>Unit 3: Community Health Services:</u></b> Students learn how to identify trusted individuals in the community, at school and at home who can help them when they need it.</p>
<p><b>Grade 1</b></p>	<p><b><u>Personal Growth and Development:</u></b> Students learn to identify and manage four basic emotions: happy, sad, angry, worried/nervous.</p> <p><b><u>Healthy Living:</u></b> Students learn about the use of medication/drugs and how they can be helpful or harmful.</p> <p><b><u>Social and Sexual Health:</u></b> Students learn that living things have the capability to reproduce and will identify the offspring of various animals, such as a baby for a human, a calf for a cow, etc. Students discuss how parents take care of their offspring. Students learn about the qualities of healthy family and social relationships.</p> <p><b><u>Community Health &amp; Services</u></b> Students discuss basic human emotions and what individuals they can go to for support, such as guidance counselor, nurse, etc.</p>
<p><b>Grade 2</b></p>	<p><b><u>Personal Growth &amp; Development:</u></b> Students learn to define well and wellness and that physical activity will help with wellness. Students revisit the body parts taught in kindergarten and the teacher teaches them that some people have a penis and some have a vagina.</p> <p><b><u>Healthy Living:</u></b> Students learn about the effects of malnutrition, tobacco, drug and alcohol abuse.</p> <p><b><u>Social and Sexual Health:</u></b> Students learn about ways that individuals express themselves, including gender roles and stereotypes. They will also learn about different family structures, including those of their peers in the class. Students also learn about healthy ways to disagree and manage conflict as well as avoiding bullying.</p> <p><b><u>Community Health &amp; Services:</u></b> Students learn about personal boundaries and ways to identify child abuse. Students learn about ways that climate change impacts health and wellbeing.</p>
<p><b>Grade 3</b></p>	<p><b><u>Unit: Emotional Health-</u></b> Self management skills for recognizing, coping, and expressing emotions</p> <p><b><u>Unit: Social Health-</u></b> Potential impact of gender stereotypes, the impact of family on</p>



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	a developing child, and how to identify bullying, teasing and harassment
<b>Grade 4</b>	<p><b><u>Unit: Emotional Health-</u></b> Resilience and coping practices, as well as the impact family has on the physical, social and emotional health of a child</p> <p><b><u>Unit: Family Life-</u></b> The physical, social, and emotional changes during puberty including menstruation</p>
<b>Grade 5</b>	<p><b><u>Unit: Mental Health-</u></b> How mental health can impact one’s overall wellness</p> <p><b><u>Unit: Puberty, Human Sexuality, and Reproduction-</u></b> Relationship between sexual intercourse and human reproduction, range of ways pregnancy can occur, differentiate between sexual orientation and gender identity, and characteristics of healthy versus unhealthy relationships among friends and with family members</p>
<b>Grade 6</b>	<p><b><u>Unit: Emotional Health &amp; Community Services-</u></b> Coping with different types of mental, psychological, and emotional situations</p> <p><b><u>Unit: Health &amp; Belonging-</u></b> Differentiate between gender identity, gender expression and sexual orientation, promote dignity and respect for people of all genders, gender identities, gender expressions, and sexual orientations, human reproductive systems, the external and internal body parts and their functions, and the natural variations that exist in human bodies</p>
<b>Grade 7</b>	<p><b><u>Unit 3: Digital Safety-</u></b> Assessing risk in a variety of situations including digital safety, sexting the importance of consent, and other potential threats of violence. Strategies to use social media safely, legally, and respectfully. The impact of technology and social media on relationships (e.g., consent, communication, respect).</p>
<b>Grade 8</b>	<p><b><u>Unit 1: Social &amp; Sexual Health-</u></b> Relationships are influenced by a wide variety of factors, individuals, and behaviors. Healthy vs unhealthy relationships; friendships, romantic relationships, sexual relationships. Definitions of vaginal, oral, and anal sex. Contraception and reducing or eliminating the risk of unintended pregnancy or STIs. Federal and state laws and community resources related to consent, child pornography, sexting, sex trafficking.</p> <p><b><u>Unit 3: Pregnancy &amp; Parenting-</u></b> The human reproductive system including internal and external body parts and their functions. The stages of pregnancy. Prenatal practices that support health pregnancy and where to find accurate sources of information. Challenges faced by adolescent parents and their families. Inclusion of parenting resources.</p>