

Appendix F. 6th Grade Nu-CULTURE Content and Corresponding National and State Standards in Health and Sexuality Education

Nu-CULTURE SESSION	NATIONAL STANDARD*	MASSACHUSETTS[†] STATE STANDARD	STATE STANDARD
6.1: Introduction to Healthy Futures; Understanding Qualities of a Good Friend and Positive Personal Character Traits	PD.8.DM.1 Demonstrate the use of a decision-making model and evaluate possible outcomes of decisions adolescents might make.	<i>4.1: Reproduction/Sexuality</i> Identify components, functions, and processes of the reproduction system. <i>4.3: Reproduction/Sexuality</i> Define sexual orientation using the correct terminology. <i>4.5: Reproduction/Sexuality</i> Recognize the emotional and physical changes as related to the reproductive system during puberty. <i>4.11: Reproduction/Sexuality</i> Identify the stages of the male and female reproductive systems over the life cycle. <i>4.12: Reproduction/Sexuality</i> List the signs of pregnancy. <i>5.5: Mental Health</i> Explain and practice a model for decision-making that includes gathering information, predicting outcomes, listing advantages and disadvantages, identifying moral implications, and evaluating decisions. <i>5.9: Mental Health</i> Describe the relationships among physical appearance, changes in the body, self-concept, and esteem. <i>7.3: Interpersonal Relationships</i> Describe the concept of friendship and contrast qualities that strengthen or weaken a friendship.	

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6.1: Introduction to Healthy Futures; Understanding Qualities of a Good Friend and Positive Personal Character Traits (<i>Continued</i>)		<i>7.6: Interpersonal Relationships</i> Explain how peer pressure influences choices and apply strategies for managing negative peer pressure and encouraging positive peer pressure. <i>7.7: Interpersonal Relationships</i> Recognize the positive contribution of character traits to relationships, the benefit to relationships, which include understanding and respecting individual difference, and the detrimental effect of prejudice on individual relationships. <i>7.16: Interpersonal Relationships</i> Explain the importance of responsibility and character traits such as love, respectfulness, generosity, kindness, and forgiveness in committed relationships.	

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6.2: Puberty, Anatomy, and Reproduction	AP.8.CC.1 Describe the male and female sexual and reproductive systems including body parts and their functions. PD.8.CC.1 Describe the physical, social, cognitive, and emotional changes of adolescence. PD.8.DM.1 Demonstrate the use of a decision-making model and evaluate possible outcomes of decisions adolescents might make. PR.8.CC.1 Define sexual intercourse and its relationship to human reproduction. PR.8.CC.2 Define sexual abstinence as it relates to pregnancy prevention.	1.7: <i>Growth and Development</i> Explain the functions of the human body systems and how body systems work together. 1.8: <i>Growth and Development</i> Describe the influence of health habits on growth and development. 4.1: <i>Reproduction/Sexuality</i> Identify components, functions, and processes of the reproduction system.	

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6.3: Gender Reflection, Emotional Needs, Identity, and Self-Concept	PD.8.DM.1 Demonstrate the use of a decision-making model and evaluate possible outcomes of decisions adolescents might make.	5.15: <i>Mental Health</i> Describe the influence of gender on identity and self-concept. 5.3: <i>Mental Health</i> Define character traits such as honesty, trustworthiness, self-discipline, respectfulness, and kindness, and describe their contributions to identity, self-concept, decision-making and interpersonal relationships. 5.7: <i>Mental Health</i> Identify and describe the experience of different feelings (such as elation, joy, grief, and rage) and how feelings affect daily functioning.	

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6.4: Interpersonal Interactions and Romantic Relationships	PD.8.DM.1 Demonstrate the use of a decision-making model and evaluate possible outcomes of decisions adolescents might make. HR.8.CC.3 Analyze the similarities and differences between friendships and romantic relationships. HR.8.CC.4 Describe a range of ways people express affection within various types of relationships.		

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6.5: Healthy Relationships with Family and Peers	PD.8.DM.1 Demonstrate the use of a decision-making model and evaluate possible outcomes of decisions adolescents might make. HR.8.CC.1 Compare and contrast the characteristics of healthy and unhealthy relationships.	5.3: <i>Mental Health</i> Define character traits such as honesty, trustworthiness, self-discipline, respectfulness, and kindness, and describe their contributions to identify, self-concept, decision-making and interpersonal relationships.	

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6.5: Healthy Relationships with Family and Peers (Continued)	HR.8.CC.3 Analyze the similarities and differences between friendships and romantic relationships. HR.8.CC.4 Describe a range of ways people express affection within various types of relationships. HR.8.IC.1 Demonstrate communication skills that foster healthy relationships. HR.8.SM.1 Explain the criteria for evaluating the health of a relationship.	5.7: <i>Mental Health</i> Identify and describe the experience of different feelings (such as elation, joy, grief, and rage) and how feelings affect daily functioning. 6.4: <i>Family Life</i> Identify what parents do to provide a safe, healthy environment for their children. 6.15: <i>Family Life</i> Identify character traits (such as love, respectfulness, generosity, kindness and forgiveness) and describe the development of good character, including the role of parents and family in the moral development of children. 7.2: <i>Interpersonal Relationships</i> Apply both verbal and non-verbal communication skills to develop positive relationships and improve the social environment of the school. 7.11: <i>Interpersonal Relationships</i> Contrast the emotional impact on long-term relationships of positive communication (such as active listening, praise, and humor) with negative communication (such as teasing, name calling, and bullying). 7.16: <i>Interpersonal Relationships</i> Explain the importance of responsibility and character traits such as love, respectfulness, generosity, kindness, and forgiveness, in committed relationships.	

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6.6: Abstinence and Developing Refusal Skills	PD.8.DM.1 Demonstrate the use of a decision-making model and evaluate possible outcomes of decisions adolescents might make. PR.8.CC.2 Define sexual abstinence as it relates to pregnancy prevention. PR.8.IC.1 Demonstrate the use of effective skills to support one's decision to abstain from sexual behaviors. PR.8.DM.1 Apply a decision-making model to various sexual health decisions.	5.1: <i>Mental Health</i> Identify the various feelings that most people experience and describe the physical and emotional reactions of the body to intense positive and negative feelings. 5.5: <i>Mental Health</i> Explain and practice a model for decision-making that includes gathering information, predicting outcomes, listing advantages and disadvantages, identifying moral implications, and evaluating decisions. 5.19: <i>Mental Health</i> Explain positive techniques for handling difficult decisions. 7.6: <i>Interpersonal Relationships</i> Explain how peer pressure influences choices and apply strategies for managing negative peer pressure and encouraging positive peer pressure. 9.5: <i>Safety and Prevention</i> Demonstrate the use of assertive behavior, refusal skills, and actions intended for personal safety.	

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6.7: Conflict Resolution Skills; Sexual Abuse and Cyber Assault	HR.8.IC.1 Demonstrate communication skills that foster healthy relationships. PS.8.CC.1 Describe situations and behaviors that constitute bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, and dating violence. PS.8.AI.1 Identify sources of support such as parents or other trusted adults that they can go to if they are or someone they know is being bullied, harassed, abused or assaulted. PS.8.SM.1 Demonstrate ways to communicate with trusted adults about bullying, harassment, abuse or assault. PS.8.SM.1 Describe ways to treat others with dignity and respect. PS.8.ADV.1 Advocate for safe environments that encourage dignified and respectful treatment of everyone. PS.8.CC.2 Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, and dating violence and why they are wrong. PD.8.SM.2 Demonstrate ways they can respond when someone is being bullied or harassed.	6.7: <i>Family Life</i> Describe those one can trust or turn to for help when needed. 9.4: <i>Safety and Prevention</i> Describe safe, unsafe, and inappropriate touch. 9.10: <i>Safety and Prevention</i> Recognize sexual abuse and child abuse and how to get help. 11.1: <i>Violence Prevention</i> Describe some of the ways young children can be intentionally helpful and hurtful to one another. 11.6: <i>Violence Prevention</i> Identify social and emotional consequences of harassment. 11.10: <i>Violence Prevention</i> Explain the signs of abuse in relationships and identify available resources in schools and the local community.	

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6.7: Conflict Resolution Skills; Sexual Abuse and Cyber Assault (<i>Continued</i>)	PD.8.DM.1 Demonstrate the use of a decision-making model and evaluate possible outcomes of decisions adolescents might make. PS.8.CC.3 Explain that no one has the right to touch anyone else in a sexual manner if they do not want to be touched. PS.8.CC.4 Explain why a person who has been raped or sexually assaulted is not at fault. HR.8.INF.2 Analyze the impact of technology and social media on friendships and relationships. HR.8.SM.2 Describe strategies to use social media safely, legally, and respectfully.		

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6.8: Review Topics and Discuss Lessons Learned	PD.8.DM.1 Demonstrate the use of a decision-making model and evaluate possible outcomes of decisions adolescents might make.		

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