

**CHERRY HILL PUBLIC SCHOOLS**  
Cherry Hill, New Jersey

**COURSE OUTLINE – 12<sup>TH</sup> GRADE HEALTH**

**I. GENERAL INFORMATION**

- a) **Title: 12<sup>th</sup> Grade Health Education**
- b) **Grade Level: Twelve (Required)**
- c) **Prerequisite: Seniors**
- d) **Credits: 2.5 Credits**
- e) **Approval Date: 6/89, revised 1995**
- f) **Written: Bob Hulme, Ira Kosloff, Phil Frank**
- g) **Revised 1999: Robert Adelizzi, Phil Frank, Sandy Kowal, Sue Schooley**

**II. PURPOSE**

**a. Description**

**In this course, the student is exposed to an in-depth study of the family in American Society. The student is familiarized with the many possible situations and responsibilities in which today's family is involved. The course is made more varied through contributions of various outside speakers who help broaden the scope of the student's experience. The classes are co-educational.**

**b. Course Goals**

- 1. To be aware of the need for each individual to assume responsibility in promoting and maintaining the American Family as it exists today. Standard 2.1.15-20; 2.2.12-17; 2.3.12-18; 2.4.14-20; 2.6.10, 12**
- 2. To understand and appreciate the factors that better prepare a young couple for their future together. 2.1.15-20; 2.2.12-20; 2.3..12-18; 2.4.14-20; 2.6.10,12**
- 3. To establish an awareness of the community organizations that are available to help resolve problems that are facing today's family. 2.1.17,18,20; 2.3.13,16,17**
- 4. To be aware of the needs to solve the many dilemmas that tend to disrupt the integrity of today's family. 2.1.15-20; 2.2. 12-17; 2.3.12-18; 2.4 14-20; 2.6.10,12**
- 5. To be better prepared to meet the challenges of the modern marriage, marriage alternatives and/or life variations. 2.1.15-20; 2.2.12-17; 2.3.12-18; 2.4.14-20; 2.6.10, 12**
- 6. To be prepared to handle decision making situations effectively and critically based on the understanding of family life problems. 2.1.15-20; 2.2.12-17; 2.3.12-18; 2.4.14-20; 2.6.10,12**
- 7. To discuss the roles of health professionals in the prevention, care and treatment of the individual, community, and worldwide health problems. 2.1, 18, 20; 2.3.16; 2.4.20; 2.6.10,12**

**III. STUDENT OBJECTIVES**

**a. Content – 2.1; 2.2; 2.3; 2.4; 2.6**

- 1. History of the Family**
- 2. Function of the Family**
- 3. Cohabitation**
- 4. Singleness**
- 5. Related Vocabulary**

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### **b. Skills 2.1; 2.2; 2.3; 2.4; 2.6**

- 1. Be informed of the various sides of an issue so as to be better prepared to make personal decisions.**
- 2. Take part in discussions and share options on family life issues.**
- 3. Be able to recognize major social problems and have an educated opinion.**
- 4. Identify and compare contrasts in life styles and cultures.**

### **c. Affective 2.1; 2.2; 2.3; 2.4; 2.6**

- 1. To establish a value system for one family life**
- 2. To promote a better understanding of cultural differences**
- 3. To be respectful of the differences in people, their backgrounds and status**

### **d. Careers 2.1.17, 18, 20; 2.3.13, 16, 17; 2.4.20; 2.6.10.12**

- 1. Be exposed to professional and lay people – with a wide variety of experiences and Skills**
- 2. Learn how to deal with differences, male/female, in the family structure**

## **IV. COURSE OUTLINE (Family Life Education); (205 minutes a week for 18 weeks)**

### **A. The Family in American Society**

#### **1. Content**

- a. History of the Family**
- b. Function of the Family**
- c. Cohabitation**
- d. Singleness**
- e. Related Vocabulary**
- 2. Guest Speakers**
  - a. Priest, Rabbi, Minister**
  - b. Topic – “Views on the Family and Marriage”**

### **B. The Nature of Love**

#### **1. Content**

- a. Growing Toward Maturity**
  - 1. Dating**
  - 2. Social Change**
- b. Rate of Maturity**
  - 1. Experiences**

#### **2. Knowledge**

#### **3. Values**

### **c. Sexual Maturity and Growth Patterns**

- 1. Physical Attractiveness**
- 2. Acquiring Skills**
- 3. Gender Identity**

### **d. Love vs. Infatuation**

- 1. Petting/Dating**
- 2. Types of Love**
- 3. Self-Evaluation**
- 4. Misconceptions Concerning Love**

### **e. Role Expectations**

- 1. Freedom of Choice**
- 2. Double Standards**
- 3. Why do People Marry**

### **2. Instructional Material**

- a. Film - \* “Make Believe Marriage”**

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- C. Preparation for Marriage**
  - 1. Content**
    - a. Reasons for Marriage
    - b. Responsibilities of Marriage
    - c. Factors Which Influence the Success of Marriage
    - d. Engagement
    - e. Pre-Marital Examination
    - f. Planning the Wedding
    - g. Sexual Intercourse
      - 1. Standards
      - 2. Trends
      - 3. Problems
    - h. Risks and Consequences (Male and female)
      - 1. Paternity
      - 2. Protection
      - 3. Pregnancy
    - i. Related Vocabulary
  - 2. Guest Speakers**
    - a. American Cancer Society
    - b. Topic – “Breast and Testicular Cancer”
- D. Marriage**
  - 1. Content**
    - a. Characteristics of a Successful Marriage
    - b. Types of Homes
    - c. Social and Emotional Problems
    - d. Alternative Life Style Choices
      - 1. Homosexuality
      - 2. Rejecting Marriage
      - 3. Common-Law
      - 4. Communal Living
      - 5. Sexual Variances
    - e. Mixed Marriages
    - f. Nationality Differences
    - g. Interfaith Marriage
    - h. Social Climate
    - k. Related Vocabulary
  - 2. Guest Speakers**
    - a. Marriage Counselor: “Dealing with Problems in Marriage:
    - b. Division of Youth and Family Services “Abuse in the Family”
    - c. Psychologist/Psychiatrist: “Suicide in our Society”
- E. Conception to Birth**
  - 1. Content**
    - a. Review reproduction
    - b. Birth Control and Fertility (Menstrual Cycle)
  - c. S.T.D. (Sexually Transmitted Diseases)**
    - 1. Syphilis
    - 2. Gonorrhea
    - 3. Herpes
    - 4. Others
  - d. AIDS**
    - 1. What is AIDS
    - 2. How is the AIDS virus spread
    - 3. Who can get AIDS
    - 4. Who had AIDS now
    - 5. Will all people infected by the virus get AIDS
    - 6. Preventing AIDS
  - e. Pregnancy**
  - f. Methods of Contraception**
    - 1. Oral Contraception
      - a. Side Effects
      - b. Thromboembolic Diseases
      - c. Benefits
    - 2. Intrauterine Device (IUD) and (ICUD)
    - 3. Diaphragm
    - 4. Condoms
    - 5. Spermicide
    - 6. Safe periods (Rhythm)
    - 7. Withdrawal
    - 8. Sterilization
    - 9. Abstinence
  - g. Abortion and Alternatives**
    - 1. Pro-Choice Issues
    - 2. Pro-Life Issues
    - 3. Types of Abortions
      - a. Spontaneous
      - b. Therapeutic
      - c. The Law/Abortions
  - h. Childbirth**
  - i. Adoption**
  - j. Artificial Insemination**
  - k. Related Vocabulary**
  - 2. Guest Speakers**
    - a. Pro-Life
    - b. Pro-Choice
    - c. Lamaze Childbirth
    - d. Birth Defects
    - e. Golden Cradle
    - f. Mid-Wife
    - g. Planned Parenthood – Methods of Contraception” and “S.T.D.’s”
    - h. Gynecologist- “Normal Delivery”
    - i. Division of Youth and Family Services - Placing the Unwanted Child

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### F. The Family in Today's Society

#### 1. Content

- a. Economic Factors
- b. Living with In Laws
- c. Sources of Family Unity
- d. Sources of Family Disunity
- e. Marital Quality
- f. Marital Stability
- g. Resolution of Conflict
- h. Martial Adjustment
  1. Behavior
  2. Respect
  3. Sharing
  4. Honesty
  5. Leisure Time
  6. Motivation
- i. Related Vocabulary

#### 2. Guest Speakers

- a. Insurance Representative
- b. Spouse Abuse
- c. Suicide
- d. Married Couples
- e. Sex Therapist Research

### G. Raising Children

#### 1. Content

- a. Planned Families
- b. Choosing an Obstetrician
- c. Mutual Agreements in Rearing Children
- d. The Handicapped Child
- e. The Absentee Parent
- f. The Working Parent (s)
- g. Family Interaction
- h. Transistion to Parenthood
- i. Development to the Family Concept
- j. Related Vocabulary

### G. After High School

#### 1. Content

- a. College Life
  - b. working
  - c. Travel
  - d. Related Vocabulary
- #### 2. Guest Speakers
- a. College Students
  - b. Former Class Members

### I. Beyond Marriage

#### 1. Content

- a. Marital Problems
  - b. Divorce
  - c. Children and Divorce
  - d. Divorce Law (New Jersey)
    1. No-Fault
    2. Adversary System
    3. Divorce Attorney
    4. Annulment
    5. Separation
  - e. Rape
    1. Forced
    2. Statutory
    3. Accusation of Paternity
    4. Unwanted Pregnancy
    5. Dating
- #### 2. Guest Speakers
- a. Police Detective "Rape Prevention"
  - b. Divorce Attorney
  - c. Marriage Counselor
  - d. Spouse Abuse
  - e. Child Abuse
  - f. Drug and/or Alcoholic Rehabilitaion
  - g. Gamblers Anonymous
  - h. Drug Reform Act

## V. INSTRUCTIONAL MATERIALS (All materials deal with Family Life Education)

### a. Films

1. "Rape: A Preventive Inquiry" – Willingboro Police Department
2. "Normal Delivery" – N.J. State Film Library
3. "Make Believe Marriage"
4. "Condom Sense"
5. "The Pink Triangle" (rental film)
6. "How Do You Know When You Are In Love"

### b. Filmstrips

1. "The Truth About AIDS" – Educational Dimensions