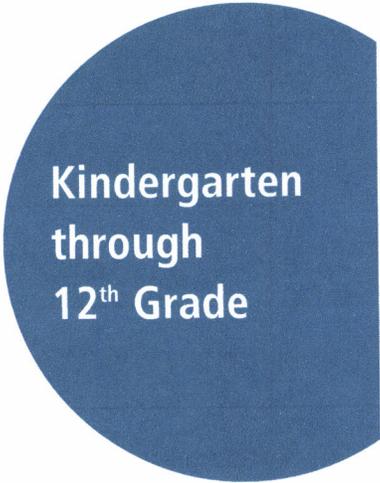


Guidelines

for Comprehensive Sexuality Education

3RD EDITION



Kindergarten
through
12th Grade

NATIONAL GUIDELINES TASK FORCE

Montana Family Foundation
HB 239

Key Concept 1:

Human Development

Human development is characterized by the interrelationship between physical, emotional, social, and intellectual growth.

Human Development Life Behaviors:

Having applied the human development subconcepts at the appropriate age, the learner will be able to:

- Appreciate one's own body.
- Seek further information about reproduction as needed.
- Affirm that human development includes sexual development, which may or may not include reproduction or sexual experience.
- Interact with all genders in respectful and appropriate ways.
- Affirm one's own sexual orientation and respect the sexual orientations of others.
- Affirm one's own gender identities and respect the gender identities of others.

Topic 1: Reproductive and Sexual Anatomy and Physiology

Subconcept: The human body has the capability to reproduce as well as to give and receive sexual pleasure.

Level 1

middle childhood,
ages 5 through 8;
early elementary school

Level 2

preadolescence,
ages 9 through 12;
upper elementary school

Level 3

early adolescence,
ages 12 through 15;
middle school/
junior high school

Level 4

adolescence,
ages 15 through 18;
high school

Developmental Messages:

Level 1

- Each body part has a correct name and a specific function.
- A person's genitals, reproductive organs, and genes determine whether the person is male or female.
- A boy/man has nipples, a penis, a scrotum, and testicles.
- A girl/woman has breasts, nipples, a vulva, a clitoris, a vagina, a uterus, and ovaries.
- Some sexual or reproductive organs, such as penises and vulvas, are external or on the outside of the body while others, such as ovaries and testicles, are internal or inside the body.
- Both boys and girls have body parts that feel good when touched.

Level 2

- During puberty, internal and external sexual and reproductive organs mature in preparation for adulthood.
- A young man's ability to reproduce starts when he begins to produce sperm.
- A young woman's ability to reproduce starts when she begins to menstruate.

Level 3

- The sexual response system differs from the reproductive system.
- Some sexual and reproductive organs provide pleasure.

Level 4

- Sexual differentiation, whether a fetus will be male or female, is determined largely by chromosomes and occurs early in prenatal development.
- Some babies are born intersexed which means that they may have ambiguous genitals that are not clearly male or female and/or that their chromosomes do not match their genitals.
- Hormones influence growth and development as well as sexual and reproductive functions.
- A woman's ability to reproduce ceases after menopause; after puberty, a man can usually reproduce for the rest of his life.
- Individuals may want to use a mirror to look closely at their external organs so they can note any changes that may indicate health problems.

Topic 2: Puberty

Subconcept: Puberty is a universally experienced transition from childhood to adulthood that is characterized by physical and emotional changes.

Developmental Messages:

Level 1

- Bodies change as children grow older.
- Puberty is a time of physical and emotional change that happens as children become teenagers.
- People are able to have children only after they have reached puberty.

Level 2

- Puberty begins and ends at different ages for different people.
- Everybody's body changes at its own pace.
- Some people will not complete puberty until their middle or late teens.
- Girls often begin pubertal changes before boys.
- Most changes in puberty, such as the growth of body hair and an increase in body odor, are similar for boys and girls.
- The sexual and reproductive systems mature during puberty.
- During puberty, girls begin to ovulate and menstruate, and boys begin to produce sperm and ejaculate – once this occurs girls are physically capable of becoming pregnant and boys of getting a female pregnant.
- During puberty, some boys may ejaculate while they are asleep which is called a nocturnal emission or "wet dream."
- During puberty, emotional changes occur as a result of increased hormones.
- During puberty, many people begin to develop sexual and romantic feelings.
- Young teenagers sometimes feel uncomfortable, clumsy, and/or self-conscious because of the rapid changes in their bodies.

Topic 3: Reproduction

Subconcept: Most people have the capability to reproduce; people also have the ability to choose whether or not they wish to reproduce.

Developmental Messages:

Level 1

- Men and women have reproductive organs that enable them to have a child.
- Men and women have specific cells in their bodies (sperm cells and egg cells) that enable them to reproduce.
- Reproduction requires that a sperm and egg join.
- Vaginal intercourse – when a penis is placed inside a vagina – is the most common way for a sperm and egg to join.

- When a woman is pregnant, the fetus grows inside her body in her uterus.
- A woman can be pregnant with more than one fetus at a time.
- Babies usually come out of a woman's body through an opening called a vagina.
- Some babies are born by an operation called a Caesarian Section.
- A woman's breasts can provide milk for a baby.
- Not all men and women have children.
- People who cannot have children may choose to adopt.

Level 2

- Decisions about having children are based on personal values, cultural beliefs, and other factors.
- Whenever vaginal intercourse occurs, it is possible for a woman to become pregnant.
- The union of a sperm and an egg is called conception or fertilization.
- The fetus begins to develop at fertilization.
- The fetus develops during pregnancy, a 40-week cycle that ends with birth.
- Sperm determine the biological sex of the fetus.
- Contraception can prevent fertilization and/or pregnancy.

Level 3

- People should use contraception during vaginal intercourse unless they want to have a child.
- Conception can occur once a woman has ovulated (released an egg).
- Ovulation is most likely to occur two weeks before a woman's menstrual period.
- Predicting ovulation accurately can be difficult.
- A common sign of pregnancy is a missed menstrual period.
- Sexual intercourse during pregnancy usually will not harm the developing fetus.

Level 4

- Reproductive functioning is different from sexual functioning.
- Some people have fertility problems that make it difficult for them to conceive or carry a pregnancy.
- New reproductive technologies and medical procedures allow some people with fertility problems to become pregnant.
- Some people who have fertility problems choose to adopt children or use a surrogate mother.
- Menopause is when a woman's reproductive capacity ceases.