

CHIPPEWA VALLEY SCHOOLS
19120 Cass Avenue
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First Public Hearing Meeting
Healthy Relationships Curriculum Adoption
Administration Building

June 05, 2023
6:00 p.m.

- A. Call to Order
- B. Introductions
- C. Legal Authority for the Public Hearing
- D. Purpose of the Public Hearing
- E. Process for Conducting the Public Hearing
- F. Sex Education Advisory Board Information
- G. Sex Education Advisory Board Recommendations
- H. Public Comments and Q and A
- I. Closing Comments
- J. Adjourn

Healthy Relationships Curriculum

Program Objectives

Module 1

Lesson 1: Washing

The first lesson is about the importance of washing and how to wash one's hair and body. In addition, each participant is asked to identify a trusted person in their lives with whom they can share the information they are learning and ask for advice.

Lesson 2: Bathing and Showering

Lesson 2 teaches the steps for bathing and showering, helps participants understand the reason for shaving, and reviews the steps for shaving. Optional topics for discussion include lice, dandruff, fingernail, and toenail care.

Lesson 3: Dental Care

This lesson teaches dental care and gives the participants an opportunity to practice brushing and flossing their teeth. Various reasons why one should brush one's teeth are discussed including the health and social benefits. What happens at the dentist's office is reviewed as well as dentists' recommendations for how often brushing and flossing should occur.

Lesson 4: Toileting and Bathroom Etiquette

This lesson introduces participants to various kinds of toilets (both home and public bathrooms) and the terms used when talking about going to the bathroom. It covers how to use a toilet hygienically. Perhaps most importantly, the lesson discusses the difference between how women and men use the bathroom and how these differences are especially important in public bathrooms. Public bathroom safety is stressed.

Lesson 5: Bedroom/ Sleeping Area Organization

Lesson 5 teaches how to keep a bedroom or sleeping area clean and neat. How often rooms are cleaned, the use of hampers for dirty clothes, and the ways possessions can be organized are discussed. Participants are encouraged to understand that messy rooms may prevent friends from visiting and may make getting dressed and ready to go out harder.

Lesson 6: Privacy

This last lesson in Module 1 helps participants understand the social rules for privacy. Included topics are the definition of privacy, the identification of places as public or private, and rules about where to undress. Topics that are considered private talk are discussed and behaviors that are only done in privacy are reviewed.

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Module 2

Lesson 1: Human Development

The first lesson discusses the human development timeline to assist participants in understanding the stages of growth. The physical differences between males and females at each stage of development- infancy, childhood, adolescence, and adulthood- are explored.

Lesson 2: Puberty

Lesson 2 focuses on the changes that occur during puberty. The process of puberty is described and the changes that occur in male and female bodies are explored. Participants are reassured that it is normal for the changes of puberty to occur at differing ages.

Lesson 3: Genitalia, Part 1

This lesson is one of the most important in the curriculum because it gives participants an opportunity to ask and receive candid information that they may not have been able to ask or been comfortable asking in other settings.

Lesson 4: Genitalia, Part 2

Similar to the lesson on Male Genitalia, this lesson on Female Genitalia is another of the most important lessons since it clears up many misconceptions. Terms are defined.

Lesson 5: Sex

This lesson about sex discusses a range of intimate physical contact between couples, including abstinence. Sexually transmitted diseases are discussed. Slang words for body parts and offensive names for males and females are noted and discouraged from using.

Lesson 6: Pregnancy and Childbirth

The curriculum presents Pregnancy and Childbirth with a candid conversation about how a woman becomes pregnant and gives birth. The topic generates many questions and therefore, basic information about fertilization, gestation, and birth is provided.

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Module 3

Lesson 1: People I Encounter

The first lesson in Module 3 aids participants in identifying the various roles of the people in their lives using the People I Encounter Form.

Lesson 2: Different Types of Relationships

Lesson 2 expands on the work that was done in Lesson 1 by introducing a construct of a green, yellow, and red traffic light to help participants categorize the people they know into those they can trust/friends, those they cannot trust/bullies and those for whom more information is needed.

Lesson 3: What is a Friend?

This lesson on friends is of great importance because many participants have had confusing experiences trying to make and keep friends. They are often quick to label someone a friend, even if they have just met them. This lesson explains how friends treat friends through discussion and the use of role play.

Lesson 4: What is an Acquaintance?

In this lesson, the concept of acquaintances is examined. Acquaintances usually make up the largest relationship group for most people, but participants typically identify few acquaintances.

Lesson 5: What is a Bully?

Lesson 5 discusses bullying. Participants are quite often bullied and sometimes have learned to bully others as a defensive posture. This lesson demonstrates what bullying looks like, how it feels to be bullied, and how to interact when intimidated without bullying others.

Lesson 6: Making Friends

Lesson 6 proposes to develop meaningful relationships with others, one needs to know a wide variety of things about them, and that this knowledge is useful to determine if two people have enough common interests to grow into friendship or dating relationship.

Lesson 7: Understanding Social Media

Lesson 7 explores the use of the internet for social interactions through social media forums such as Facebook, Twitter, and Instagram. Participants learn how social media

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sites work and how to use the sites with caution. Facilitators encourage participants to recognize that social media “friends” may not be real friends and that the information people post on the sites may not be true.

Lesson 8: How to Use Social Media Safely

The focus of this lesson is to teach participants the benefits and risk using social media and the internet. Understanding ways to protect oneself when using the internet is aided with the use of Social Media Safety Guidelines. Terms describing those who exploit others on media sites are explained and what participants should do if threatened.

Lesson 9: Small Talk, Part 1

This lesson will help participants understand the concept of small talk. Why, when, and with whom small talk is used is explored. Small talk suggestions are also provided.

Lesson 10: Small Talk, Part 2

This second lesson on small talk continues the development of the very important skill of using small talk. Participants are given additional opportunity to practice small talk.

Lesson 11: Private Talk

The goal of this lesson is to demonstrate to the participants what private talk is and how to use private talk in public settings in a way that preserves personal privacy. This lesson demonstrates the types of topics that are considered private and how to talk to someone about those topics so that others will not overhear.

Lesson 12: Secrets

The topic of secrets helps individuals learn what a secret is, who to tell or not tell, and when to tell or not tell. This is an important topic because holding onto a secret that should be told can be harmful to a person and telling a secret that should not be told can be damaging to a relationship.

Lesson 13: Personal Space

A sensitivity to personal space can be difficult to learn and life-long habits of social proximity can be hard to change. This lesson teaches the size of a comfortable personal bubble and explains how the setting and the relationship to another person determines how close one can sit or stand.

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Lesson 14: Voice Volume

This lesson on Voice Volume helps participants understand how voice volume can affect their interactions with others in a positive or negative way. Participants learn that one's voice volume changes depending on both setting and the type of conversation one is having.

Lesson 15: Review of Friend, Acquaintance, and Bully

This lesson reviews what a friend, acquaintance, and a bully are. This will expand what they already have learned and offer another opportunity to practice the skills.

Lesson 16: Breaking Social Boundaries & Likely Consequences, Part 1

Lesson 16 considers how body proximity, voice volume, lack of the use of small talk, and an inability to understand what conversations private talk is considered are all ways of breaking social boundaries. In this lesson, participants explore how social boundaries are broken and the possible consequences. This lesson will explore positive and intrusive interactions, and then participants are given an opportunity to experience each situation.

Lesson 17: Breaking Social Boundaries & Likely Consequences, Part 2

This lesson addresses the more problematic consequences of breaking boundaries- those which can result in disciplinary actions and police involvement- by focusing on harassment.

Lesson 18: Types of Physical Affection

This lesson defines types of physical affection and when and with whom they are appropriately used. This lesson encourages participants to examine their relationships with others in terms of the type of physical affection they show them and practice the interactions.

Lesson 19: General Consent

This lesson encompasses all aspects of non-sexual consent and allows participants to review a variety of situations and topics in which consent is given and received. The importance of physical boundaries is discussed and why it is important to respect one's own personal boundaries as well as those of others.

Lesson 20: Consent for Physical Affection

In this lesson, consent is discussed in a more specific manner related to physical

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affection. The meaning of sexual consent is discussed as well as a variety of ways in which to ask for consent including verbal and nonverbal cues. An important emphasis is placed on what to do if you do not understand the cues and how to say “no” if you are not comfortable with the situation.

Lesson 21: Romantic Affection

This lesson helps participants to understand the difference between romance and friendship and learn how to develop a romantic relationship. There is a strong emphasis on the need to establish a consensus between partners before moving to a deeper and physical relationship.

Lesson 22: What is a Date?

The purpose of this lesson is to provide a basic framework for understanding a date such as what a date is, why people date, typical places one goes on a date, and behavior that is appropriate for a date. How to ask a person out on a date is discussed and what to say if your intended date turns you down.

Lesson 23: How to Prepare for a Date?

The lesson focuses on the process of getting ready to go on a date. Specifics include a discussion of where to go, how to get there, who pays for the date and encourages proper hygiene and dress.

Lesson 24: What to Do on a Date?

This lesson discusses conversation topics and affection while on a date. The important topic of how to show affection while on a date is discussed and participants are encouraged to consider several criteria when deciding about the form of affection to share.

Lesson 25: Closing and Farewell

In the last lesson in the Healthy Relationships Curriculum, participants learn saying goodbye to others and how to exchange contact information, if they choose.

Curriculum Scope and Sequence

This Scope and Sequence is meant to be a reference point when to introduce and teach each lesson. For all the lessons' time stamps and even for those marked with an "X," we believe you will know the needs of your learners best. Individuals typically require review and repetition over several years to master these topics, especially as they relate to bodily changes they are currently experiencing. We suggest using your knowledge of each of your learners to determine when to introduce each topic and how much to teach at each grade level, building on prior knowledge each year. Best practices, considerations and other specific examples on how to best approach teaching these lessons are discussed in detail during the professional development that accompanies this program.

Introductory Lessons	3rd-5th Grade	6th-8th Grade	9th-10th Grade	11th-12th Grade	Adulthood
Part 1	Week 1	Week 1	Week 1	Week 1	Week 1
Part 2	Week 2	Week 2	Week 2	Week 2	Week 2

Module 1: Caring for Myself	3rd-5th Grade	6th-8th Grade	9th-10th Grade	11th-12th Grade	Adulthood
Lesson 1: Washing	Week 3-5	Week 3	Week 3	Week 3	Week 3
Lesson 2: Bathing and Showering	Week 6-8	Week 4	Week 4	Week 4	Week 4
Lesson 3: Dental Care	Week 9-11	Week 5	Week 5	Week 5	Week 5
Lesson 4: Toileting and Bathroom Etiquette	Week 12-14	Week 6	Week 6	Week 6	Week 6
Lesson 5: Bedroom/Sleeping Area Organization	Week 15-17	Week 7	Week 7	Week 7	Week 7
Lesson 6: Privacy	Week 18-20	Week 8	Week 8	Week 8	Week 8

Module 2: Understanding My Body	3rd-5th Grade	6th-8th Grade	9th-10th Grade	11th-12th Grade	Adulthood
Lesson 1: Human Development	X	X	Week 9	Week 9	Week 9
Lesson 2: Puberty	X	Week 9	Week 10	Week 10	Week 10
Lesson 3: Male Genitalia	X	X	X	Week 11	Week 11
Lesson 4: Female Genitalia	X	X	X	Week 12	Week 12
Lesson 5: Sex	X	X	X	Week 13	Week 13
Lesson 6: Pregnancy	X	X	X	Week 14	Week 14

Module 3: Relationship Development	3rd-5th Grade	6th-8th Grade	9th-10th Grade	11th-12th Grade	Adulthood
Lesson 1: People I Encounter	Week 21-22	Week 10	Week 11	Week 15	Week 15
Lesson 2: Different Types of Relationships	Week 23-24	Week 11	Week 12	Week 16	Week 16
Lesson 3: What is a Friend?	Week 25-26	Week 12-13	Week 13-14	Week 17	Week 17
Lesson 4: What is an Acquaintance?	Week 27-28	Week 14-15	Week 15-16	Week 18	Week 18
Lesson 5: What is a Bully?	Week 29-30	Week 16-17	Week 17-18	Week 19	Week 19
Lesson 6: Making Friends	Week 31-32	Week 18	Week 19	Week 20	Week 20
Lesson 7: Understanding Social Media	X	Week 19-20	Week 20	Week 21	Week 21
Lesson 8: How to Use Social Media Safely	X	Week 21-22	Week 21-22	Week 22	Week 22
Lesson 9: Small Talk, Part 1	X	Week 23-24	Week 23	Week 23	Week 23
Lesson 10: Small Talk, Part 2	X	Week 25-26	Week 24	Week 24	Week 24
Lesson 11: Private Talk	Week 33-34	Week 27-28	Week 25-26	Week 25	Week 25
Lesson 12: Secrets	Week 35-36	Week 29-30	Week 27-28	Week 26	Week 26
Lesson 13: Personal Space	Week 37	Week 31-32	Week 29-30	Week 27	Week 27
Lesson 14: Voice Volume	Week 38	Week 33-34	Week 31-32	Week 28	Week 28
Lesson 15: Review of Friend, Acquaintance and Bully	Week 39	Week 35	Week 33	Week 29	Week 29
Lesson 16: Breaking Social Boundaries & Likely Consequences, Part 1	X	Week 36-37	Week 34-35	Week 30	Week 30
Lesson 17: Breaking Social Boundaries & Likely Consequences, Part 2	X	Week 38-39	Week 36-37	Week 31	Week 31
Lesson 18: Types of Physical Affection	X	X	Week 38	Week 32	Week 32
Lesson 19: General Consent	X	X	Week 39	Week 33	Week 33
Lesson 20: Consent for Physical Affection	X	X	X	Week 34	Week 34
Lesson 21: Romantic Affection	X	X	X	Week 35	Week 35
Lesson 22: What is a Date?	X	X	X	Week 36	Week 36
Lesson 23: How to Prepare for a Date	X	X	X	Week 37	Week 37
Lesson 24: What to Do on a Date	X	X	X	Week 38	Week 38