**NC Standard Course of Studies: Framework for Healthful Living**

**Abstinence Until Marriage Education**

**6th Grade – Option 1**

**Lesson 1 – Amazing Changes Inside and Out (Boys and Girls Separated)**

Program presents information and issues pertinent to adolescent development. Students will observe physicians and other professionals interacting with teens to discuss the information relevant to the physical and developmental changes teens can expect.

**Lesson 2 – Making Healthy Decisions**

This program emphasizes the importance of taking responsibility for one’s health and for the choices one makes. Issues pertaining to HIV and AIDS are presented in an age appropriate manner that both educates and empowers the viewer.

**Lesson 3 – Society’s Pressure**

Pressures are placed on students from many different sources (i.e. media, internet, and friends). This lesson will help students to identify these pressures and to be comfortable in saying NO to the pressures. Students will set personal limits when making difficult decisions concerning these issues.