

Buncombe County Schools

6th Grade Reproductive Health & Safety Outline

(Aligned with 2024 NC Healthful Living Standards)

Topics Include

- Review of physical, emotional, and social changes during puberty
- Male and female reproductive anatomy and physiology
- Menstrual cycle, ovulation, and conception
- Fertilization, fetal development, birth, and parenting responsibilities
- Peer pressure and assertive refusal skills
- Healthy vs. unhealthy relationships
- Conflict resolution and accessing resources

NC Healthful Living Standards and Objectives (2024)

Interpersonal Communication and Healthy Relationships	
Standard	Objectives
6.ICHR.1 Use skills for communicating effectively with family, peers, and others to enhance health.	6.ICHR.1.1 Distinguish when individual or collaborative decision making is appropriate.
	6.ICHR.1.2 Demonstrate the use of verbal and nonverbal communication skills.
	6.ICHR.1.3 Demonstrate how to effectively communicate kindness, empathy, compassion, and respect for others.

6.ICHR.2 Apply strategies and skills for developing and maintaining healthy relationships.	6.ICHR.2.1 Explain how the physical and hormonal changes during puberty affect social relationships, and physical, mental, and emotional health.
	6.ICHR.2.2 Identify trusted resources to report sexual harassment and bullying.
	6.ICHR.2.3 Summarize strategies for predicting and avoiding conflict.
	6.ICHR.2.4 Design productive and positive solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts.
	6.ICHR.2.5 Compare and contrast the signs of healthy and unhealthy relationships.
6.ICHR.3 Summarize the changes that occur during puberty and adolescence.	6.ICHR.3.1 Discuss the maturing of body systems during puberty.
	6.ICHR.3.2 Examine the responsibilities of parenthood or guardianship.
	6.ICHR.3.3 Demonstrate refusal skills that avoid or reduce health risks.

Instructional Outline

I. Puberty and Adolescent Development

- Review of changes during puberty: physical, emotional, and social.
- Discussion: how friendships and responsibilities shift during adolescence.

II. Reproductive Anatomy and Physiology

- Male and female reproductive systems (PowerPoint visuals).
- Menstrual cycle and ovulation.

III. Conception, Fetal Development, and Parenting

- Fertilization and stages of pregnancy.
- Parenting responsibilities: financial, emotional, daily care.

IV. Peer Pressure and Refusal Skills

- Identifying positive vs. negative peer influence.
- Practicing assertive refusal and negotiation strategies.

V. Healthy and Unhealthy Relationships

- Signs of respect, trust, and equality vs. control, abuse, or manipulation.
- Conflict resolution strategies: predicting, avoiding, and solving conflicts nonviolently.
- How to access help and report harassment, bullying, or abuse.