

Health & Wellness Education



Sex Education Grades 5-12

Mrs. Megan Arivella, M.Ed./NCC/NBSC
District Coach of Health & Wellness



National & Massachusetts Standards

- National Health Standards - Written in 1995, Revised 2004 & 2007
- The National Sex Education Standards (NSES) - Written in 2012, Revised in 2020
- Massachusetts Health Standards (6) - Written in 1999, presently under review



Health Curriculum

- HealthSmart ETR- Middle & High School Curriculum
- Health I & II -Safe Schools Program
- Health II Pilot Program
- Sex Can Wait
- Middle Schools- Piloting Programs by the YWCA for Health Grades 5 & 7, Workshops at HHS/Gateway, Boston vs. Bullies Grade 5, The Great Program (Gang Resistance Education Training) @ Consentino & Nettle, Girls Groups in Discovery at Consentino & GRIT (Growth Mindset & Resilience) at Hunking



Health Curriculum 5-8

Grade 5	Grade 6	Grade 7	Grade 8
Bullying/Frenemies	Peer Pressure & Refusal Skills	Setting Goals	Human Sexuality/Healthy Relationships
Peer Pressure/Self Esteem	Nicotine	Media Literacy	Violence Prevention
Boston vs. Bullies	Healthy Habits	Managing Anger	Mental Health Awareness
Safety	First Aid	Cyberbullying	Drug Abuse Prevention
Healthy Living/Nutrition	Communication Skills	Conflict Resolution	Decision Making Skills
Substance Awareness		Alcohol	
Goal Setting		Reproductive Systems	
Stress			
Puberty/Hygiene			



Haverhill Opt-Out Procedure

Every district implementing or maintaining a curriculum that primarily involves human sexual education or human sexuality issues is required to adopt a policy ensuring parental/guardian notification. This policy must allow parents or guardians to exempt their children from any portion of the said curriculum through written notice to the school principal.

Haverhill Public Schools Health teachers- provide a uniform letter to students and families (email, newsletter, google classroom, etc.) prior to sex ed instruction/lessons for notification and the ability to opt-out. Students can be supervised in another location & provide alternative assignments. HHS has a video presentation available to families about what is offered for Health/PE and regarding sex education topics. A signature on the notification letter is only asked if the student opts out of the class(es).



What we teach at HHS

Health I	Health II
Areas of Wellness	Resiliency
Nutrition	Good Health
Stress	Decision Making
Depression	Media & Health
Mental Health	Managing Anger & Other Emotions
Disordered Eating	Communication
Communication	Drug Abuse (Botvin Pilot Program: Substance Abuse)
Decision Making	Emergency Skills
Skin Cancer	Violence Prevention
Internet Safety	Healthy Relationships
Sexuality	LGBTQ language



Topics covered in Health I- Sexuality Unit

- Personal Hygiene and Puberty
- Anatomy and Physiology of the Reproductive System
- Decision making
- Sexual Abstinence
- Pregnancy
- Contraception
- Beginning Dating Relationships
- Interpersonal Violence
- Sexually Transmitted Diseases
- HIV/AIDS

Topics covered in Health II - Sexuality Unit

Do's and Don'ts if a Student comes out and Identifies

- Bullying and LGBTQ+
- Consequences of Mislabeled and Discrimination
- Types of Abuse
- Unhealthy Relationships
- Sexual Assault Prevention



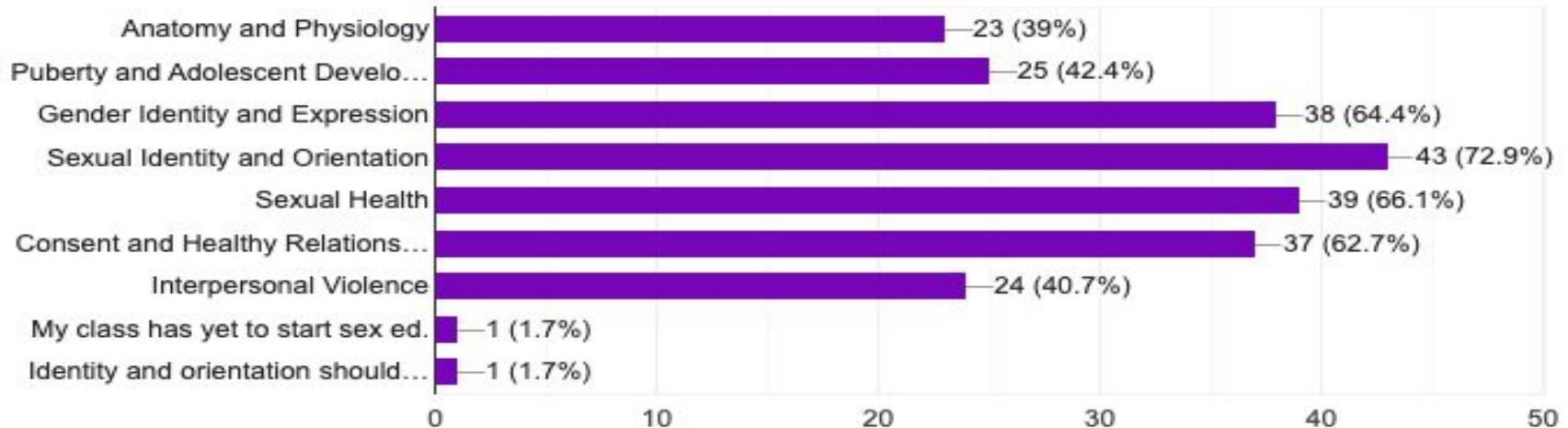
HHS Student Council Survey 2021-2022

Students advocated for change based upon what they felt needed to be addressed more in Health I & II

If you answered no, please select any topics you felt needed to be covered more in-depth.



59 responses





Student Concerns Last Year & Solutions This Year

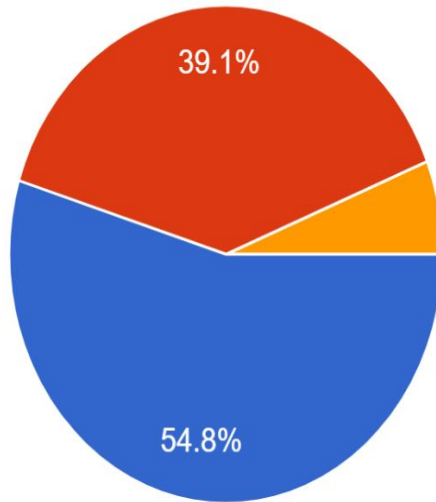
Student Concern	Solution
Topics not covered in depth, need to be more thorough	Changed curriculum mapping
Limited discussion of LGBTQ and identity	Increased sex education to include 4-5 more classes, added LGBTQ anti-bullying lesson to curriculum, workshops in Health I & II on healthy/unhealthy relationships w/ YWCA
Sex ed unit skipped	Skipped for one class due to lack of consistent teacher
Not enough time	Based on Health I end of semester survey 2022-2023, all topics covered
Repetitive lessons	Survey data show most students learned more than they thought in all topics and all students reported making positive changes
No google classrooms	Google classrooms provided for all classes with materials posted



Positive Results

Sexuality: abstinence, sexually transmitted infections, HIV, birth control, etc.

115 responses

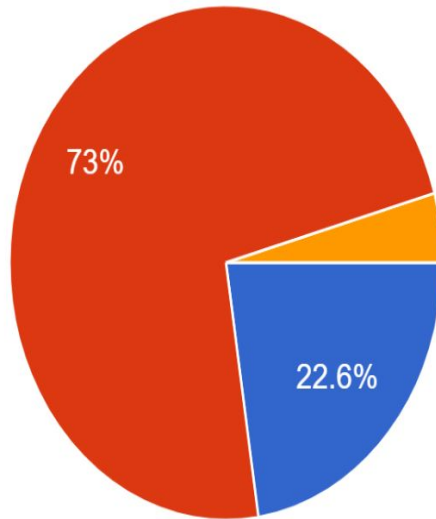


- I learned more than I expected.
- I'm satisfied with what/how much I learned.
- I would like to learn more about this in Health classes.



Being assertive: speaking-up, creating, & holding my health & wellness-related boundaries.

115 responses



- I learned more than I expected.
- I'm satisfied with what/how much I learned.
- I would like to learn more about this in Health classes.



Actions- Curriculum/Professional Development

- High School Level-Updated the curriculum mapping to reflect skills-based topics
- Curriculum/PD for Wellness Teachers- relevant, interactive collaboration
- Collaboration with the YWCA
- Provided Health/PE Teachers with ongoing PD offerings outside of the district
- Partners in Sex Education- teacher workshops & work on scope and sequence in curriculum and policy
- Mental Health Collaborative
- Exploration of 3 R's Sex Education Program w/Middle School Teachers for a future comprehensive curriculum



Actions- Curriculum Additions

- Applied for a DESE Grant & City of Haverhill Youth Activities Grant
- Planned two large District Family Engagement Events Spring 2023
- Purchased Curriculum Supplemental Materials
- HealthSmart ETR Health Curriculum- finalized purchase for district
- Opt-out Parent Notification revised at HHS/Middle School - one common form
- Health I - End of Semester Survey