

# 3. Family Planning

Content Area: **Physical Education/Health**  
Course(s):  
Time Period: **Full Year**  
Length: **7 Blocks**  
Status: **Published**

## General Overview, Course Description or Course Philosophy

The Kinnelon School District Grade 9 Health Education Curriculum was designed with the goal of helping students to attain Health Literacy as they move forward through the complexities of the 21st century. “Healthy students are learners who are knowledgeable, productive, emotionally healthy, motivated, socially engaged and ready for the world beyond their own borders. As part of the state’s initiative to prepare students to function optimally as global citizens and workers, the contemporary view of health and physical education focuses on taking responsibility for one’s health through an active, healthy lifestyle that fosters a lifelong commitment to wellness” (NJSLs; CHPE; ASCD 2004).

## OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS

Family planning, pregnancy and parenting are stages in life that impact all aspects of wellness. Regardless of the circumstances, pregnancy and parenting bring changes to an individual’s emotional, financial, physical, mental and social well-being. These stages can include many happy experiences but can also be the source of great challenges. Like any new skill, parenting takes knowledge, skills and practice to be successful. Other factors such as medical and financial challenges can make this life stage more difficult. Preparation is the key to family planning, pregnancy, delivery and transition to parenting (2020, NJSLs, Comprehensive HPE).

## CONTENT AREA STANDARDS

HE.9-12.2.1.12.PP.1	Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception, dental dams).
HE.9-12.2.1.12.PP.2	Develop a plan to eliminate or reduce risk for unintended pregnancy and/or STIs (including HIV) and identify ways to overcome potential barriers to prevention.
HE.9-12.2.1.12.PP.3	Identify trusted adults, including family members, caregivers, school staff, and health care professionals to ask questions and discuss pregnancy and other health topics.
HE.9-12.2.1.12.PP.4	List the major milestones of each trimester of fetal development utilizing medically accurate information.
HE.9-12.2.1.12.PP.5	Analyze factors that can impact the health of a baby (e.g., fetal alcohol syndrome, sudden infant death syndrome, low birth weight, premature birth, genetics).
HE.9-12.2.1.12.PP.6	Analyze personal and societal factors that can influence decisions about pregnancy options, including parenting, abortion, safe haven, and adoption.
HE.9-12.2.1.12.PP.7	Analyze the emotional, social, physical, and financial effects of being a teen or young adult

	parent.
HE.9-12.2.1.12.PP.8	Assess the skills needed to be an effective parent.
HE.9-12.2.1.12.PP.9	Evaluate parenting strategies used at various stages of child development based on reliable sources of information.

## **RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)**

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### **STUDENT LEARNING TARGETS**

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#### **Declarative Knowledge**

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Students will understand:

- that there are a variety of strategies, including abstinence, that they can use to prevent pregnancy and STD's.
- pregnancy, childbirth and child care factors.
- the financial, emotional, mental and physical aspects of pregnancy and parenting in the 21st century.

#### **Procedural Knowledge**

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Students will be able to

- Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception, dental dams).
- Develop a plan to eliminate or reduce risk for unintended pregnancy and/or STIs (including HIV) and identify ways to overcome potential barriers to prevention.
- Identify trusted adults, including family members, caregivers, school staff, and health care professionals to ask questions and discuss pregnancy and other health topics.
- List the major milestones of each trimester of fetal development utilizing medically accurate information.
- Analyze factors that can impact the health of a baby (e.g., fetal alcohol syndrome, sudden infant death syndrome, low birth weight, premature birth, genetics).
- Analyze personal and societal factors that can influence decisions about pregnancy options, including

parenting, abortion, safe haven, and adoption.

- Analyze the emotional, social, physical, and financial effects of being a teen or young adult parent.
- Assess the skills needed to be an effective parent.
- Evaluate parenting strategies used at various stages of child development based on reliable sources of information.

## **EVIDENCE OF LEARNING**

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### **Formative Assessments**

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- Regular journal assignments are highly suggested for this unit as some students may have difficulty expressing their views in classroom discussions (differing cultural norms may be a factor)
- Students can be given a “baby” (pound of flour, hard boiled egg) for an assigned period of time and directed to care for their “baby” as if he/she were real. The assignment should include daily time schedules for feeding, changing, napping etc. Require students to develop a child care plan (for while they are in school, sports and other extracurricular activities) as well as a financial budget for child care needs (food, diapers etc).
- Notebook check,
- Partner Q & A,
- Small Group Q & A

### **Summative Assessments**

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Quizzes, Tests, Projects, Poster Displays, Small Group Presentations

## **RESOURCES (Instructional, Supplemental, Intervention Materials)**

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- Invite local adoption, foster family and other professionals to give presentations.
- Invite local medical professionals or certified healthcare workers to give presentations on current methods of both male and female contraception.

Glencoe Textbook

[http://www.cdc.gov/reproductive health](http://www.cdc.gov/reproductive_health)

DVD - In the Womb

Taverner - Collection of Sex Education Lessons

Montfort, Brick - Unequal Partners

## **INTERDISCIPLINARY CONNECTIONS**

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## **ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS**

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See link to Accommodations & Modifications document in course folder.