

Jamaica



Health & Family Life Education CURRICULUM

GRADES 7-9

Third Edition

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Appropriate Eating and Fitness

Managing the Environment

Health & Family Life Education

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Ministry of Education

HFLE Curriculum: Grades 7 - 9

FOREWORD

We would like to acknowledge UNICEF, the National HIV/STI Prevention and Control Programme funded by the Global Fund to Fight AIDS, Tuberculosis and Malaria and the Caribbean Consulting Group for supporting the initial revision.

The Health Promotion Team has guided the revision of this document to ensure alignment with the Expanded CARICOM Framework for Health and Family Life Education (HFLE). This document was revised by the Health Promotion Team, Guidance and Counselling Education Officers, HFLE Master Trainers and HFLE teachers in schools. The revision of this document was also guided by recommendations from key partners and agencies, including UNFPA and the Ministry of Health, whose support is critical to the success of HFLE.

Our team, acknowledges with thanks all your kind cooperation and comments and we hope that this version of the Health and Family Life Education Curriculum proves to be worthy.

VISION FOR THE HEALTH AND FAMILY LIFE EDUCATION SCOPE AND SEQUENCE

To provide a positive environment in which students can develop the skills required to make healthy life choices, maintain the behaviours that make for their good health and support a better society through the training of teachers and the development of the Health and Family Life Education curriculum.

MISSION STATEMENT

To enable students, through a life skills-focused education process, to achieve their potential and assure their healthy contribution to the social, cultural and economic development of Jamaica.

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GRADE 8

Theme: Sexuality and Sexual Health

Heterosexual Questionnaire

Please answer the following questions as honestly as possible.

1. What do you think caused your heterosexuality?
2. When and how did you first decide you were heterosexual?
3. Is it possible that your heterosexuality is just a phase you may grow out of?
4. Is it possible that your heterosexuality stems from a fear of others of the same sex?
5. If you have never slept with a member of your own sex, is it possible that you might be gay if you tried it?
6. If heterosexuality is normal, why are so many mental patients heterosexual?
7. Why do you heterosexual people try to seduce others into your lifestyle?
8. Why do you flaunt your heterosexuality? Can't you just be who you are and keep it quiet?
9. The great majority of child molesters are heterosexual. Do you consider it safe to expose your children to heterosexual teachers?
10. With all the societal support that marriage receives, the divorce rate is spiraling. Why are there so few stable relationships among heterosexual people?
11. Why are heterosexual people so promiscuous?
12. Would you want your children to be heterosexual, knowing the problems they would face, such as heartbreak, disease, and divorce?

**Created by Martin Rochlin, Ph.D., January 1977, and adapted for use here.*

Note:

Is this appropriate
for 12 year olds?

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GRADE 7, 8

Theme: Sexuality and Sexual Health

Personal Risk Assessment/Risk Assessment Tool

Objective: To increase awareness of an individual's personal risk of HIV infection

Instructions: Get participants to mark one point on a piece of paper for each of the following questions to which they answer "yes".

1. Have you ever had sexual intercourse?
2. Have you ever had sex without a condom?
3. Have you had sex without a condom with a partner who was not a mutually faithful partner?
4. Have you ever engaged in unprotected sex in exchange for sexual pleasure?
5. Have you ever been so drunk that you don't remember using a condom when having sex?
6. Have you ever had casual sexual partners?
7. Do you have more than one sexual partner in the same month?
8. Did you ever have sex without a condom with someone who looks healthy?
9. Have you ever had one or more new sexual partners in the period of a month and not used a condom in each case?
10. Have you ever started having sex without a condom but only used it half way through or towards the end?
11. Have you ever had anal sex without a condom?
12. Do you know your HIV status?
13. Do you know the HIV status of all your partners?

Have participants add up their scores and explain the consequences of the categories their point totals place them in.

Discussion

Ask participants to each make a list of things they do that put them at risk for HIV infection and actions they personally can take to change those behaviours.

Note: These questions are invasive and inappropriate for 12-year-old children, the majority of whom have never had sexual relations.

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SCORES

Between 10 and 13 points

Extremely high risk. Consideration should be given to having an HIV test. Students should practice abstinence, however, you also need to know how to use a condom correctly and consistently to protect yourself and your sex partners. Reducing the numbers of partners you have sex with greatly reduces your risk of HIV infection.

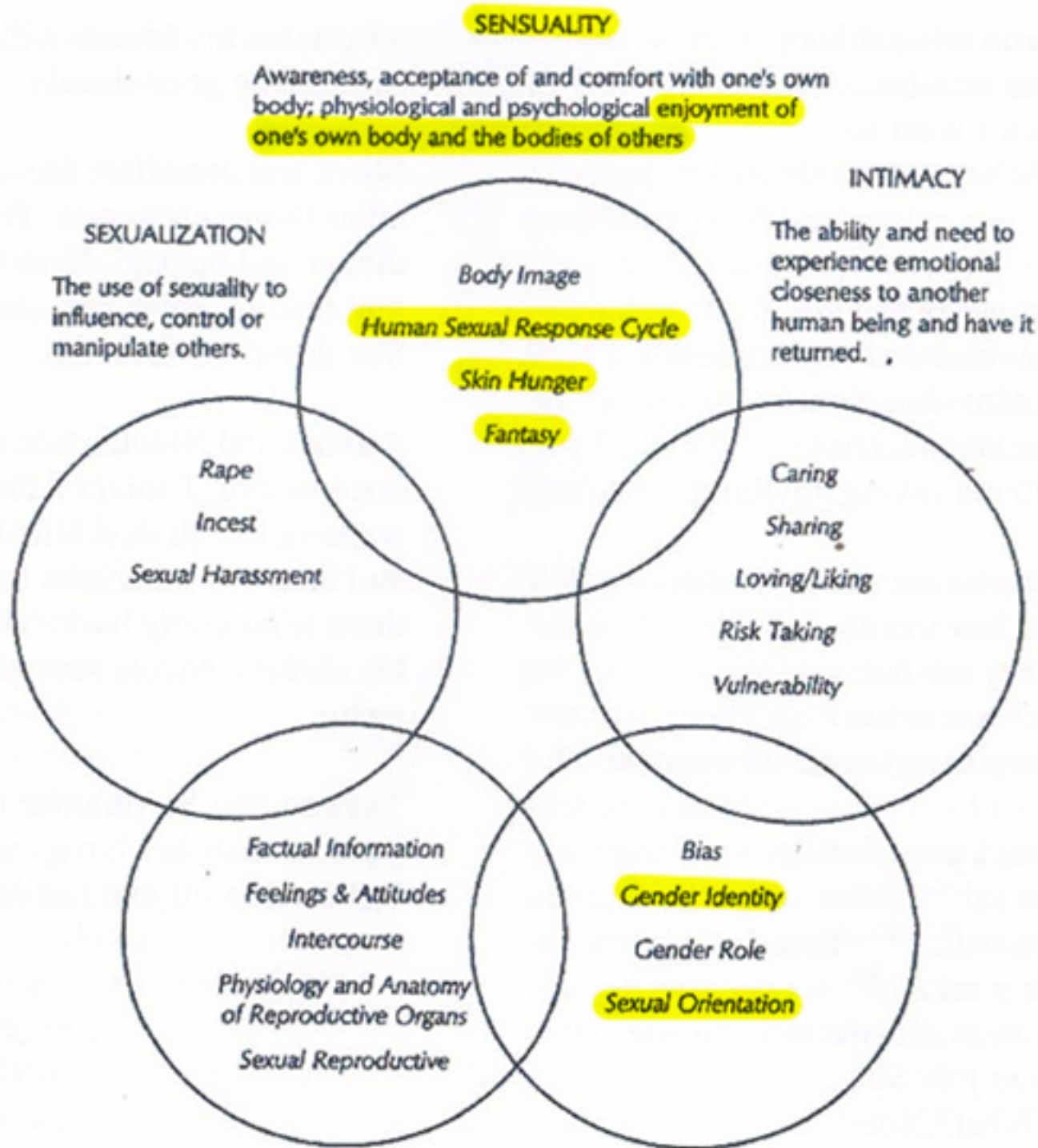
Between 2 and 10 points

High risk. Serious consideration should be given to increased condom use and reflecting on behaviour choices. You need to know your HIV status.

Between 0 and 2 points

You are less at risk but it takes only 1 time for HIV.

Circles of Sexuality



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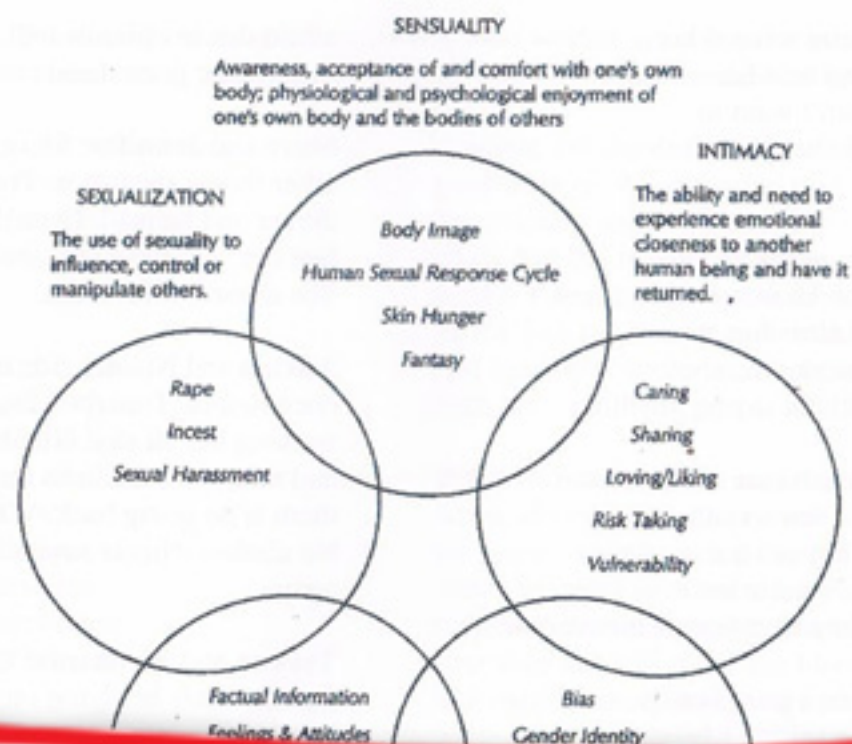
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Note: This page was inserted in the Caribbean manual directly from a U.S. based curriculum.

Leader's Resource

Circles of Sexuality



Life Planning Education, Advocates for Youth, Washington, DC

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Attitudes and behaviors related to producing children, care and maintenance of the sex and reproductive organs, and health consequences of sexual behavior.

The development of a sense of who one is sexually, including a sense of maleness and femaleness.

Circles of Sexuality Explanation

Sexuality is much more than sexual feelings or sexual intercourse. It is an important part of who a person is and what she or he will become. It includes all the feelings, thoughts and behaviors of being female or male, being attractive and being in love, as well as being in relationships that include sexual intimacy and physical sexual activity.

Circle 1:

SENSUALITY is awareness and feeling about your own body and other people's bodies, especially the body of a sexual partner.

Sensuality enables us to feel good about how our bodies look and feel and what they can do. Sensuality also allows us to enjoy the pleasure our bodies can give us and others. This part of our sexuality affects our behavior in several ways:

- ✓ *Need to understand anatomy and physiology* — with knowledge and understanding, adolescents can appreciate the physiology of their bodies.
- ✓ *Body image* — whether we feel attractive and proud of our own bodies and the way they function influences many aspects of our lives. Adolescents often choose media personalities as the standard for how they should look, so they are likely to be disappointed by what they see in the mirror. They may be especially dissatisfied when the mainstream media does not portray positively, or at all, their types of skin, hair, eyes, body sizes or other physical characteristics.
- ✓ *Experiencing pleasure and release from sexual tension* — sensuality allows us to experience pleasure when we or others touch certain parts of our bodies. As the culmination of the sexual response cycle, males and females can experience orgasm when they masturbate or have a sexual experience with a partner.
- ✓ *Satisfying skin hunger* — our need to be touched and held by others in loving, caring ways is often referred to as *skin hunger*. Adolescents typically receive less touch from family members than do young children. Therefore, many teens satisfy their skin hunger through close physical contact with a peer. Sexual intercourse may result from a teen's need to be held, rather than from sexual desire.
- ✓ *Feeling physical attraction for another person* — the center of sensuality and attraction to others is not in the genitals, but in the brain, the most important "sex organ." The unexplained mechanism responsible for sexual attraction rests here.
- ✓ *Fantasy* — the brain also gives us the capacity to have fantasies about sexual behaviors and experiences. Adolescents often need help understanding that the sexual fantasies they experience are normal, but do not have to be acted upon.

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GRADE 8

Theme: Sexuality and Sexual Health

Introduction to Heterosexuality: Guided Imagery

Slowly read the following to the participants.

Please get comfortable. If you feel comfortable to do so, close your eyes as you sit or lay back. Concentrate as I take you to a world very different from the one in which we live—a world in which you are straight, but everyone else is not. In this world, almost all of the teachers and students in your school are gay. All of your friends and family members are gay; most of the doctors, judges, politicians and world leaders are gay. Celebrities are all gay, as are all of the priests. In this world, all of the books and television programs are about gay characters, and marriage is legal only for gay couples.

"...close your eyes as you sit or lay back. Concentrate as I take you to a world very different from the one in which we live..."

Last year there was a
their children—so, the
that straights can't lead
story you heard last we

This is all very scary
to love you, to accept
makes you sick to you
has a crush on the late
No one in your family

"...close your eyes as you sit or lay back. Concentrate as I take you to a world very different from the one in which we live..."

"All of your friends and family members are gay; most of the doctors, judges, politicians and world leaders are gay."

"In this world, all of the books and television programs are about gay characters, and marriage is legal only for gay couples."

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Of course, there are some straight people, but they are ridiculed and whispered about. Clearly, there is something really bad about being straight. You have heard things like: straight people are sick; they are obsessed with sex. Programmes on television sometimes explore the curious —straight lifestyle, describing how straight people are always getting pregnant or infected with HIV. In these programmes, straights are like the characters out of an old circus sideshow—exposed for their oddities. Your friends have told you that straight people are often child abusers and you have overheard your neighbour saying that straights are emotionally disturbed and have no morals.

Last year there was a big problem in your town because someone accused one of the teachers of being straight—parents don't want straight people to teach their children—so, the teacher was fired even though she insisted that she was gay. There are few, if any, protections for straight people. You have heard that straights can't lead scout troops and that straights can be fired from their jobs or kicked out of the military if people find out about them. There's even a story you heard last week about a child who was kicked out of his own home because he told his dad he might be straight.

This is all very scary for you because you are beginning to think that you, too, might be straight. More than anything in the world, you want your parents to love you, to accept you as you are. What will they say if you tell them that you might be straight?! The thought of telling them—of telling anyone—makes you sick to your stomach. Who can you turn to? Your brothers talk nonstop about how cute the quarterback on the local football team is. Your sister has a crush on the latest supermodel. You wish you had a crush on someone of your own sex, but you don't! It's people of the opposite sex who attract you. No one in your family has these feelings—in fact, no one you know has them, so you continue to hide

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this scariest of secrets. Somewhere deep inside you understand that, if people found out who you really are, they would ridicule you. Worse yet—they might not love you anymore!

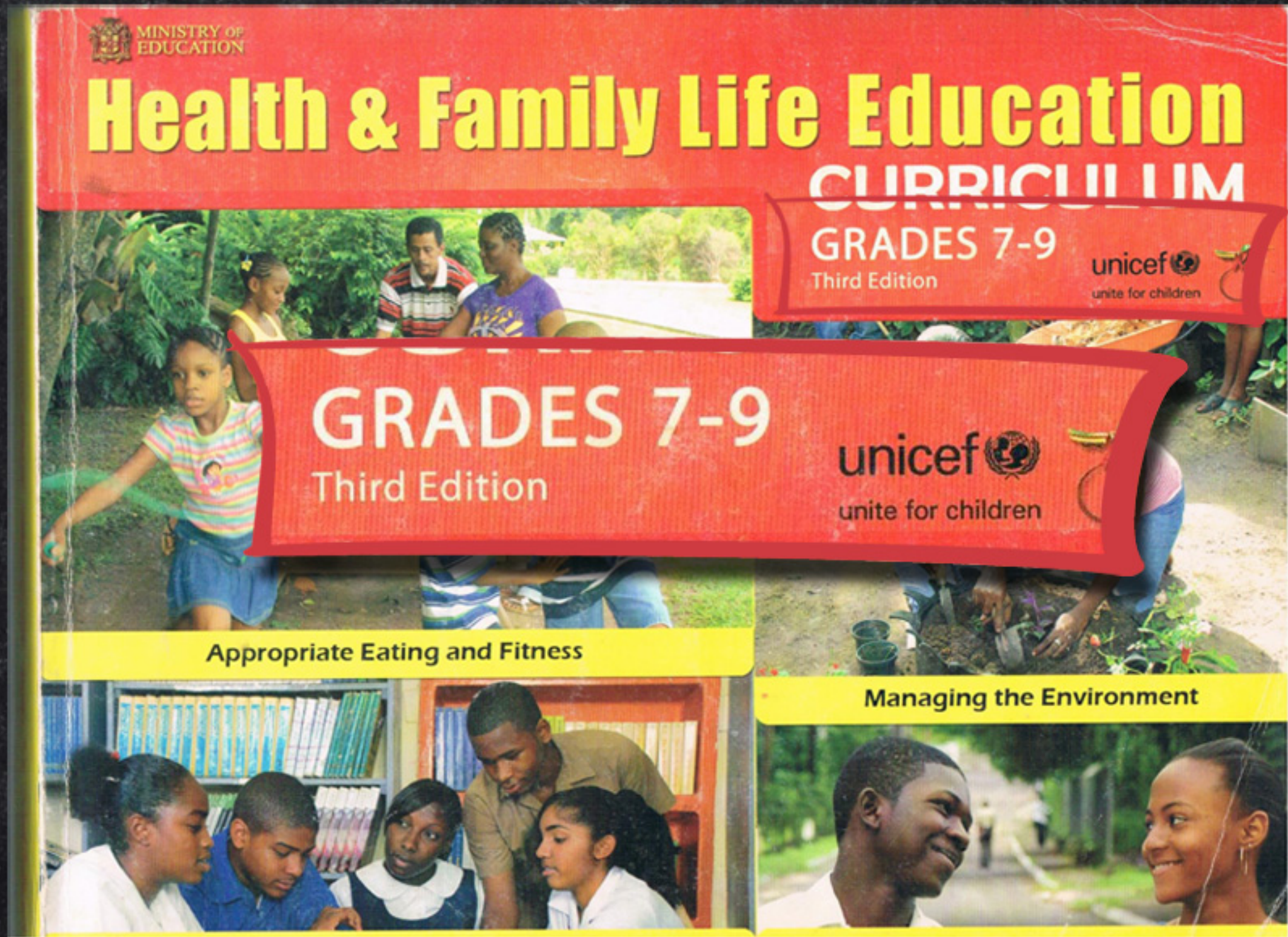
Sometimes you think that you have to tell someone about this secret. You spend hours thinking about whom to approach. You remember when you were a kid hearing your dad tell nasty jokes about straights at the dinner table and everyone laughed. So, you can't tell your family. You remember your family's religious leader telling the congregation that being straight is unnatural and immoral and the whole congregation nodded in agreement. So telling the religious leader is definitely out. In health class you learned that it is normal to feel physically and emotionally attracted to people of your same sex. No one talked about being attracted to someone of the opposite sex. You are sure that what you are feeling cannot be normal and that no one can help you. Last week in math class, two of the popular athletes started taunting this shy kid and calling him 'straight.' The teacher just ignored it. You heard her laugh the week before, however, when the kid in the second row called out in disgust that the poem the class was supposed to read for English was 'so straight.'

All of this makes you feel really isolated and afraid. You are unsure what to do. Where can you turn? Who can you talk to? You can't talk about your feelings at home; your school feels unsafe; you don't trust your friends to support you. Having this secret is a little like having a piranha inside—it keeps eating away at your self-esteem, so that after a while you hate how you feel and you hate yourself, too!

* Written by Faughn Adams, Psy D; adapted and reprinted with permission of Links, North Shore Youth Health Services, Northfield, IL.

Reprinted from Creating Safe Space for GLBTQ Youth: A Toolkit, Girl's Best Friend Foundation and Advocates for Youth, © 2005 and adapted for here.

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