

The following is an overview of the Family Life Education Program Curriculum outline that is in compliance with New Jersey law and regulation and has been in place from 1969 to present.

Upon request, parents/guardians will be given an opportunity to preview films and materials before they are used in the classroom. Call your building Principal for information.

**FAMILY LIFE EDUCATION PROGRAM
CURRICULUM OUTLINE
GRADE 8**

Hopatcong Middle School Health
8th Grade

1. Your Body Image
 - 1.1. Maintaining Healthy Weight
 - 1.1.1. Body Image and Self Esteem
 - 1.1.2. Appropriate Weight
 - 1.1.3. BMI
 - 1.1.3.1. Overweight
 - 1.1.3.2. Underweight
 - 1.2. Eating Disorders
 - 1.2.1. Binge Eating and Obese
 - 1.2.2. Anorexia Nervosa
 - 1.2.3. Bulimia Nervosa
2. Common Communicable Disease
 - 2.1. Preventing Spread of Disease
 - 2.2. Body's defense against infection
 - 2.2.1. Immune System
 - 2.3. Communicable Diseases
 - 2.3.1. Colds and Flu
 - 2.3.2. Mononucleosis
 - 2.3.3. Hepatitis
 - 2.3.4. Tuberculosis
 - 2.3.5. Pneumonia
 - 2.3.6. Strep Throat
 - 2.4. STD
 - 2.4.1. Common STD
 - 2.4.1.1. Chlamydia
 - 2.4.1.2. Genital Herpes & Genital Warts
 - 2.4.1.3. Trichomoniasis
 - 2.4.1.4. Gonorrhea
 - 2.4.1.5. Syphilis
 - 2.4.1.6. P.I.D.
 - 2.4.1.7. H.I.V./AIDS
 - 2.4.2. HIV/AIDS
 - 2.4.2.1. What is it
 - 2.4.2.2. How is it spread
 - 2.4.2.3. How to fight/prevent

**FAMILY LIFE EDUCATION PROGRAM
CURRICULUM OUTLINE
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Hopatcong Middle School Health
8th Grade - Page 2

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- 2.5. Non Communicable Disease
 - 2.5.1. What is
 - 2.5.1.1. Non communicable disease
 - 2.5.1.2. Chronic Diseases
 - 2.5.1.3. Degenerative disease
 - 2.5.2. Diseases present at Birth
 - 2.5.2.1. Congenital Disorders
 - 2.5.3. Lifestyle Choices and Diseases
 - 2.5.3.1. Healthy Lifestyle: Eating Healthy, stay active, maintain healthy weight, sleep, manage stress, avoid drugs and alcohol or tobacco
 - 2.5.3.2. Environmental factors
 - 2.6. Cancer
 - 2.6.1. What is it
 - 2.6.2. Types of cancer
 - 2.7. Heart and circulatory problems
 - 2.7.1. Heart Disease (Arteriosclerosis and Atherosclerosis)
 - 2.7.2. Hypertension, Stroke, Heart Attack
 - 2.7.3. Treatment
 - 2.7.3.1. Angioplasty, medicine, pacemaker, bypass, heart valve surgery, heart transplant
 - 2.8. Diabetes and Arthritis
 - 2.8.1. What's Diabetes?
 - 2.8.1.1. Type 1
 - 2.8.1.2. Type 2
 - 2.8.2. What's Arthritis?
 - 2.8.2.1. Osteoarthritis
 - 2.8.2.2. Rheumatoid
 - 2.9. Allergies and Asthma
 - 2.9.1. What are Allergies?
 - 2.9.1.1. Common Allergies
 - 2.9.1.2. Reactions
 - 2.9.2. What is asthma
 - 2.9.2.1. Attack
 - 3. Body System
 - 3.1. Reproductive System
 - 3.1.1. Male
 - 3.1.2. Female
 - 3.1.2.1. Fertilization, ovulation, menstruation, menstrual cycle, problems

**FAMILY LIFE EDUCATION PROGRAM
CURRICULUM OUTLINE
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Hopatcong Middle School Health
8th Grade - Page 3

4. Growth and Development
 - 4.1. Beginning
 - 4.1.1. Fertilization
 - 4.1.2. Growth during pregnancy
 - 4.1.3. Trimester development
 - 4.1.4. Stages of birth
 - 4.2. Heredity and environment
 - 4.2.1. Heredity
 - 4.2.2. Genetic disorders
 - 4.2.3. Environment
 - 4.2.4. Birth Defects
 - 4.3. Childhood to Adolescence
 - 4.3.1. Stages of development (Erickson's stages of Life)
 - 4.4. Adulthood and Aging
 - 4.4.1. Stages
 - 4.4.2. Measure of age

PROVISION FOR EXCUSING STUDENTS

Section (i) of the Code states the following:

Any pupil, whose parent or guardian presents to the school Principal a signed statement that any part of the instruction in Family Life Education is in conflict with his/her conscience, or sincerely held moral or religious beliefs, shall be excused from that portion of the course where such instruction is being given and no penalties as to credit or graduation shall result therefrom. (N.J.S.A. 18A:35-4.6 et.seq.)

Parents or guardians who wish to excuse their child(ren) from any part of the Family Life Education Program should contact their building Principal. An excuse form will be provided for parental signature.

Any questions concerning the Family Life Education Program should be directed to the building Principal.

NOTIFICATION OF PARENTS AND GUARDIANS

In compliance with Article 6:29-4.2 of the New Jersey Administrative Code, the Hopatcong Borough School District has instituted a Family Life Education Program. This program is essentially a continuation of the Human Development Program originally initiated in this district in 1969.

With respect to parental notification, Section b (1) of the Code states the following:

The parents and guardians of pupils enrolled in the district shall receive annually an outline of the curriculum and a list of instructional materials for the grade of their child including notification about how to receive a copy of the curriculum. The district shall make available for review in each school the complete curriculum and all instructional materials shall be made available for their review.