

Health and Sex Education

Grade 6 Health Explorative

Decision Making Skills
Self – Esteem
Physical Hygiene
Managing Stress
Etiquette and Communication Skills
Relating with Family and Friends
Peer Pressure

Grade 7 Science

Self-Esteem and Body Image
Personal Hygiene
Body Systems: Endocrine and Reproductive
Male and Female Reproductive Systems
Menstruation and Fertilization
Genetics and DNA traits

Grade 8 Science

Reproduction and Development
Sexual Abstinence
Contraceptives (birth control)
Sexually Transmitted Diseases
Pregnancy and Development