



Family Life Education

2022-2023 Scope and Sequence

Growth and Changes – Grade 5

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| Growth and Changes 5 lessons | OVERVIEW |
| | <p>The Growth and Changes puberty and adolescence program is offered to all New Hanover County Schools' Grade 5 students. This program meets portions of North Carolina Department of Public Instruction's Healthful Living standard course of study and essential standards. Growth and Changes teachers are licensed and trained health educators.</p> <p>The role of the Growth and Changes program is to supplement and assist the parent in the education of their child as it relates to the physical, emotional and social changes of puberty and adolescence. Parents are encouraged to review class materials and open a dialogue about what is being learned.</p> <p>ALL lessons in grade 5 are divided by biological sex. Please work through your child's 5th grade teacher and/or email the Growth and Changes teacher for your school for accommodations, questions or concerns.</p> |
| Links to Parent Resources | |
| Program Slides | Learn about Growth and Changes, Meet the teachers, FAQ |
| Girls Workbook | Girls Growth and Changes Workbook |
| Boys Workbook | Boys Growth and Changes Workbook |
| Helpful Puberty Booklet | Parents Booklet "How to Support Your Child During Puberty - English Parents Booklet "How to Support Your Child During Puberty - Espanol |

| UNIT | Topics Covered | NORTH CAROLINA STANDARDS |
|----------------|---|--|
| Girls Lesson 1 | <ul style="list-style-type: none"> • Teacher Introduction • Puberty and the brain • Emotional and social changes of puberty | <p>4.ICR.2.1 Summarize physical and emotional changes during puberty.</p> <p>6.ICR.3.1 Identify the challenges associated with the transitions in social relationships that take place during puberty and adolescence.</p> |
| Girls Lesson 2 | <ul style="list-style-type: none"> • Puberty video • Physical changes • Personal hygiene | <p>4.ICR.2.2 Recognize that individuals experience puberty at different rates (earlier, average, later).</p> <p>5.ICR.2.1 Recall that puberty is characterized by the development of secondary sex characteristics and onset of reproductive capacity.</p> <p>5.NPA.3.3 Summarize normal weight gain and body changes during puberty.</p> |
| Girls Lesson 3 | <ul style="list-style-type: none"> • Female reproductive system • Menstrual Cycle | <p>5.ICR.2.3 Summarize the functions of the female reproductive system (including the menstrual cycle).</p> <p>6.ICR.3.2 Summarize the relationship between conception and the menstrual cycle (cells only, sperm and egg).</p> |
| Girls Lesson 4 | <ul style="list-style-type: none"> • Periods and period products using "Being Girl" YouTube videos | <p>4.PCH.3.1 Outline the functions of various health products. (period products).</p> |
| Girls Lesson 5 | <ul style="list-style-type: none"> • Hands-on activity with period products • Body Autonomy, Personal Boundaries, Consent, Sexual Harassment, How to report | <p>4.PCH.3.1 Outline the functions of various health products (period products).</p> <p>7.ICR.3.4 Use strategies to be safe, reject inappropriate or unwanted sexual advances, and to report incidences to an adult when assistance is needed.</p> |



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| Boys Lesson 1 | <ul style="list-style-type: none"> • Teacher Introduction • Puberty and the brain • Emotional and social changes of puberty | <p>4.ICR.2.1 Summarize physical and emotional changes during puberty.</p> <p>6.ICR.3.1 Identify the challenges associated with the transitions in social relationships that take place during puberty and adolescence.</p> |
| Boys Lesson 2 | <ul style="list-style-type: none"> • Puberty video • Physical changes • Personal hygiene | <p>4.ICR.2.2 Recognize that individuals experience puberty at different rates (earlier, average, later).</p> <p>5.ICR.2.1 Recall that puberty is characterized by the development of secondary sex characteristics and onset of reproductive capacity (cells only – sperm and egg)</p> <p>5.NPA.3.3 Summarize normal weight gain and body changes during puberty.</p> |
| Boys Lesson 3 | <ul style="list-style-type: none"> • Male reproductive system • Sperm production • Conception (cells) • Nocturnal Emissions • Circumcision | <p>5.ICR.2.3 Summarize the functions of the male reproductive system.</p> |
| Boys Lesson 4 | <ul style="list-style-type: none"> • Body Autonomy, Personal Boundaries, Consent, Sexual Harassment, How to report | <p>7.ICR.3.4 Use strategies to be safe, reject inappropriate or unwanted sexual advances, and to report incidences to an adult when assistance is needed.</p> |
| Boys Lesson 5 | <ul style="list-style-type: none"> • Team-based review game | <p>Encourages students to create and manage learning teams. Provides opportunities for students to assess themselves and others. Allows students to recall and apply knowledge.</p> |