

Sanger ISD
4th Grade Sensitive Lessons:

Setting Personal Boundaries/Sharp Objects/Puberty/Abuse and Neglect

Dear SISD Families,

The Texas Essential Knowledge Skills (TEKS) for Health: Grade 4 requires the teaching of sensitive topics related to personal growth, development, and safety. The 4th Grade Lessons will occur in the following window of time:

Setting Personal Boundaries	November 6–November 17, 2023
Sharp Objects	November 6–November 17, 2023
Abuse and Neglect	February 5 – February 16, 2024
Puberty	May 1 – May 10, 2024

We will be using QuaverHealth•PE for our curriculum this year as we cover the required topics.

4th Grade Sensitive Lessons:

- Setting Personal Boundaries
- Sharp Objects
- Puberty
- Abuse and Neglect

Setting Personal Boundaries

This lesson includes:

1. Discussing the importance of personal limits and boundaries
2. Analyzing potential outcomes of personal decisions
3. Using decision-making steps to set personal limits and boundaries that promote health and safety

Keywords and Concepts:

- **Boundaries:** Boundaries are like rules. They are lines that mark the limits of something; these can be physical or digital or online. Boundaries help establish what is okay and what is not okay.

Sanger ISD

4th Grade Sensitive Lessons:

Setting Personal Boundaries/Sharp Objects/Puberty/Abuse and Neglect

- Personal boundaries: Personal boundaries are the rules we set for ourselves.
- Personal limits: Students will discuss setting limitations for what they will or will not allow or choose to do.
- Decision-making: Students will participate in decision-making games related to boundaries and limits.
- Personal safety: Keeping yourself free from harm, both physical and emotional.
- Refusal skills: How to say no and refuse to do things that are unsafe.
- Trusted adult: Someone you can talk to about anything. Someone who is safe to be around, has helped you before, and is a good listener.

Sharp Objects

This lesson includes:

1. Identifying common sharp objects
2. Explaining how sharp objects can be dangerous if not used properly
3. Analyzing scenarios where sharp objects were not used properly

Keywords and Concepts:

- Sharp objects: Objects such as knives, scissors, glass, screwdrivers, and common classroom objects like a compass or thumbtacks.
- Danger: Poses a risk to your personal safety.
- Proper use: Using a sharp object for its intended purpose. For example, scissors are meant to cut paper or cloth.
- Improper use: Using a sharp object for something outside its intended purpose. For example, using a knife in place of a screwdriver.
- Decision-making: Students will engage in decision-making games related to safety and sharp objects.
- Personal safety: Keeping yourself free from harm, both physical and emotional.
- Trusted adult: Someone you can talk to about anything. Someone who is safe to be around, has helped you before, and is a good listener.
- O.U.C.H.: Observe, Understand, Caution, Handle (with adult supervision)

Sanger ISD
4th Grade Sensitive Lessons:

Setting Personal Boundaries/Sharp Objects/Puberty/Abuse and Neglect

Puberty

This lesson includes:

1. Defining puberty
2. Discussing at least five physical changes that occur during puberty
3. Practicing discussing puberty questions with a parent or another trusted adult

Keywords and Concepts:

- **Puberty:** Puberty is when your body begins to develop and transform into an adult body. For females, puberty can start from ages 8 to 12. For males, puberty can start from ages 9 to 14.
- **Physical changes:** As you get older and start puberty, your body will go through external changes. You might grow several inches taller, your face might develop acne or pimples, and, in males, your voice might get lower. Male and female bodies respond in many different ways when the pituitary gland releases hormones and begins transforming the body into an adult.
- **Menstruation:** The menstrual cycle indicates that a female body is able to carry a baby.
- **Ejaculation:** When sperm leaves the body through an erect penis.
- **Related anatomy:** Vagina, uterus, fallopian tubes, cervix, ovary, penis, testicles, and bladder.
- **Trusted adult:** Someone you can talk to about anything. Someone who is safe to be around, has helped you before, and is a good listener.

Abuse and Neglect

This lesson includes:

1. Contrasting healthy familial behavior examples with examples of abuse and neglect
2. Discussing the importance of reporting abuse and neglect to a parent or another trusted adult
3. Examining the short – and long-term impact of abuse and neglect

Keywords and Concepts:

- **Healthy behavior:** Students will discuss models of healthy behaviors.

Sanger ISD
4th Grade Sensitive Lessons:

Setting Personal Boundaries/Sharp Objects/Puberty/Abuse and Neglect

- Unhealthy behavior: Students will discuss models of unhealthy behaviors.
- Abuse: When someone hurts a child's body or emotions on purpose.
- Neglect: When someone doesn't provide a child with what they need to grow and be healthy.
- Trusted adult: Someone you can talk to about anything. Someone who is safe to be around, has helped you before, and is a good listener. • Impact of abuse: Examples will be given for student discussion.
- Personal safety: Keeping yourself free from harm, both physical and emotional.

Texas state law requires you to give written permission for your student to participate in lessons involving human sexuality, child abuse, family violence, teen dating violence, and sex trafficking. **The permission form you will receive must be signed and returned to your student's campus in order for them to participate in these lessons. If you do not give permission, your student will not participate.**

Because the QuaverHealth•PE curriculum is online for teachers, we can send links to the lesson detailed above. Please indicate on the [Request to View Elementary QuaverEd Form](#) if you would like to receive those links and look over the lessons your student is eligible to study.

In Partnership,

Jennie Flaa

Assistant Superintendent

Sanger ISD

jflaa@sangerisd.net