

Sanger ISD
5th Grade Sensitive Lessons
Personal Growth, Development, and Safety

Dear Sanger ISD Families,

The Texas Essential Knowledge Skills (TEKS) for Health: Grade 5 requires the teaching of sensitive topics related to personal growth, development, and safety.

We will be using QuaverHealth•PE for our curriculum this year as we cover the required topics. The 5th Grade Lessons will occur in the following window of time:

| | |
|------------------------------------|--------------------------------|
| Relationship Boundaries | November 6, November 17, 2023 |
| Evaluating Personal Safety | November 6, November 17, 2023 |
| Abuse and Neglect | February 5 - February 16, 2024 |
| Identity Protection | March 18 - March 29, 2024 |
| Human Trafficking and Gangs | March 18 - March 29, 2024 |
| Dangers of Guns and Other Weapons | March 18 - March 29, 2024 |
| Body Systems | May 1- May 10, 2024 |
| Puberty and My Reproductive System | May 1 - May 10, 2024 |

Relationship Boundaries

This lesson includes:

1. Defining and distinguishing between friendships, infatuations, dating, and marriage, explaining when each might be appropriate based on timing and maturity level
2. Explaining ways of maintaining healthy relationships, such as setting boundaries for physical touch and resisting peer pressure
3. Listing characteristics of healthy dating/romantic relationships versus marriage, describing the similarities and differences between the two situations

Keywords and Concepts:

- Relationships: Types of relationships will be discussed, including friendships, infatuations, dating, and marriage.

Sanger ISD
5th Grade Sensitive Lessons
Personal Growth, Development, and Safety

- Healthy relationships: Students will discuss how relationships can benefit personal safety.
- Unhealthy relationships: Students will discuss how unhealthy relationships can affect personal safety.
- Physical touch: Students will discuss comfortable and uncomfortable touch.
- Peer pressure: Students will discuss the effects of peer pressure.
- 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.
- Decision-making: Students will participate in activities related to relationship choices.
- Personal safety: Students will evaluate personal safety related to different relationship scenarios.

Identity Protection

This lesson includes:

1. Explaining the importance of identity protection
2. Setting boundaries for when it is and is not appropriate to provide personal information online
3. Demonstrating ways to protect personal identity from online dangers

Keywords and Concepts:

- Safe requests: Making friends, learning information, staying in touch with others.
- Unsafe requests: Whenever anyone asks about 1) your identity, 2) your body, 3) your location, or 4) your password or other sensitive information about your family or friends, and that this is wrong.
- Internet: A global computer network providing a variety of information and communication facilities, consisting of interconnected networks using standardized communication protocols.

Sanger ISD
5th Grade Sensitive Lessons
Personal Growth, Development, and Safety

- Sharing information: It is important to keep your passwords to email and social media private except for sharing them with family. Never give passwords to a stranger or respond to an email asking for passwords.
- Identity: Personal information, such as name, age, passwords, address, etc.
- Personal information: Your full name, age, where you live, where you go to school, etc.
- Personal safety: Keep all your personal information (your full name, age, where you live, where you go to school, etc.) private from anyone you don't know. Don't friend strangers online, as they might be adults pretending to be kids. Never, ever agree to meet someone you don't know in person.
- Boundaries: Secure safeguards when using the Internet.

Evaluating Personal Safety

This lesson includes:

1. Evaluating safety procedures in potentially unsafe situations
2. Predicting potential outcomes of safe and unsafe behaviors
3. Demonstrating behaviors that promote health and safety in potentially unsafe situations

Keyword and Concepts:

- Personal safety: Keeping yourself free from harm, both physical and emotional.
- Predicting outcomes: The ability to predict an outcome when given a scenario or choices.
- Safe: Does not compromise personal, physical, or emotional safety.
- Unsafe: Compromises personal, physical, or emotional safety.
- Decision-making: Students will engage in decision-making exercises related to safety and sharp objects. • 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.

Sanger ISD
5th Grade Sensitive Lessons
Personal Growth, Development, and Safety

- Peer pressure: Pressure from a student's social group to conform or partake in certain activities to earn acceptance.
- Assertive speaking: Expressing your point of view in a way that is clear and direct, while still respecting others.

Human Trafficking and Gangs

This lesson includes:

1. Defining human trafficking and gangs
2. Discussing strategies for avoiding human trafficking and gangs
3. Identifying safe haven locations in the community

Keywords and Concepts:

- Human trafficking: When a person is controlled or forced to do things against their will. Minors affected by human trafficking are being exploited or used by an adult.
- Gangs: Groups of kids and young adults who share a common identity. Gangs are often involved in illegal and violent activities.
- Peer pressure: Pressure from a peer to do something that is unsafe or uncomfortable.
- Safe haven: Students will participate in a safe zone activity.
- 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.
- Personal safety: Students will discuss personal safety strategies.
- Decision-making: Students will use decision-making skills.

Dangers of Guns and Other Weapons

This lesson includes:

1. Analyzing the importance of gun and other weapon safety in preventing accidents, injury, and death

Sanger ISD
5th Grade Sensitive Lessons
Personal Growth, Development, and Safety

2. Explaining steps to take if a gun or other weapon is found
3. Making recommendations for promoting gun and other weapon safety in the community

Keywords and Concepts:

- Guns: Potentially dangerous weapons.
- Gun safety: Making the right, safe choices when guns are encountered.
- Weapons: Items that can be used to cause physical harm.
- Accidents: Students will discuss accidents that potentially can happen when weapons are involved.
- Community helpers: Community helpers who carry weapons will be discussed.
- Trusted adult: Someone, including community helpers, you can talk to about anything. Someone who is safe to be around, has helped you before, and is a good listener.
- Personal safety: Physical safety for yourself

Body Systems 3

This lesson includes:

1. Naming and locating reproductive, endocrine, and urinary systems and their major components
2. Describing the primary functions of reproductive, endocrine, and urinary systems and how they work with other systems
3. Listing healthy behaviors that support reproductive, endocrine, and urinary systems

Keywords and Concepts:

- Reproductive system: The body's system where humans create another likeness of themselves is called "reproduction."
- Endocrine system: The endocrine system is made up of several organs called glands. These glands are located throughout the body and secrete hormones.

Sanger ISD
5th Grade Sensitive Lessons
Personal Growth, Development, and Safety

- Urinary system: The urinary system is made up of the kidneys (you have two) and filters the waste and toxins from your blood; a ureter, one from each kidney, that allows urine containing waste to pass to the bladder; the bladder, which stores the urine until it is eliminated through the urethra when you go to the bathroom.
- Healthy behaviors: Health tips for a healthy life will be given.
- 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.
- Reproduction: The process where humans create another likeness of themselves is called "reproduction."
- Urine: Toxins and waste from your body
- Fertilization: An egg from the female and sperm from the male must join together; once the sperm enters the egg, conception has taken place and a zygote is formed.

Puberty and Reproductive System

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
4. Comparing and contrasting the male and female reproductive systems
5. Summarizing the fertilization process 6. Discussing myths surrounding reproduction

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.

Sanger ISD
5th Grade Sensitive Lessons
Personal Growth, Development, and Safety

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.
- Reproduction: The process where humans create another likeness of themselves is called “reproduction.”
- Reproductive system: The body’s system where humans create another likeness of themselves is called “reproduction.”
- Fertilization: When one sperm penetrates the egg’s outer layer, the process of fertilization begins, combining the DNA from the egg and the DNA from the sperm to create a new, unique human being.

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.
- 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.

Sanger ISD
5th Grade Sensitive Lessons
Personal Growth, Development, and Safety

- 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