

HUMAN GROWTH

Upper Elementary 5th and 6th Grade

PROGRAM OVERVIEW

- Grade Level Content Expectations for Human Growth and Development (5th Grade)
- Grade Level Content Expectations for Sexuality Education (6th Grade)
- Puberty The Wonder Years – Program – day by day
 - Tier A for 5th grade
 - Tier B for 6th grade
- Sixth grade – Mi Model/HIV AIDS

5TH GRADE GRADE LEVEL CONTENT EXPECTATIONS - STRAND 7

Standard 1: Core Concepts

7.1 Explain that males and females develop at different rates, and there are a wide variations within each sex.

Lessons 1, 4, 5, & 6

7.2 Explain social changes during puberty (ex: Changes in friendships, crushes/attractions, and changing expectations of parents/adults) - *Lessons 3,4*

7.3 Explain emotional changes during puberty (ex: mood shifts) - *Lessons 4, 5, & 6*

7.4 Explain physical changes that occur during puberty (ex: body hair, body odor, body shape, strength, hormones & menstruation) - *Lessons 5 & 6*

7.5 Define and identify basic male and female reproductive anatomy using scientific names. - *Lessons 5 & 6*

7.6 Define the functions of sperm and egg cells in human reproduction. - *Lessons 5 & 6*

7.7 Describe how sperm cells are produced. - *Lesson 5*

7.8 Describe the menstrual cycle and its potential for human reproduction. - *Lesson 6*

7.9 Describe the functions of basic male and female anatomy. - *Lesson 5 & 6*

5TH GRADE - GRADE LEVEL EXPECTATIONS CONTINUED

Standard 4: Influences

Explain how culture, media, and others influence what one thinks about oneself and relationships. (A-3)

5TH GRADE

- Day 1 - Climate for Growth
 - True/False - Did you know?
 - Creating a safe environment - Rules/expectations for discussion
 - Introduce videos
 - Always Changing and Growing Up Girls
 - Always Changing and Growing Up Boys
 - Strategies for initiating discussion at home
 - Question box - introduction
 - Summarize lesson
 - Homework - Together Talk: About Growing Up

5TH GRADE

- Day 2 – New Life
 - Review homework from previous night
 - Animal reproduction
 - Identify reasons to postpone parenting
 - Question box
- Day 3 – Families and Roles
 - What Makes My Family Special – Worksheet
 - Gender roles, expectations and stereotypes
 - How stereotypes restrict people
 - Question box

5TH GRADE

- Day 4 – Social and Emotional Support
 - Activity #1 – Review pretest from Day 1
 - Activity # 2 – Define puberty & changes that take place
 - Activity # 3 – Student Biography cards & Respect
 - Question box
- Day 5 – Growing Up Male/Female (depending on gender)
 - Introduction
 - Terminology of reproductive system
 - Girls will do ovulation and menstruation handout
 - Let's Just Talk (for girls)
 - Let's Just Talk (for boys)
 - Question box
 - Assign “Talk Together”

5TH GRADE

- Day 6 – Growing Up Male/Female (do opposite gender)
 - Review reproductive system of own body
 - Question box
 - Repeat day 5 with opposite sex
- Day 7 – Refusal Skills
 - Teach basic refusal skills
 - Lesson from Michigan Model – Good Touch/Bad Touch
 - Question box – finish with any pressing questions from the students

GRADE 6: GRADE LEVEL CONTENT EXPECTATIONS - STRAND 7

Standard 1: Core Concepts

7.2 Identify changes in physical maturation during puberty as it relates to the physical capacity for human reproduction. *Lesson 2, 3 & 4*

7.3 Describe the basic process of human reproduction, using scientific names for reproductive anatomy. *Lessons 2, 3 & 4*

7.4 Define abstinence from sex. *Lesson 5*

7.5 Analyze reasons for young people to remain abstinent, concluding that abstinence is the only 100% effective method of protection from HIV, other serious communicable disease, and pregnancy. *Lesson 5*

Standard 2: Access Information

7.6 Locate adult resources (parent, teacher, medical professional, counselor, other adult) who can provide accurate information about friendships, dating, puberty, and human reproduction. *Lesson 5*

Standard 4: Influences

7.9 Evaluate a variety of external influences (social media, parents, culture, peers, and society) and internal influences (values, curiosity, interests, desires, and fears) and their potential to impact relationships and behavior. *Lesson 6*

Standard 5: Goal Setting

7.10 Develop personal short- and long-term goals that support abstinence. *Lesson 5*

6TH GRADE

- Day 1 – Ready, Set, Grow?
 - Guidelines for discussion/classroom climate
 - Qualities of a friendship
 - “As You Grow” – Assess prior knowledge worksheet
 - Boys vs. Girls
 - “Changes in Life” – Body/Mind/Relationships
 - Plan strategies for initiating discussion with parents/trusted adult
 - Homework activity – Let’s Talk – I Wonder What It Was Like for You
 - “Growing and Changing” – Family partnership Flier
 - Question box

6TH GRADE

- Day 2 – Puberty and The Male/Female Reproductive System
 - Review of own gender first for Day 2
 - Discuss student experience about discussing parent’s experience growing up
 - Introduce terminology for reproductive system male/female by showing slide of reproductive system
 - Show video – **Always Changing and growing up video** (opposite sex)
 - Question box
- Day 3 – Puberty and The Male/Female Reproductive System
 - Follows same format as day 2 with opposite gender
 - Homework – Let’s Talk: I Wonder How You Learned About Puberty

6TH GRADE

- Day 4 – Reproduction
 - Give male and female reproductive system worksheets
 - Allow students to complete on their own
 - Go over slides with correct information
 - Both boys and girls
 - Ovulation, menstruation, and fertilization
 - Student worksheet
 - Nocturnal emissions
 - Question Box

6TH GRADE

- Day 5 – Personal Hygiene and Healthy Habits
 - Review “I Wonder How You Learned About Puberty”
 - Accurate/inaccurate sources for information
 - Reasons to postpone becoming a parent
 - Develop a plan for good hygiene
 - Puberty Pointers for boys/girls
 - My Personal Puberty Plan - worksheet
 - Question box

6TH GRADE

- Day 6 - Media Messages
 - Advertisements/music/tv...etc
 - What Is It Telling Me? - Worksheet
 - Communicate accurate information in response to media messages
 - Point! - Slide (obvious, message, truth)
 - Kids brainstorm music/commercials with negative messages
 - Media message situations
 - Question Box

6TH GRADE

- Day 7 – HIV/AIDS
 - HIV Infection and AIDS – Pretest Fact or Myth?
 - Discuss HIV/AIDS
 - Question Box
- Day 8 – Refusal Skills
 - How to Refuse Slide
 - Refusal Strategies Slide
 - Question Box

THANK YOU!

Any Questions?