

PSD 5th Grade Human Growth & Development Puberty & HIV/AIDS Program

Last revised February 2023

Purpose

In the coming weeks, we will begin a series of lessons which address learning targets in the area of health. These lessons discuss the onset of puberty and discuss basic physical and emotional changes which students will begin to experience.

In addition we will present information about HIV/AIDS. Per legislation [RCW 28A.230.070 1988](#) the State of Washington mandates that no later than Grade 5 students receive instruction regarding HIV/AIDS.

This slideshow will give you an overview of the lessons which will be presented and the materials that will be used. As a parent you may choose to opt your child out of any or all parts of this instruction.

Communicating with your child

Parents are their child's first teacher. Previewing this information allows you to see what your child will be learning in class so you can begin/continue discussions at home. As with any science lessons, precise vocabulary is used during instruction. Anatomically correct vocabulary may differ from the names used at home.

Teachers follow a protocol when answering their students' questions. This validates the student and provides information to all students in the class. Teachers may refer some questions to be discussed with the student's parent, caregiver, or another trusted adult. These might include sexual techniques, when is it OK to have sex, etc.

Typical lessons schedule

Part One

What is Puberty?

Emotional Changes

Resources: The Puberty Workshop

Part Two

HIV/AIDS

Refusal Skills & Abstinence

Resources: HIV & Me: Marissa's Story, KNOW

Puberty for Boys/Puberty for Girls

Boys & Girls may be taught in separate rooms. Check with your child's teacher for details.

Topics covered:

- Changes
- Reproductive anatomy
- Hormones
- Spermatogenesis/ovulation
- Emotional issues

Learning activities: Instruction, discussion, DVD, anatomical labeling/vocabulary

Part One: What is Puberty?

Topics covered:

- Puberty begins when one's body is ready
- Physical changes
 - Body changes
 - Hair growth, pimples, body odor
 - Hygiene practices
- Puberty Workshop videos
 - Each video is approximately 15 minutes long

The Puberty Workshop and Curriculum

Video 1: [What Is Puberty?](#)

Student Activities

1. Pre/Post Test
2. Puberty Crossword Puzzle
3. Changes Checklist
4. Interview with a Puberty Survivor
5. Taking Care of Yourself
6. Hygiene and You
7. In the Know
8. Puberty Highs and Lows

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The Puberty Workshop and Curriculum

Video 2: [Girls and Puberty](#)

Student Activities

1. Pre/Post Test
2. Girl or Boy? Word Bank
3. Vocabulary Matching
4. The Female Reproductive System
5. Name that Stage
6. Periods, Explained
7. Dear Answer Gal

Video 3: [Boys and Puberty](#)

Student Activities

1. Pre/Post Test
2. Girl or Boy? Word Bank
3. Vocabulary Matching
4. The Male Reproductive System
5. Name that Stage
6. Am I Normal?
7. Dear Answer Dude

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Questions about Part 1: Puberty?

Part Two:

- **HIV/AIDS & the Immune System**
- **Abstinence**
- **Refusal**

Resources to teach HIV/AIDS, Abstinence, Refusal

[KNOW Curriculum](#)

The 2014 edition complies with the [AIDS Omnibus Act](#). It aligns with the WA State Health and Fitness Standards (2016), the WA State Guidelines for Sexual Health Information and Disease Prevention (2005), the National Sexuality Education Standards (2011), and current research on the prevention of HIV and other STDs.

[HIV and ME: Marissa's Story](#) (Redefine Positive, 5th Grade) You Tube video

HIV/AIDS

Lesson Objectives:

- Learn basic information about HIV and AIDS
- Understand how the immune system functions
- Distinguish between the ways HIV is and is not transmitted
- Know ways to protect against acquiring and transmitting HIV

Abstinence and Refusal Skills

Lesson Objectives:

- Promote a positive attitude about abstinence
- Know the definition of abstinence
- Know the refusal skills steps
- Use refusal skills in a realistic scenario

Examples of Refusal Skills

1. Say no.

“Clearly say that you don’t want to do what the other person is asking.”

2. Explain why.

“For example, my mom doesn’t allow me to or I don’t feel comfortable.”

3. Suggest an alternative.

“Suggest something else that you can do instead. For example, I think that we should make some popcorn or play a video game.”

4. Leave if you need or want to.

“If someone keeps pressuring you or doesn’t accept your no, you need to leave the situation or get help from someone else.” Source: KNOW

Examples of role play scenarios

- You're on the playground when a good friend begins to tease another student, calls them names and starts mocking or making fun of them. Your friend tries to get you to join in the teasing and then turns on you by calling you some of the same names.
- Sam and Bobby are hanging out at the park. Sam brings out a pack of cigarettes and says "I took these from my dad's truck this morning. Let's smoke."
- Marsha and you are watching a movie. Her mom is in a different part of the house. Marsha switches to a channel that's showing a movie you do not feel comfortable watching. What will you say to Marsha?
- Suddenly some older kids show up at the party that you don't know very well. One of those kids sits down next to you and puts his/her arm around you.

FAQ

- Can I opt my child out of this instruction? Yes. Parents may opt their child out of all or parts of the Puberty or the HIV/AIDS lessons by completing [this electronic form](#). You may also receive up a paper copy of this form at your child's school.
- How do I access the resources? Please check [our district webpage](#) for the links to the resources.
- At what grades is sexual health taught? Grades 5, 6, 8, and during the Health course in high school.

For specific questions about the days the lessons will be presented, please talk to your child's teacher.

Questions about HIV/AIDS and Abstinence & Refusal Skills?

Thank You

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