

# LTISD HUMAN DEVELOPMENT CURRICULUM

## Scope and Sequence

Each public school district in Texas is required to deliver academic instruction within the guidelines of the Texas Essential Knowledge and Skills (TEKS). Starting as early as Kindergarten, the Health TEKS address healthy relationships, refusal skills, setting boundaries and decision making; all of these skills are the precursors to more developmentally appropriate TEKS regarding human sexuality, such as human anatomy, HIV and blood borne pathogens, as well as sexually transmitted diseases.

The TEKS include a section specifically related to Health Education at the high school level. The Health Education TEKS are available at: <http://ritter.tea.state.tx.us/rules/tac/chapter115>.

Lake Travis ISD currently embeds the sequence of learning below through health lessons in P.E., the counselors' guidance lessons, nurse-lead instruction and guest speakers from Austin LifeGuard:

GRADE LEVEL(S)	CONTENT/TEKS (Texas Essential Knowledge and Skills)	When/ How Taught	Instructor(s)	Parent al Consent Form Sent Home	Additional Information
Kinder-3 <sup>rd</sup>	<b>Health TEKS Ch. 115</b> that includes naming body parts and functions, having manners and using healthy communication, how to get help from a trusted adult if they don't feel safe with another child/adult, expressing needs, wants and emotions in appropriate ways, using self-control, refusal skills, the difference between positive and negative peer pressure, how germs are transmitted, how friends can influence health	Guidance Lessons  Physical Education: Health Lessons	Campus Counselor  P.E. Teachers  Campus Nurse	No	Health TEKS are progressively taught in a developmentally appropriate sequence. For TEKS by grade level, visit <a href="http://www.tea.state.tx.us">www.tea.state.tx.us</a> (and see link above referring to Chapter 115.)
4 <sup>th</sup> Grade	Building on K-3 TEKS with additional information for <b>GIRLS and BOYS, taught separately</b> , on maturation and hygiene	Spring Lesson	Campus Nurse	Yes	30 minute lesson Chapter 115.6 (2)(A),

5 <sup>th</sup> Grade	Building on K-4 TEKS with additional information for <b>GIRLS and BOYS, taught separately</b> on Puberty	Spring Lesson	Campus Nurse	Yes	30 minute lesson, Chapter 115.6 (2) (A)(B)
<b>Middle School</b>					
6 <sup>th</sup> Grade	Building on K-5 TEKS with additional age-appropriate, information on puberty for <b>GIRLS and BOYS taught separately</b> such as anatomy and physiology, the role of hormones, the benefits of abstinence, the difference between positive and negative relationships, resisting peer pressure, and conflict management, healthy ways to express love, avoidance of STI's	Spring Semester through PE	Austin LifeGuard	Yes	3 class periods (in P.E./Health or Science Class)
7 <sup>th</sup> /8 <sup>th</sup> Grade	Health TEKS that cover information such as the difference in growth patterns and how the onset of puberty may affect personal health, physical and emotional changes of puberty, risk factors associated with communicable and non-communicable diseases, abstinence <b>ONLY</b> approach to relationships in preventing pregnancy, STI's, and HIV, the influence of media on our decision, refusal skills	Science Class	Austin LifeGuard	Yes	3 day lesson (3 consecutive Science periods)