



# HUMAN GROWTH & DEVELOPMENT

## *Grade 6 Curriculum Overview*

### **INTRODUCTION**

Paradise Valley Unified School District's comprehensive human growth and development curriculum has as its goal to help all students reach and maintain their highest level of health and wellness. Central to this understanding is the interconnectedness of physical, behavioral, and social well being, in addition to a preventive approach to staying healthy. Students learn to make responsible personal decisions. The curriculum was developed through a district committee with input from school personnel, parents, clergy, and medical experts who were committed to students' well-being. The adopted curriculum fully complies with the Arizona Department of Education's guidelines for human growth and development education and is an opt-in program for students.

### **FORMAT & CONTENT**

Instruction will be provided in person by district nurses and teachers during the last 6 weeks of the school year as determined by the school site.

The resources used are from McGraw Hill health curriculum, a trusted curriculum source for education among school nurses and health educators. Program content is based on national research and consultation with school nurses, health educators, parents, and medical professionals. It is designed to provide 6th grade students with a broad overview of the beginning stages of puberty. The goal is to help students understand the physical and emotional changes taking place. This understanding will contribute to students' development of a positive and informed approach to adolescence to help them recognize and cope with the upcoming changes in their lives.

This program is opt-in with the decision for students to participate resting with their parents.

## OBJECTIVES:

### Part 1:

- Understand the physiological and emotional changes that are taking place in their bodies
- Develop and enhance their ability to communicate openly with parents regarding sexuality and relationships
- Distinguish between immaturity and maturity
- Know the functions of the male reproductive system
- Know the parts of the male reproductive system
- Know how to keep the male reproductive system healthy
- Understand the importance of internet safety and what sexting is, along with its effects

### Part 2

- Know the functions of the female reproductive system
- Know the parts of the female reproductive system
- Know how to keep the female reproductive system health
- Identify what happens to a woman's body during pregnancy and childbirth
- Learn how a fetus develops in the uterus
- Learn about the stages of labor
- Understand the risk and consequences of sexting and other social media