

Kindergarten Health and Sexuality Education

revised 2020



Kindergarten (5 days)

Topics:

Anatomy and Physiology

Use proper names for body parts

Identity

Describe differences and similarities in how boys and girls may be expected to act.

Provide examples of how friends, family, media, society and culture influence ways in which boys and girls think they should act

Healthy Relationships

Identify different kinds of family structures

Describe the characteristics of a friend
Demonstrate ways to show respect for different types of families

Identify healthy ways for friends to express feelings to each other

Personal Safety

Explain that all people, including children, have the right to tell others not to touch their body when they do not want to be touched

Explain what bullying teasing are

Identify parents and other trusted adults they can tell if they are feeling uncomfortable about being touched.

Identify parents and other trusted adults they can tell if they are being bullied or teased.

Demonstrate how to respond if someone is touching them in away that makes them feel uncomfortable.

Demonstrate how to respond if someone is bullying or teasing them.

Lesson 1 Courageous Conversations with consent

- Four-Agreements and Compass
- Consent video:
<https://www.youtube.com/watch?v=h3nhM9UIjc>
- Class Discussion and scenarios

Lesson 2 Health and Body Systems

- Develop clear vocabulary for body parts (i.e. penis and vagina)

Lesson 3 Learning the Touching Rule

- Poster, Story, and Discussion
“Talking About Touch”
- The school counselor
- <https://www.youtube.com/watch?v=t37VrHmlhl>
- <https://www.youtube.com/watch?v=zNTUMNKSNowk>

Lesson 4 Breaking Gender Stereotypes

- Talk about the similarities and differences between boys and girls and to develop an awareness of being an individual.

Lesson 5 Be Nice

- Talk about what bullying looks like and how to keep safe
- <https://www.youtube.com/watch?v=8iTPPh1d2j8>
- <https://www.youtube.com/watch?v=hhH9NCtaZt8>