

# Third Grade Health and Human Sexuality Comprehensive Guide

revised 2020



## Third Grade (5 days)

### K-2 Topics Reviewed:

Use proper names for body parts. Identify kinds of family structures. 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 and teasing are. Include demonstrations of how to respond to uncomfortable touch and bullying/teasing.

### Third Grade Topics:

Hygiene: Identify medically accurate information and resources about puberty and personal hygiene.

### 4-5 Topics Previewed:

Puberty: Explain ways to manage the physical and emotional changes associated with puberty. Explain how the timing of puberty and adolescent development varies considerably and can still be healthy. Identify parents or other trusted adults of whom students can ask questions about puberty and adolescent health issues. Describe how friends, family, media, society and culture can influence ideas about body image.

### Lesson 1 Courageous Conversations, 4-Agreements, Consent

- Four-Agreements and Compass
- Class Discussion/Jot Thoughts
- Consent Video  
<https://www.youtube.com/watch?v=h3nhM9Uljc>

### Lesson 2 Review K-2 Topics

- Walk and Chalk with specific vocabulary from K-2
- Clarify misconceptions
- Jot Thoughts

### Lesson 3 Health Text

- Chapter 1 "Your Amazing Body"
- Video "Inside Ralphie"  
<https://youtu.be/3DTsOONEWqY>
- Anonymous Q/A session, Jot Thoughts

### Lesson 4 Hygiene

- Video link:  
<https://youtu.be/jQ2e0KH5WrI>
- Transmission - explicitly state this refers to bodily fluids (spit) and germs being passed along.

### Lesson 5 Preview 4-5 Topics "It's Okay to Change"

- What is puberty?
- Quiz-Quiz Trade
- Jot Thoughts
- Wrap Up Discussion