

# Fifth Grade Health and Human Sexuality Comprehensive Guide

revised 2020



## Fifth Grade (7 days)

### Topics:

#### Courageous Conversations

Demonstrate ways to treat others with dignity and respect.

Demonstrate ways students can work together to promote dignity and respect for all people.

#### Consent

Demonstrate ways to treat others with dignity and respect.

Demonstrate refusal skills.

#### Puberty and adolescent development

Identify medically accurate information about female and male reproduction and anatomy.

Identify parents or other trusted adults to whom students can ask questions about puberty and adolescent health issues.

Explain the physical, social and emotional changes that occur during puberty and adolescence.

#### Sexual Orientation

Define gender identity.

Define sexual orientation.

Demonstrate ways to treat others with dignity and respect.

Identify parents or other trusted adults.

#### HIV/Aids

Define HIV and identify some age appropriate methods of transmission, as well as ways to prevent transmission.

#### **Lesson 1 Courageous Conversations**

- Four-Agreements and Compass

#### **Lesson 2 Consent**

- Communication, respect, and honesty are the building blocks of healthy relationships
- [www.teachconsent.org](http://www.teachconsent.org)

#### **Lesson 3 Puberty and adolescent development**

- Develop medically accurate vocabulary for body parts [Always Changing Fifth Grade](#)

#### **Lesson 4 Puberty and Adolescent Development**

- Talk about the similarities and differences between boys and girls and to develop an awareness of being an individual
- Explain the physical, social and emotional changes that occur during puberty and adolescence

#### **Lesson 5 You, Your Body and Puberty**

- Healthy relationships
- Identify parents or other trusted adults to whom students can ask questions about puberty and adolescent health issues

#### **Lesson 6 Sexual Orientation**

- Define gender identity
- Define sexual orientation

#### **Lesson 7 HIV/Aids**

- Define HIV
- Define transmission
- Identify some age appropriate methods of transmission, as well as ways to prevent transmission
- <http://kidshealth.org/kid/htbw/ISmovie.html>
- <https://www.health.ny.gov/publications/9534.pdf>