

5th Grade Human Sexuality and HIV/AIDS

The enhancement of health knowledge, attitudes and problem-solving skills is the focus of instruction in 5th grade health education. Human sexuality education is built on a comprehensive approach that focuses on growth and development, including puberty and anatomy of the male and female reproductive systems. Parents may review materials used in the course, talk with the teacher, and make an informed decision about their child's participation. Parents have the option of removing their child from the human sexuality unit at each grade level. Parents must notify the school in writing if they choose to remove their child from the unit.

5th Grade Georgia Professional Standards:

- HE5.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- HE5.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- HE5.3:** Students will demonstrate the ability to access valid information and products and services to enhance health.
- HE5.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- HE5.5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- HE5.6:** Students will demonstrate the ability to use goal-setting skills to enhance health.
- HE5.7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- HE5.8:** Students will demonstrate the ability to advocate for personal, family, and community health.

Topics covered during Growth and Development:

- Explanation of physical, social and emotional changes during puberty
- Hormones and hormone production; introduce the endocrine system
- Basic anatomy of the reproductive system- girls learn girls, boys learn boys
- Personal hygiene, grooming and positive health habits during puberty
- Importance of communication with parents/guardians; having a support system
- Positive self-esteem and the influence of accepting responsibility to make wise choices
- Menstrual cycle and menstrual protection (girls only)
- Ejaculation, erections and nocturnal emission (boys only)
- Describe the long-term benefits of avoiding peer pressure to engage in unhealthy behaviors

Vocabulary:

Consequences
Influence
Personal Choices
Negotiation Skills
Positive Self-image
AIDS
Endocrine System

Clique
Peers
Perception
Risky Behavior
Puberty
Adolescence
Hormones

Consumer
Peer Pressure
Refusal Strategies
Reproductive Body Parts
HIV
Growth Spurt

LETTER TO PARENTS FOR SEX EDUCATION

Dear Parent:

The Georgia State Board of Education has mandated that all school systems include human sexuality education in grades K-12 as part of a comprehensive health education plan. HIV/AIDS education is also mandated by the board. This unit will begin on [\(varies by school\)](#) in your child's health course.

Fulton County Schools will offer growth and development and human sexuality/HIV/AIDS education units to all students enrolled in a health course beginning in fifth grade. By state mandate, all public school systems in Georgia must include human sexuality as one facet of the comprehensive health education program. Our school system believes that all students should be equipped with factually accurate and appropriate information about these topics. Students who are armed with the facts are better informed to make healthy decisions. All content and instruction is implemented with sensitivity and are abstinence-based. However, the instruction that occurs in our schools should complement what is being taught at home and your values and expectations should be made very clear to your children.

There are specific required objectives that are covered in these units at each grade level. The objectives address many issues; among them are human physiology and puberty, how we perceive ourselves and our roles, recognizing and communicating our feelings, making decisions, sexually-transmitted diseases and their prevention including HIV/AIDS, birth control, the changing family, child-birth and parenting and teenage pregnancy. A copy of the specific curriculum that is taught can be found through links at the [fultonschools.org](http://www.fultonschools.org) website or at <http://www.fultonschools.org/k12/healthpe/Curriculum/HS%20Health/5-QCC%20Health%209-12.pdf>.

For this unit, there is a health textbook and supplemental material about growth and development and human sexuality. Materials that are used in class are available for viewing at your child's school. Please contact the health teacher to arrange a time to see these materials. Also, schools will have curriculum materials available for viewing at a designated parent information meeting; check with the school administration for details on this meeting.

By state law, it is your right to remove your minor child from the sex education portion of his/her health class. If you choose to exempt your child, an alternate assignment will be given. **If you DO NOT want your child to participate in the human sexuality portion of his/her health class, please return this form with your signature.** Please email HealthTeachersLastNameFirstInitial@fultonschools.org or call [\(your child's school\)](#) if you have any questions. This does not need to be signed for your child to remain in sex education portion of class.

Sincerely,

Health Teacher (s)

EXEMPTION FROM SEX EDUCATION UNIT

____ I prefer that my minor **child be removed** from the human sexuality portion of his/her health education course.

Parent signature and date

Student name (please print)

DO NOT RETURN THIS IF YOU WANT YOUR CHILD TO PARTICIPATE IN SEX EDUCATION