Property of the Parkway School
District SY 2025-26

Parkway School District Health and Physical Education
Healthy Relationships & Sexual Health Curriculum
Kindergarten

My Growing Body Unit & Lesson Details

Unit Enduring Understandings

- Your body is made up of many different parts that help your body do many things.
- Knowing and respecting my body is a first step to caring for my body.
- Good health is being the best you – body, mind, and behaviors.
- A healthy body starts with healthy habits.
- You show feelings with your face, body, and words.
- There are respectful and appropriate ways to express and manage my feelings.
- Children show respect for each other and their bodies by not touching others' inappropriately

Unit Essential Questions

- Why is it important to know my body?
- What do I need to do to be healthy?
- How can I show respect to myself and others through my actions and words?
- What can I do if I am feeling troubled or need help?

Unit Learning Targets

1. I can describe ways to care for my body.
2. I can name and locate various parts/areas of my body.
3. I can respectfully express my feelings to another person.
4. I can identify healthful ways to manage my feelings.

Property of the Parkway School
District SY 2025-26
Recommended Lesson Sequence:

Lesson Title	Lesson Overview	Lesson Objectives	Knowledge and Skills
My Body Parts & How They Work	Students will develop an awareness of their body. Students will participate in lessons that help them identify different parts of their body and how they work.	● Students will learn general names for various parts of their body. ● Students will learn basic functions of various parts of their body.	● Identify various parts of the body (i.e., Head, Shoulders, Chest, Arms, Hands, Legs, Feet) and how they are related. (K)
Caring for & Respecting My Body	Students will develop an awareness of their body and how to care for it. Students will participate in discussions and activities that help them identify how to care for their body, as well as how they show respect for themselves and others in how they treat their body.	● Students will learn how to take care of their body: exercise, cleanliness, healthy foods, and rest. ● Students will learn how to show respect for others.	● Identify adults who can help you with your health questions and needs.(S) ● Explain ways to keep the body healthy through exercise, rest, nutrition, and hygiene practices. (S)
Expressing My Feelings Healthfully	In this lesson, students will develop an awareness of their feelings. Students will participate in discussions and activities that help them to express and manage feelings of happiness, joy, sadness, anger, and frustration, in healthful ways	● Students will learn how to express and manage feelings appropriately and respectfully. ● Students will learn how to say “no” to inappropriate behaviors that invade their space and/or body. ● Students will learn when, where, and why to report situations to an adult when they feel unsafe or threatened.	● Identify different healthful ways to express feelings to another person. (S) ● Demonstrate ways to show respect for self and others. (S) ● Demonstrate how to say “no” or report a person who is invading your space and/or privacy. (S)

Property of the Parkway School
District SY 2025-26
Recommended Resources:

- *Health & Wellness (Teacher's Edition),* MacMillan/McGraw-Hill- Grade 1 (2008)
- *Health & Wellness,* MacMillan/McGraw-Hill -Grade 1 (2008).
- *Health Masters,* MacMillan/McGraw-Hill -Grade 1 (2008).
- *Health Big Ideas Book,* MacMillan/McGraw-Hill -Grade 1 (2008).
- *KidsHealth (Nemours)*
- *KidsHealth In the Classroom - K-2*
- *Advocates for Youth - Rights, Respect, Responsibilitiy*

Recommended Multimedia Resources:

- *"Heads, Shoulders, Knees and Toes"* by the Wiggles. (multimedia music)
- *"Get to Know Your Emotions"* - Inside Out Movie Clip (youtube-iMovies)

Approved Health Educational Agencies, Consultants, and Services:

- None

Property of the Parkway School
District SY 2025-26

Parkway School District Health and Physical Education
Healthy Relationships & Sexual Health Curriculum
1st Grade

My Growing Body Unit & Lesson Details

Unit Enduring Understandings

- Our differences make us special.
- Everyone is different and grows at different rates.
- Good habits, like exercising, eating healthy, and proper rest will help keep my body healthy.
- Expressing feelings appropriately will help keep friends.
- Bullying and teasing are wrong and hurtful to others.

Unit Essential Questions

- What makes each of us unique?
- How does the way I treat myself and others affect my overall health?
- How do our differences and actions make our classroom community richer?
- How might school, family and friends influence your health practices or behavior?
- How would I provide or seek help for self and others when experiencing conflict?

Unit Learning Targets

- I can identify various parts of my body.
- I can describe health practices that lead to healthy growth.
- I can describe characteristics of caring and healthful relationships.
- I can display appreciation for myself and acceptance of others around me.
- I can prevent and manage problems for self and others in healthful ways.

Lesson sequence and learning outcomes are listed on following pages.

Property of the Parkway School
District SY 2025-26
Recommended Lesson Sequence

Lesson Title	Lesson Overview	Lesson Objectives	Knowledge and Skills
My Body & How It Grows	In this lesson, students will learn about the human body, its different systems, and its purpose. Students will participate in learning activities that help them learn the parts that make up their body and how they work together. Students will develop an appreciation for how everyone is unique in their appearance and growth.	● Students will learn different body parts and organs. ● Students will learn the importance of respecting everyone's differences. ● Students will learn how their body changes at it ages.	● Identify parts of the body, including areas that are private. (K) ● Identify ways in which people are different and unique.(K) ● Explain how regular health practices can lead to health habits and contribute to healthy growth. (S)
Keeping My Body Healthy	In this lesson, students will explore how proper care of the body and good habits contribute to healthy growth. Students will learn basic personal care practices such as bathing and grooming, as well as the importance of regular check-ups from the doctor and dentist.	● Students will learn proper care and health practices that contribute to a healthy body.	● Explain how regular health practices can lead to health habits and contribute to healthy growth. (S)

Our Classroom Community	In this lesson, students will develop an understanding of and connection with their fellow students/peers, by exploring ways that they are alike and different. Students will participate in learning activities that help them develop an early appreciation of the diversity around them and how members of a community help support each other and work together.	● Students will explore ways in which they are alike and different from one another. ● Students will build a sense of pride in their own unique identities (i.e., talents, interests, personality). ● Students will identify ways in which members in communities can support one another.	● Identify ways in which people are different and unique. (K) ● Share a positive way for making friends or creating a caring classroom community. (S)
Building Friendships	In this lesson, students will explore the characteristics of a good friend. Students will be engaged in learning activities that help them understand the importance of good friendships and how to maintain healthful friendships. Students will also be introduced to teasing and bullying, ways to recognize these behaviors, and why they are inappropriate and hurtful behaviors.	● Students will learn ways to be a good friend. ● Students will learn to differentiate bullying from daily conflict situations people face. ● Students will learn positive ways to resolve conflicts. ● Students will learn about teasing and bullying, and why they are hurtful. ● Students will learn how friends can influence them positively or negatively.	● Describe characteristics of a friend. ● Explain how peers can influence your behaviors and feelings. ● Identify adults who can provide help when you or someone you know is being bullied or teased. ● Demonstrate ways to communicate feelings and emotions in a healthful way. ● Identify strategies for reducing bullying.

Property of the Parkway School
District SY 2025-26
Recommended Resources:

- *Health & Wellness (Teacher's Edition),* MacMillan/McGraw-Hill- Grade 1 (2008)
- *Health & Wellness,* MacMillan/McGraw-Hill -Grade 1 (2008).
- *Health Masters,* MacMillan/McGraw-Hill -Grade 1 (2008).
- *Health Big Ideas Book,* MacMillan/McGraw-Hill -Grade 1 (2008).
- *Ready, Set, Respect!, GLSEN'S Elementary School Toolkit.*
- *Advocates for Youth - Rights, Respect, Responsibilitiy*

Recommended Multimedia Resources:

- *Stop Bullying - Kids* (stopbullying.gov-Kids)
- *PACER's Kids Against Bullying* (Pacer's Center Kids Against Bullying)
- *PACER'S National Bullying Prevention Center*

Approved Health Educational Agencies, Consultants, and Services:

- School nurses and/or counselors

Property of the Parkway School
District SY 2025-26

Parkway School District Health and Physical Education
Healthy Relationships & Sexual Health Curriculum
2nd Grade

My Growing Body Unit & Lesson Details

Unit Enduring Understandings

- All families are different and unique in their own ways, but serve the same purpose.
- A trusted adult is someone you can go to when you feel unsafe or threatened by someone.
- You have the right to say “no” when you are asked to do something that makes you feel uncomfortable.
- A healthy body image can help you feel confident and comfortable about your body.

Unit Essential Questions

- What does it mean to be a respectful family member?
- How do I respond when I don’t feel safe?
- How is our family like a team?
- How am I unique?

Unit Learning Targets

- I can identify the role parents and families play in helping me grow up healthy.
- I can recognize a threatening situation and respond in ways that keep me safe.
- I can recognize how my uniqueness is important to being healthy.

Lesson sequence and learning outcomes are listed on following pages.

Property of the Parkway School
District SY 2025-26

Recommended Lesson Sequence

Lesson Title	Lesson Overview	Lesson Objectives	Knowledge and Skills
Being a Healthy You	In this lesson, students will learn how each person and their body is unique and special. Students will identify the things they like about themselves and show acceptance of their bodies.	● Students will learn ways to have good health (sharing feelings, getting along with others, taking care of your body and mind). ● Students will learn about the importance of a healthy body image and self-concept. ● Students will identify how their body is unique and special.	● Explain how a positive self-concept is important to a healthy person. (K) ● Share how you are proud of yourself and your differences. (S)
The Family Unit	In this lesson, students explore the definition of a family, the role of the family, and the responsibilities of family members. Students explore what makes their own family special and develop an appreciation for the different kinds of families, as well as the ways that families function and work together.	● Students will learn about the importance of belonging to a family. ● Students will learn ways families are alike and different. ● Students will learn how families grow and change.	● Identify characteristics of family structures and how they play a role in the family unit. (K) ● Provide examples of how families help guide your decisions about health attitudes and behaviors. (S) ● Identify ways family members share their feelings and values. (S) ● Make a plan for something that you can do to help in your household. S

Keeping My Body Safe	In this lesson, students will develop vocabulary and skills to deal with a variety of people and situations where they might feel threatened by a person who they feel physically threatened by. Class discussions and learning activities will include defining “safe touch” and “unsafe touch”, personal safety rules about touch and ways to respond when they feel uncomfortable. Students will also identify common characteristics of adults that they can go to when they need help and/or advice.	● Students will learn about safe and unsafe touches. ● Students will learn how to respond when they feel unsafe or threatened by another person. ● Students will learn about the importance of having an adult they can count on if they have questions or need help with a problem.	● Explain what “safe touch” is and the right to tell others not to touch your body. (K) ● Describe what a “trusted adult” is and the right to tell others not to touch your body. (K) ● Identify adults in your school or community who you can trust to go to for help. (S) ● Determine ways to respond to when someone is threatening you and the potential outcomes based upon your response. (S) ● Demonstrate how to use refusal skills when faced with an uncomfortable and/or threatening situation. (S)

Property of the Parkway School
District SY 2025-26

Recommended Resources:

- *Health & Wellness (Teacher's Edition),* MacMillan/McGraw-Hill - Grade 2 (2008)
- *Health & Wellness*, MacMillan/McGraw-Hill - Grade 2 (2008)
- *Health Masters*, MacMillan/McGraw-Hill - Grade 2 (2008)
- *Ready, Set, Respect!, GLSEN'S Elementary School Toolkit.*
- *Advocates for Youth - Rights, Respect, Responsibility*
- *Personal and Social Development Lessons,* Missouri Department of Elementary and Secondary Education.

Recommended Multimedia:

- *It's Your Body: You're in Charge*. Sunburst Visual Media (2009).
- *Families of All Kinds* - (youtube -JennC121)

Property of the Parkway School
District SY 2025-26

Parkway School District Health and Physical Education
Healthy Relationships & Sexual Health Curriculum
3rd Grade

Growth and Development Unit & Lesson Details

Unit Enduring Understandings

- Good character traits lead to healthy relationships
- Peers, family, and society can influence your health decisions and perceptions.
- Parents and trusted adults can help in bullying and teasing situations
- Our bodies and minds are always changing throughout the life cycle.
- Diversity is healthy, and everyone should be respected for their uniqueness.

Unit Essential Questions

- How does my character influence my relationships?
- How do I show respect to others?
- How can I expect my body to change?

Unit Learning Targets

- I can describe healthful character traits and demonstrate respectful behavior toward others despite our differences.
- I can respond healthfully to bullying situations.
- I can identify how peers, family and society influence my attitude and health behaviors.
- I can identify various body systems and describe their functions
- I can recognize different stages and changes that occur throughout the life cycle.

Lesson sequence and learning outcomes are listed on following pages.

Property of the Parkway School District
SY 2025-26

Recommended Lesson Sequence & Learning Outcomes

Lesson Title	Lesson Overview	Lesson Objectives	Knowledge and Skills
Character and You	In this lesson, students will explore the traits that make up good character and how it is reflected in your actions and interactions with others. Class discussions and learning activities will allow students to explore ways to show good character, such as respect for others and being truthful.	● Students will learn the traits of good character and how they benefit a person's health. ● Students will learn how to make responsible decisions that are safe and healthful.	● Identify positive character traits. (K) ● Identify guidelines for making responsible decisions. (K) ● Identify a personal goal and plan for treating peers and friends with respect. (S) ● Demonstrate ways to treat others with dignity and respect. (S)
Stages of Development	In this lesson, students will be introduced to the stages of life that make up the life cycle. Lesson activities will focus on the stage of childhood and the physical, mental/emotional, and social changes to anticipate as they grow older. Students will also be introduced to the major body systems and their purpose.	● Students will learn about the five main stages of life. ● Students will learn about changes to their body as it grows. ● Students will learn about the types and functions of the major body systems.	● Identify the stages of the life cycle (K) ● Identify different body systems and their functions. (K)
Accepting Yourself and Others	This lesson will help students develop an appreciation of their personal characteristics and pride in being themselves. Class discussions and	● Students will learn about stereotypes and how they can be harmful.	● Explain how teasing and bullying is hurtful and why it is wrong.(K)

	learning activities will identify ways that society influences gender roles and how gender stereotypes might lead to hurtful words and actions. The main outcome of this lesson is to encourage students to have the confidence to be themselves and treat everyone with respect, despite if they are different than you.	● Students will learn that their interests do not have to be determined by whether they are male or female. . ● Students will learn how societal expectations of male and female roles are shaped by our family, friends, and society.	● Identify common stereotypical roles of males and females and explain the importance of respecting various personalities and expressions.(K) ● Identify common statements that are stereotypical and biased, and can be hurtful to others.(S) ● Demonstrate ways to treat with dignity and respect.(S) ● Describe how peers, family, and society influence health behaviors and relationships. (S)
Healthful Friendships	This lesson will help students identify the characteristics and traits of a good friend. Students will participate in class discussions and learning activities that help them identify actions and behaviors that are important to a healthful peer relationship. Students will empathize with how peer pressure and bullying can be harmful and hurtful and will explore strategies for responding to bullying situations.	● Students will learn ways to make a healthful peer relationship. ● Students will learn ways to show respect for others. ● Students will learn how to resolve a conflict. ● Students will learn two types of peer pressure - positive and negative. ● Students will learn how to respond to situations of bullying.	● Describe the characteristics and benefits of healthy relationships. (K) ● Explain how teasing and bullying is hurtful and why it is wrong.(K) ● Describe how peers, family and society influence health behaviors and relationships.(S) ● Explain ways parents and other trusted adults can help a person being teased or bullied.(S)

			• Identify common statements that are stereotypical and biased, and can be hurtful to others.(S) • Demonstrate ways to treat others with dignity and respect.(S) • Demonstrate ways to be an ally for another person being bullied.(S) • Identify a personal goal and plan for treating peers and friends with respect. (S)

Recommended Resources:

- *Health & Wellness (Teacher's Edition),* MacMillan/McGraw-Hill - Grade 3 (2008)
- *Health & Wellness*, MacMillan/McGraw-Hill - Grade 3 (2008)
- *Health Masters*, MacMillan/McGraw-Hill - Grade 3 (2008)
- *Advocates For Youth - Rights, Respect, Responsibility*
- *KidsHealth (Nemours)*

Recommended Multimedia:

- Video - *Unity in Community – The Ant Show.* Marsh Media.
- Video – *"Tomboy"* by Karleen Pendleton Jimenez (vimeo.com)

- *KidsHealth (Nemours)*
- *PACER'S National Bullying Prevention Center*
- *PACER's Kids Against Bullying* (Pacer's Center Kids Against Bullying)
- *Stopbullying.gov*
- *Stop Bullying - Kids*

Approved Health Educational Agencies, Consultants, and Services:

- *School Counselors*

Property of the Parkway School District
SY 2025-26

Parkway School District Health and Physical Education
Healthy Relationships & Sexual Health Curriculum
4th Grade

Growth and Development Unit & Lesson Details

Unit Enduring Understandings

- During puberty chemical substances called hormones start all kinds of changes (physical, social, mental/emotional) in your body.
- Everyone grows and changes at different rates.
- During puberty it is extra important to care for your body - keep yourself clean, get enough sleep, stay physically active, and eat healthful foods.
- Family values influence your behaviors.
- A parent or trusted adult can help you discuss important questions that you might have about your changing body.
- All healthy families have common characteristics of love, respect and care for all family members.

Unit Essential Questions

- What changes can I expect as I grow into my teen years?
- Why are our relationships with others important to our personal growth?
- What is important to know about how I take care of my body during puberty?
- What decisions and choices will be important to consider during puberty and how are these decisions influenced?

Unit Learning Targets

- I can identify the different stages of development and the physical, mental/emotional and social changes that occur in each.
- I can practice health behaviors that care for and protect my personal and reproductive health.
- I can identify the male and female reproductive system organs and describe their functions.
- I can identify various influences on health decisions and seek appropriate resources for helpful and accurate personal healthcare information.
- I can make healthful decisions and communicate responsibly to avoid harm or health risks towards self or others.

Lesson sequence and learning outcomes are listed on following pages.

Property of the Parkway School District
SY 2025-26

Recommended Lesson Sequence & Learning Outcomes

Lesson Title	Lesson Overview	Lesson Objectives	Knowledge and Skills
My Future Growth	In this lesson, students will be introduced to changes that they should expect during the adolescent and pre-teen years through adulthood. Class discussions and learning activities will allow students to explore the hardest things and best things of growing up. Students will learn about various ways they will change - socially, physically, and mentally/emotionally - and ways to cope with these changes.	● Students will learn positive and difficult things about growing up. ● Students will learn healthy responses to challenges in growing up.	● Identify the different stages of development and ways it can vary. (K) ● Explain the physical, social and emotional needs and changes that occur during puberty.(K) ● Identify a health behavior that you would like to improve, set a personal goal, and track progress. (S)
Family & Peer Relationships	This lesson will introduce ways in which families and friends contribute to a healthy person. Class discussions and learning activities will share the different types of family structures and the common traits and purposes that they all share. They will learn how support, care and respect for one another within a family helps your self-confidence and sense of well-being. Students will also explore the importance of peer	● Students will learn the role of teh family in supporting their growth and well-being. ● Students will learn ways to have healthful relationships with family and peers. ● Students will learn how to assess a good friend/friendship.	● Identify characteristics of healthful peer and family relationships. (K) ● Explain how parents and family influence health decisions. (S) ● Describe how friends, family, media, and society can influence perceptions about body image. (S) ● Identify appropriate resources (i.e., nurses, doctors, parents, CDC) that can provide medically-

	relationships and the actions they can take to building healthful ones.		accurate and valid information to promote personal health. (S) ● Demonstrate positive ways to communicate differences of opinion with friends and peers. (S) ● Communicate to others ways to say "no" to pressures to perform risky behaviors and suggest alternative healthy options. (S)
Personal Hygiene	In this lesson, students will be introduced to personal hygiene practices that are important during puberty. Class discussions and learning activities will help students appreciate the importance of keeping the body clean and utilizing health care products to keep the body well-groomed and smelling good.	● Students will learn ways to care for their skin, hair, and nails and how to choose grooming products. ● Students will learn about the changes their body will go through during puberty. ● Students will learn how certain personal hygiene practices are important during puberty.	● Identify ways to care for and protect the reproductive system. (K) ● Identify health products that help with grooming and personal body care. (K) ● Identify appropriate resources (i.e., nurses, doctors, parents, CDC) that can provide medically-accurate and valid information to promote personal health. (S) ● Identify a health behavior that you would like to improve, set a personal health/hygiene goal, and track progress. (S)

			• Practice personal hygiene behaviors that help keep the body clean and feeling good. (S) • Choose responsible ways for making decisions about behaviors to avoid health risks. (S)
Puberty	In this lesson students will be introduced to the physical, mental emotional, and family/social changes that occur during puberty and early adolescence. Class discussions and learning activities will teach students about the human reproductive systems and its functions, as well as healthy habits to care for it. Students will also learn about positive ways to deal with the changes.	• Students will learn about the changes that occur during adolescence and adulthood. • Students will develop an awareness of body parts that make up the reproductive system. • Students will learn about health habits to practice for good growth and hygiene.	• Identify the different stages of development and ways it can vary. (K) • Identify organs that make up the reproductive system and describe their function. (K) • Explain the physical, social, and emotional needs and changes that occur during puberty. (K) • Choose responsible ways for making decisions about behaviors to avoid health risks. (S) • Identify appropriate resources (i.e., nurses, doctors, parents, CDC) that can provide medically-accurate and valid information to promote personal health. (S)

Property of the Parkway School
District SY 2025-26
Recommended Resources:

- *Health & Wellness (Teacher's Edition),* MacMillan/McGraw-Hill - Grade 4 (2008)
- *Health & Wellness*, MacMillan/McGraw-Hill - Grade 4 (2008)
- *Health Masters*, MacMillan/McGraw-Hill - Grade 4 (2008)
- *Health & Wellness Body Book,* MacMillan/McGraw-Hill - Grade 4 (2008)
- *TeensHealth (Nemours)*
- *Advocates For Youth - Rights, Respect, Responsibility*

Recommended Multimedia:

- *"What Does It Mean to Be a Good Friend",* Human Relations Media
- *"Whatsa Hygiene"*. Marsh Media.
- *"That's A Family"*, New Day Films
- "Always Changing and Growing Up"
- *TeensHealth (Nemours)*

Approved Health Educational Agencies, Consultants, and Services:

- *School Nurses and/or Counselors*

Property of the Parkway School District
SY 2025-26

Parkway School District Health and Physical Education
Healthy Relationships & Sexual Health Curriculum
5th Grade

Growth and Development Unit & Lesson Details

Unit Enduring Understandings

- During puberty and adolescent years, the human body experiences many changes (socially, physically, and emotionally) and develops at its' own pace or rhythm.
- Different body parts make up the reproductive system and each plays an important role.
- Healthy behaviors can eliminate the transmission of diseases.
- Traits can be passed down from parent to child.
- Personality and character have a lot to do with how you interact and treat other people.
- Having open communication with a parent or other trusted adult can help answer personal questions about your sexual health.
- You demonstrate self-respect and respect for others by making responsible decisions.

Unit Essential Questions

- What is unique about my development that occurs during puberty and adolescence?
- What role do my actions play in the development and protection of my sexual health?
- How do my behaviors affect the spread of diseases?
- How are character traits and personality related?

Unit Learning Targets

- I can create a routine of personal health behaviors and habits that will help protect me from sexual health risks and harmful diseases.
- I can explain influences of personality and model good character and respect for others.
- I can explain the changes that occur during puberty and adolescence, the healthy ways to manage it, and how to seek appropriate resources to access information or ask questions relating to puberty and sexual health issues.
- I can explain the ways that my parents and/or family have influenced my appearance and behaviors.I can demonstrate healthy ways to manage changes associated with puberty, making responsible decisions, and preventing teasing and stigmatizing of others.

Property of the Parkway School District
SY 2025-26

Recommended Lesson Sequence & Learning Outcomes

Lesson Title	Lesson Overview	Lesson Objectives	Knowledge and Skills
Character and Self-Respect	In this lesson, students will learn how one's personality and character are reflected by the choices that a person makes. Class discussions and learning activities will define "character" and identify traits to good character. Students will also explore how their personality is a blend of their traits, talents, and actions. Students will understand the importance of positive "self-concept" and "self-esteem" and how it is influenced.	● Students will learn ways that promote self-respect. ● Students will learn steps to making a responsible decision. ● Students will learn ways to develop a healthful self-concept.	● Explain how personality is shaped by character traits and personal values. (K) ● Identify steps to making a wise decision.(K) ● Explain the types of influences upon a person's personality and character.(S) ● Demonstrate behaviors that model good character and respects others. (S) ● Demonstrate how to persuade others to avoid stigmatizing others based on personal growth rates/differences. (S)
Personal Health Care	This lesson focuses on how important hygiene is during puberty/adolescent years. Class discussions and learning activities identify grooming and hygienic practices that keep your body looking, smelling, and feeling good, as well as	● Students will learn about good hygienic behaviors important to healthful growth during puberty and adolescence.	● Identify healthcare products that help with grooming and personal body care. (K) ● Select health products that help with grooming and personal body

	safety practices that help protect the reproductive system. Students will also learn the importance of identifying trustworthy support for finding medically-accurate information for promoting personal health.	● Students will learn new safety practices that protect delicate body parts from injury. ● Students will learn about the importance of getting trustworthy support (i.e., parents, physicians/nurses, counselors, teachers, etc.) and accurate information as they go through puberty.	care.(S) ● Identify age-appropriate resources that can provide medically-accurate and valid information regarding sexual health. (S) ● Identify parents and other trusted adults who you can ask questions about puberty and sexual health issues. (S) ● Choose and analyze responsible ways for making decisions about your health in order to avoid risks to personal health. (S) ● Identify a health behavior that you would like to improve, set a personal goal, and track progress. (S) ● Demonstrate refusal skills (e.g., saying no) to peer pressures that present sexual health risks. (S)
Human Growth & Development	This lesson will explain medically accurate facts about the physical changes that take place during puberty and adolescence. Class discussions and learning activities will present developmentally appropriate	● Students will develop an awareness of bodily changes that occur during puberty and adolescence.	● Explain physical, social, and emotional changes that occur during puberty and adolescence and why this occurs. (K)

	knowledge about various body parts and functions of the male and female reproductive systems and healthful practices for caring and protecting it. Students will also be introduced to the way that a female egg is fertilized by the male sperm. Sexual intercourse is not discussed in this lesson or at this grade level.	● Students will learn about the parts and functions of the male and female reproductive systems. ● Students will learn hygienic practices to care for the body and ways to protect the reproductive system. ● Students will develop an awareness of bodily changes that occur during puberty and adolescence. ● Students will learn about the parts and functions of the organs in the male and female reproductive systems. ● Students will learn how inherited traits are passed from parents to child.	● Identify organs that make up the male and female reproductive system. (K) ● Describe the function of the human reproductive system. (K) ● Identify age-appropriate resources that can provide medically-accurate and valid information regarding sexual health.(S) ● Identify parents and other trusted adults who you can ask questions about puberty and sexual health issues. (S) ● Explain ways to manage the physical and emotional changes associated with puberty. (S) ● Explain physical, social, and emotional changes that occur during puberty and adolescence. (K) ● Identify organs that make up the male and female reproductive system.(K)

			● Describe the function of the human reproductive system. (K) ● Explain how traits and genes are inherited. (K) ● Identify age-appropriate resources that can provide medically-accurate and valid information regarding your sexual health. (S) ● Identify parents and other trusted adults who you can ask questions about puberty and sexual health issues.(S) ● Explain ways to manage the physical and emotional changes associated with puberty. (S)

The Immune System and Disease Prevention	In this lesson, students will learn about various methods in which blood borne disease is transmitted, and how to protect themselves from such diseases. Class discussions and learning activities will introduce to the immune system and its role in fighting off infections. Students will be introduced to the blood borne diseases of Human Immunodeficiency Virus (HIV) and Hepatitis and their dangers to a person's health.	● Students will learn about various non-sexual methods of blood borne disease transmission, including HIV and Hepatitis. ● Students will learn about the importance of the immune system in protecting the body against disease and your body's response to these infections. ● Students will learn behaviors that are safe and will not spread blood borne diseases.	● Explain how blood borne diseases are transmitted and the effects on the body's immune system. (K) ● Identify age-appropriate resources that can provide medically-accurate and valid information regarding your sexual health. (S) ● Choose and analyze responsible ways for making decisions to avoid risks to personal health. (S) ● Identify a health behavior that you would like to improve, set a personal goal, and track progress. (S)

Recommended Resources:

- *Health & Wellness (Teacher's Edition),* MacMillan/McGraw-Hill - Grade 5 (2008)
- *Health & Wellness*, MacMillan/McGraw-Hill - Grade 5 (2008)
- *Health Masters*, MacMillan/McGraw-Hill - Grade 5 (2008)
- *Your Body Book,* MacMillan/McGraw-Hill - Grade 5 (2008)
- *Advocates For Youth - Rights, Respect, Responsibility*

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Recommended Multimedia:

- "Always Changing and Growing Up"
- *The Immune System: Doing Its Part.* Marsh Media (2009).

Approved Health Educational Agencies, Consultants, and Services:

- *School Nurses and/or Counselors*