

6th Grade Human Growth and Development

Lesson and Big Ideas	Outcomes	Resources
Lesson 1 Puberty and Adolescent Development Reproductive Systems Anatomy and Physiology Sexual Health	<ul style="list-style-type: none"> Understand the different changes that occur during adolescence (PD.CC.1) Understand medical accuracy and analyze medically accurate sources of information about puberty, adolescent development, and sexual health (PD.8.AI.1) Understand human reproductive systems, including the external and internal body parts and their functions, and that there are naturally occurring variations in humans (AP.8.CC.1) 	<ul style="list-style-type: none"> Lesson Plan Inside Puberty Video Male Reproductive System Slideshow (Kids Health) Female Reproductive System Slideshow (Kids Health) <p>Teacher Note: You will notice that this lesson refers to “male” and “female” anatomy. We use these terms for clarity’s sake to refer to biological sex or the sex a person was assigned at birth based on their anatomy (for example, a baby born with a vulva is likely to be called a “girl”). At the same time, however, it is important to avoid assuming that all of your students’ gender identities will match their sexual anatomy. Referring to people with particular body parts (such as “a person with a vulva”) will create a more inclusive classroom than “female anatomy.”</p>
Lesson 2 Gender Roles, Gender Expectations	<ul style="list-style-type: none"> Understand how peers, family, and a person’s intersecting 	<ul style="list-style-type: none"> Lesson Plan

<p>Gender Identity and Expression</p> <p>Sexual Orientation and Identity</p>	<p>identities can influence attitudes, beliefs, and expectations about gender, gender identity, gender roles, and gender expression (GI.8.INF.1)</p> <ul style="list-style-type: none"> • Understand how to access medically accurate sources of information about gender, gender identity, and gender expression (GI.8.AI.1) • Understand ways to communicate respectfully with and about people of all gender identities (GI.8.IC.1) • Recall the definition of sexual orientation (SO.8.CC.1) • Define sexual identity and explain a range of identities related to sexual orientation (e.g., heterosexual, bisexual, lesbian, gay, queer, twospirit, asexual, pansexual) (SO.8.CC.2) • Understand how peers, media, family, society, culture, and a person's intersecting identities can influence attitudes, 	
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	<p>beliefs, and expectations about sexual orientation (SO.8.INF.1)</p> <ul style="list-style-type: none"> • Access credible sources of information about sexual orientation (SO.8.AI.1) • Understand ways to communicate respectfully with and about people of all sexual orientations (SO.8.IC.1) 	
<p>Lesson 3</p> <p>Understanding Boundaries</p> <p>Consent and Healthy Relationships</p> <p>Interpersonal Violence</p>	<ul style="list-style-type: none"> • Demonstrate communication skills that will support healthy relationships (CHR.8.IC.1) • Identify and understand strategies to communicate personal boundaries and how to show respect for the boundaries of others (CHR.8.IC.2) • Explain strategies a student might use to end an unhealthy relationship, including involving a trusted adult who can help (CHR.8.SM.1) 	<ul style="list-style-type: none"> • Lesson Plan • Consent: It's As Simple as Tea Video • The 5Cs to Stay Smart and Safe

	<ul style="list-style-type: none"> • Understand why a person who has been sexually harassed, abused, or assaulted, or has been a victim of incest, rape, domestic violence, or dating violence is never to blame for the actions of the perpetrator (IV.8.CC.2) • Identify community resources and/ or other sources of support, such as trusted adults, including parents and caregivers, that students can go to if they are or someone they know is being sexually harassed, abused, assaulted, exploited, or trafficked (IV.8.AI.1) • Identify strategies a person could use, when it is safe to do so, to intervene when someone is being sexually harassed or someone they know is perpetuating unhealthy or coercive behaviors (IV.8.SM.1) 	
Lesson 4 Communicating About a Sensitive Topic	<ul style="list-style-type: none"> • Demonstrate communication skills that will support healthy 	<ul style="list-style-type: none"> • <u>Lesson Plan</u>

Consent and Healthy Relationships Sexual Health	relationships (CHR.8.IC.1)	
Lesson 5 More than Friends - Understanding Romantic Relationships Consent and Healthy Relationships Sexual Health	<ul style="list-style-type: none"> Understand and Identify the characteristics of a healthy and unhealthy relationship (CHR 8.CC1) Understand the similarities and differences between friendships and romantic relationships (CHR.8.CC.3) Describe how power differences, such as age, gender, socioeconomic status, immigration status, race, or unequal position (e.g. student/teacher, supervisor/employee) may impact relationships CHR.8.CC.2 	<ul style="list-style-type: none"> Lesson Plan
Lesson 6 Liking and Loving - Now and When I'm Older	<ul style="list-style-type: none"> Define vaginal, oral, anal sex and other forms of sexual activity (masturbation) 	<ul style="list-style-type: none"> Lesson Plan

<p>Consent and Healthy Relationships</p> <p>Sexual Health</p>	<p>(SH.8.CC.1)</p> <ul style="list-style-type: none"> Justify abstinence as the safest, most effective method of protection from disease and pregnancy (PR.12.CC.1) Explain STIs (SH.5.CC.3) (important to include with variations of intercourse) Explain there are many methods of contraception that are safe and effective SH.8.CC.2 	
<p>Lesson 7</p> <p>Being a Sex-Ed Sleuth</p> <p>Sexual Health</p> <p>Gender Identity and Expression</p> <p>Sexual Orientation and Identity</p> <p>Anatomy and Physiology</p> <p>Puberty and Adolescent Sexual Development</p> <p>Consent and Healthy Relationships</p> <p>Interpersonal Violence</p>	<ul style="list-style-type: none"> Understand how peers, family, media, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about relationships (CHR.8.INF.1) Understand and identify the impact of technology (e.g., use of smartphones, GPS tracking) and social media on relationships (e.g., consent, communication) (CHR.8.INF.2) Understand 	<ul style="list-style-type: none"> Lesson Plan Slideshow

	<p>medical accuracy and analyze medically accurate sources of information about puberty, adolescent development, and sexual health (PD.8.AI.1)</p> <ul style="list-style-type: none"> • Understand how to access medically accurate sources of information about gender, gender identity, and gender expression (GI.8.AI.1) • Access credible sources of information about sexual orientation (SO.8.AI.1) 	
<p>Lesson 8</p> <p>Being Smart, Staying Safe Online</p> <p>Consent and Healthy Relationships</p> <p>Sexual Health</p> <p>Sexual Orientation and Identity</p> <p>Gender Identity and Expression</p> <p>Interpersonal Violence</p>	<ul style="list-style-type: none"> • Develop a plan to stay safe when using social media. (HR.8.GS.1) • Describe strategies to use social media safely, legally and respectfully (HR.8.SM.2) • Describe strategies that sex traffickers/ exploiters employ to recruit youth (V.8.INF.1) 	<ul style="list-style-type: none"> • Lesson Plan • Chatting Safely Online Video • Being Safe Online Video