

Grade 3 Human Growth and Development

Lesson and Big Ideas	Outcomes	Resources
<p>Lesson 1</p> <p>Consent and Healthy Relationships</p>	<ul style="list-style-type: none"> ● Define consent, personal boundaries and bodily autonomy (CHR.5.CC.2) ● Identify trusted adults, including parents and caregivers, that students can talk to (CHR.5.AI.1) 	<ul style="list-style-type: none"> ● Amaze Videos <ul style="list-style-type: none"> ○ Consent and Communication ○ Maybe Doesn't Mean Yes ● 3Rs Lesson: If You Don't Have Consent, You Don't Have Consent <ul style="list-style-type: none"> ○ Activity ● Who Can I Trust?
<p>Lesson 2</p> <p>Anatomy and Physiology</p> <p>Sexual Health</p> <p>Puberty and Adolescent Sexual Development</p>	<ul style="list-style-type: none"> ● Identify the medically accurate names of the external and internal body parts and their functions (AP.5.CC.1) ● Understand that there are natural variations in human bodies (AP.5.CC.1) (all bodies different- different shapes and sizes) ● Define reproduction and explain that all living things, including humans, may have the capacity to reproduce (SH.2.CC.1) 	<ul style="list-style-type: none"> ● Amaze Video <ul style="list-style-type: none"> ○ Bodies: Different Shapes and Sizes, All Beautiful! ● 3Rs Lesson: Reproductive Anatomy <ul style="list-style-type: none"> ○ Diagrams ● Question box
<p>Lesson 3</p> <p>Anatomy and Physiology</p>	<ul style="list-style-type: none"> ● Identify the physical (hygiene), social, and emotional changes that occur during puberty and adolescence and how the onset and progression of puberty can vary 	<ul style="list-style-type: none"> ● 3Rs Lesson: Making Sense of Puberty ● Question box

<p>Sexual Health</p> <p>Puberty and Adolescent Sexual Development</p>	<p>(PD.5.CC.1) (Menstruation)</p> <ul style="list-style-type: none"> ● Identify my changes during puberty (PD.5.CC.2) ● Understand why hormones are needed and Identify how hormone changes might affect me (PD.5.CC.3) ● Describe the role hormones play in the physical, social, cognitive, and emotional changes during adolescence (PD.5.CC.4) 	<p>After lesson is complete, students who do or will menstruate will have an additional Q&A lesson (20-30 minutes)</p> <p>Resources: Pads Period Protection</p>
<p>Lesson 4</p> <p>Gender Identity and Expression</p> <p>Sexual Orientation and Identity</p>	<ul style="list-style-type: none"> ● Recognize differences exist between sex assigned at birth and gender identity (GI.5.CC.1) ● Define gender identity and understand the use of pronouns around gender identity (GI.5.CC.3) ● Define sexual orientation (SO.5.CC.1) ● Understand the difference between sexual orientation and gender identity (SO5.CC.2) ● List characteristics of a trusted adult and identify trusted adults in the child's life (SO.5.AI.1) 	<ul style="list-style-type: none"> ● 3Rs Pink, Blue, and Purple ● Discuss definitions <ul style="list-style-type: none"> ○ Gender identity ○ Sexual orientation ○ Pronouns ● Who Can I Trust? (review) ● Question box
<p>Lesson 5</p>	<ul style="list-style-type: none"> ● Define child sexual abuse, sexual 	<ul style="list-style-type: none"> ● 3Rs Lesson: Your Body, Your Rights

Interpersonal Violence	<p>harassment, and domestic violence and explain why they are harmful and their potential impacts (IV.5.CC.1)</p> <ul style="list-style-type: none">• Identify strategies a person could use to call attention to or leave an uncomfortable or dangerous situation, including sexual harassment (IV.5.IC.1)• Demonstrate ways to start a conversation when seeking help from a trusted adult about an uncomfortable or dangerous situation (e.g., harassment, bullying, teasing, child sexual abuse)* (IV.2.DM.1)• Identify trusted adults to talk to in an uncomfortable situation. (IV.2.AI.2)	<ul style="list-style-type: none">• Who Can I Trust? (review)• Question box
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