

## Fourth Grade Human Growth and Development

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

<p>Sexual Health</p> <p>Puberty and Adolescent Sexual Development</p>	<p>progression of puberty can vary (PD.5.CC.1 (Menstruation))</p> <ul style="list-style-type: none"> <li>Identify my changes and the changes of others during puberty (PD.5.CC.2)</li> <li>Identify how hormone changes might affect my peers (PD.5.CC.3)</li> <li>Describe the role hormones play in the physical, social, cognitive, and emotional changes during adolescence (PD.5.CC.4)</li> </ul>	<ul style="list-style-type: none"> <li>Question box</li> </ul> <p><b>After lesson is complete, students who do or will menstruate will have an additional Q&amp;A lesson (20-30 minutes)</b></p> <p>Resources:</p> <ul style="list-style-type: none"> <li><a href="#">Pads</a></li> <li><a href="#">Tampons</a></li> <li><a href="#">Period Protection</a></li> <li><a href="#">Pads and Tampons Q &amp; A</a></li> </ul>
<p><b>Lesson 4</b></p> <p>Gender Identity and Expression</p>	<ul style="list-style-type: none"> <li>Explain how some people may or may not differ between biological sex at birth and gender identity (GI.5.CC.1)</li> <li>Define cisgender, transgender, gender non-binary, gender expansive, and gender identity (GI.5.CC.2)</li> <li>Understand the use of pronouns around gender identity (GI.5.CC.3)</li> <li>Explain that some people may question their gender (GI.5.CC.3)</li> </ul>	<ul style="list-style-type: none"> <li>Read aloud (including <i>A Note About Pronouns</i> in back of book) <ul style="list-style-type: none"> <li><a href="#">Gender expansive definition</a></li> </ul> </li> </ul> <div data-bbox="1289 899 1482 1092" data-label="Image"> </div> <p><i>It Feels Good to Be Yourself</i> by Theresa Thorn</p> <ul style="list-style-type: none"> <li>Question box</li> </ul>
<p><b>Lesson 5</b></p>	<ul style="list-style-type: none"> <li>Define sexual orientation (SO.5.CC.1)</li> <li>Understand the difference between sexual orientation and gender identity (SO.5.CC.2)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">3Rs Lesson: What is Love Anyway?</a> <ul style="list-style-type: none"> <li><a href="#">Presentation</a></li> </ul> </li> <li>Question box</li> </ul>

Sexual Orientation and Identity	<p>(as defined under the gender identity standards)</p> <ul style="list-style-type: none"> <li>List characteristics of a trusted adult and identify trusted adults in the child's life (SO.5.AI.1)</li> </ul>	
<p><b>Lesson 6</b></p> <p>Interpersonal Violence</p>	<ul style="list-style-type: none"> <li>Define child sexual abuse, sexual harassment, and domestic violence and explain why they are harmful and their potential impacts IV.5.CC.1</li> <li>Identify trusted adults to talk to in an uncomfortable situation. (IV.2.AI.2)</li> <li>Identify strategies a person could use to call attention to or leave an uncomfortable or dangerous situation, including sexual harassment IV.5.IC.1</li> <li>Describe steps a person can take when they are being or have been sexually abused IV.5.SM.1</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">3Rs Lesson: Your Body, Your Rights</a></li> <li>Question box</li> </ul>