

Grade 5 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"> ● Recognize and explain consent, personal boundaries and bodily autonomy (CHR.5.CC.2) ● Explain who trusted adults, including parents and caregivers, are 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
<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"> ● Recall the human reproductive systems, including the external and internal body parts and their functions, and that there are natural variations in human bodies (AP.5.CC.1) (all bodies different- different shapes and sizes) 	<ul style="list-style-type: none"> ● Amaze Video <ul style="list-style-type: none"> ○ Bodies: Different Shapes and Sizes, All Beautiful! ● 3Rs Lesson: Sexual and Reproductive Anatomy <ul style="list-style-type: none"> ○ Diagrams ● Question box
<p>Lesson 3</p> <p>Anatomy and Physiology</p> <p>Sexual Health</p> <p>Puberty and</p>	<ul style="list-style-type: none"> ● Explain the physical (hygiene), social, and emotional changes that occur during puberty and adolescence and how the onset and progression of puberty can vary PD.5.CC.1 (Menstruation) ● Understand the relationship between 	<ul style="list-style-type: none"> ● BrainPop Puberty Video ● 3Rs Lesson: Making Sense of Puberty ● Question box <p>After lesson is complete, students who do or will menstruate will have an additional Q&A</p>

<p>Adolescent Sexual Development</p>	<p>puberty and the ability to reproduce (PD.5.CC.2)</p> <ul style="list-style-type: none"> Describe the role hormones play in the physical, social, cognitive, and emotional changes during adolescence (PD.5.CC.4) 	<p>lesson (20-30 minutes)</p> <p>Resources:</p> <ul style="list-style-type: none"> Pads Tampons Period Protection Pads and Tampons Q & A
<p>Lesson 4</p> <p>Gender Identity and Expression</p>	<ul style="list-style-type: none"> Explain how some people may or may not differ between sex assigned at birth and gender identity (GI.5.CC.1) Explain cisgender, transgender, gender nonbinary, gender expansive, and gender identity (GI.5.CC.2) Explain that gender expression and gender identity exist along a spectrum (GI.5.CC.3) Understand the use of pronouns around gender identity (GI.5.CC.3) List characteristics of a trusted adult and identify trusted adults in the child's life (GI.5.AI.1) 	<ul style="list-style-type: none"> Read <i>A Note About Pronouns</i> in back of book <div data-bbox="1285 685 1476 878" data-label="Image"> </div> <p><i>It Feels Good to Be Yourself</i> by Theresa Thorn</p> <ul style="list-style-type: none"> 3Rs Lesson: Thinking Outside the Gender Box Question box
<p>Lesson 5</p>	<ul style="list-style-type: none"> Define sexual orientation (SO.5.CC.1) Understand the difference between sexual orientation and gender identity 	<ul style="list-style-type: none"> 3Rs Lesson: What is Love Anyway? <ul style="list-style-type: none"> Presentation Question box

Sexual Orientation & Identity	<p>(SO.5.CC.2)(as defined under the gender identity standards)</p> <ul style="list-style-type: none"> List characteristics of a trusted adult and identify trusted adults in the child's life (SO.5.AI.1). 	
<p>Lesson 6</p> <p>Anatomy and Physiology</p> <p>Sexual Health</p> <p>Puberty and Adolescent Sexual Development</p> <p>Sexual Health</p>	<ul style="list-style-type: none"> Define sexual intercourse and identify the relationship between sexual intercourse and human reproduction (SH.5.CC.1) Recognize that pregnancy can occur in a variety of ways (e.g., IVF, surrogacy) (SH.5.CC.2) (including family structures) 	<ul style="list-style-type: none"> 3R's Lesson So THAT's How Babies Are Made (excerpt) Question box
<p>Lesson 7</p> <p>Interpersonal Violence</p>	<ul style="list-style-type: none"> Define child sexual abuse, sexual harassment, and domestic violence and explain why they are harmful and their potential impacts (IV.5.CC.1) Identify trusted adults to talk to in an uncomfortable situation (IV.2.AI.2) Identify strategies a person could use to call attention to or leave an uncomfortable or dangerous situation, including sexual harassment (IV.5.IC.1) 	<ul style="list-style-type: none"> 3Rs Lesson: Your Body, Your Rights Question box

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| | <ul style="list-style-type: none">• Describe steps a person can take when they are being or have been sexually abused (IV.5.SM.1) | |
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