

## Personal Health & Safety Education

### Grade 4 Unit Videos

Throughout this unit, we utilize age-appropriate, medically accurate videos to reinforce concepts. Families may choose to watch videos before lessons or review them with their students after lessons. Some lessons contain optional videos that the educator may or may not show to your child's class. These videos and the school-to-home connection activities are meant to help facilitate important conversations between students and their parents/caregivers.

#### Unit Outline:

- **Lesson 2: Figuring out Friendships**
  - Healthy vs. Unhealthy Relationships (2:17): <https://www.youtube.com/watch?v=Gn7ZQ2x0cOE>  
*Note: This video starts with, "Now that you're in your teens," but the information in the video can be applicable to all young people.*
  
- **Lesson 3: The Gender Snowperson**
  - Expressing Myself My Way (3:36): <https://www.youtube.com/watch?v=ITRdvGnplLU>
  
- **Lesson 4: Making Sense of Puberty**
  - Puberty: Feeling Depressed, Happy, and Other Emotions (1:45): <https://www.youtube.com/watch?v=mAPLTaRM48Y&t=2s>
  
- **Lesson 5: Puberty and Our Bodies**
  - Anatomy: Assigned Male at Birth (3:07): <https://www.youtube.com/watch?v=G2ciOhidKpg>
  - What is a Wet Dream? (1:48): [https://www.youtube.com/watch?v=uotzoDDRW\\_s](https://www.youtube.com/watch?v=uotzoDDRW_s)
  - Anatomy: Assigned Female at Birth (1:52): <https://www.youtube.com/watch?v=j9QgcCK6FKM>
  - Period Symptoms and Self Care (3:37): <https://www.youtube.com/watch?v=q-6MgBDqK9E>
  
- **Lesson 5: Puberty and Our Bodies - Optional Videos**
  - Taking Care of Your Body During Puberty (2:45): <https://www.youtube.com/watch?v=00BYyDr8Xdg>
  - Puberty Hygiene: Tampons, Pads, and Menstrual Cups (2:09): <https://www.youtube.com/watch?v=kmWbOC8Fbb0&t=114s>
  - Menstruation: What to Expect (3:18): <https://www.youtube.com/watch?v=DBe7-PHRav8&t=62s>

- Puberty and Transgender Youth (1:52):  
<https://www.youtube.com/watch?v=f7VyJKVBt7g&t=1s>
  
- **Lesson 7: Staying Safe Online**
  - Into the Cloud Season 1, Episode 2 T.M.I. (5:35): <https://youtu.be/d3rE2mhIHTc>
  - Into the Cloud Season 2, Episode 2 The Picture (7:25): [https://youtu.be/7eQ7creMm\\_Q](https://youtu.be/7eQ7creMm_Q)
  
- **Lesson 8: Taking a Stand Against Bullying**
  - What is Bullying (2:28): <https://www.youtube.com/watch?v=KQZ9hDDz704>
  - Be an Upstander - Prevent Bullying: A NED Short (4:00): <https://youtu.be/eeqQCyQOCPg>