

Grayling Elementary School Outcomes for Sexual Education

Within the context of puberty and sexual relations, all students will:

1. Identify and express feelings.
2. Demonstrate and respect for self and others.
3. Practice communication, attentive listening and refusal skills.
4. Be able to make friends and distinguish between healthy and unhealthy relationships.
5. Recognize and demonstrate appropriate modesty/privacy.
6. Identify the difference between inappropriate/appropriate language and touch.
7. Demonstrate positive personal hygiene skills.
8. Describe the basic structure and function of the reproductive system.
9. Understand the role of the reproductive life cycle.
10. Use the correct terminology regarding the reproductive system.
11. Understand the physical, emotional, and social changes that occur during puberty.
12. Understand that individuals differ in patterns of physical growth and development.
13. Recognize the impact of family, school, and community on making health-related decisions.
14. Understand how family and culture influence personal hygiene practices.

Sexual Education Curriculum for Fourth and Fifth Grade

The following lessons are part of the curriculum, “Puberty: The Wonder Years” by Wendy L. Sellers. These materials are designed to provide accurate information about our bodies, to promote appreciation and respect for the changes experienced by people during puberty, and to postpone sexual activity.

The boys and girls will be in separate settings during these sessions and modifications will be made in the lesson plans to accommodate this arrangement when necessary. All instructors will be appropriately trained and certified. Parents will be properly notified of this instruction, provided the opportunity to review all lesson materials, and will be fully informed of their options, including non-participation.

Fourth Grade

Session One

Lesson A-1 “A Climate for Growth” Students will take a brief pretest on their knowledge about puberty. Guidelines for a safe classroom climate are adopted for use and the question box is introduced as a method for asking questions anonymously. Strategies for communicating with parents and other trusted adults are generated and implemented through homework.

Session Two

Lesson A-2 “New Life” Students will review that all animals reproduce themselves and will understand that fertilization must occur for new life to begin.

They compare and contrast animal and human families and will understand the reasons why only those physically mature can have babies and commit to being a parent.

Session Three

Lesson A-3 “Families and Roles” Students will relate positive qualities they admire in their families and will work to improve communication with their family members. They will also examine gender roles and stereotypes and the ways they can affect people.

Session Four

Lesson A-4 “Emotional and Social Changes” Students will identify social and emotional changes occurring during puberty. Their pretest results will be shared. Variations in individual rates of change during puberty will be examined, along with ways to respect peers who may be going through an awkward time.

Session Five (Boys only)

Lesson A-5 “Growing Up Male” Boys will learn of the additional changes that occur during male puberty and will define the structures and functions of the male reproductive system. They will practice their communication skills by talking with their parent or other trusted adult about puberty.

Session Six (Girls only)

Lesson A-6 “Growing Up Female” Girls will learn of additional changes that occur during female puberty and will define the structures and functions of the female reproductive system. They will practice their communication skills by talking with their parent or other trusted adult about puberty.

Fifth Grade

Session One

Lesson B-1 “Ready, Set, Grow” Students will list the changes that occur as they grow and mature and will formulate guidelines for discussions during these lessons. They will assess what they already know about puberty and will develop a plan for improving communication with their parents or other trusted adults regarding the changes in puberty.

Session Two

Lesson B-2 “Puberty and the Male Reproductive System” Students will summarize what they know about growing up, including the physical and emotional changes occurring during puberty. They will learn about the structures and functions of the male reproductive system by viewing and discussing a video.

Session Three

Lesson B-3 “Puberty and the Female Reproductive System” ” Students will summarize what they know about growing up, including the physical and emotional changes occurring during puberty. They will learn about the structures and functions of the female reproductive system by viewing and discussing a video.

Session Four

Lesson B-4 “Reproduction” Students will review the structures and functions of the male and female reproductive systems. They will describe the changes that indicate an individual is physically capable of reproduction.

Session Five

Lesson B-5 “Personal Hygiene and Healthy Habits” Students will distinguish between accurate and inaccurate sources of information about puberty and will demonstrate the intent to implement personal hygiene and healthy habits. They will learn about positive reasons to postpone sexual activity.

Session Six

Lesson B-6 “Media Messages” Students will critique advertisements and popular music for the presence of sexual messages and will discuss accurate information and healthy behavior.