

Fourth Grade Sexual Health Education Curriculum & Objectives

Puberty: The Wonder Years 2021 Edition is the core curriculum for fourth grade sexual health education. This curriculum meets state and national standards for sexual health education. Student Learning Objectives are listed by lesson. Students will participate in anonymous pre and post surveys. This information will be used to evaluate program effectiveness.

"I Wonder How Things Work" is the introductory level of the *Puberty: The Wonder Years* curriculum. The curriculum begins by reminding students how much they have grown and changed since they were born, and how much more growing and changing lies ahead on their path to adulthood. Guidelines for a safe and productive classroom climate are introduced, and prior knowledge about puberty is assessed. Students prepare to have ongoing discussions with their parents, caregivers, and other trusted adults about puberty. Students identify positive qualities about their families and prepare to express appreciation to two family members. The impacts of gender, roles, and stereotypes are discussed. Students identify the normal social, emotional, and physical changes that occur during puberty and how individuals develop at different rates. The anatomy and physiology of the reproductive system is introduced. The unique hygiene needs that come with puberty are described. Students practice communication skills with their family members and peers. The emphasis is on communication with parents and other trusted adults about puberty.

Lesson Title & Objectives	Activity Sheets & Media
<p><u>Lesson 1: Setting the Climate for Growth</u> Students will be able to:</p> <ul style="list-style-type: none"> ● Participate in classroom discussions and related activities in a way that is respectful of themselves, their peers, and teachers as demonstrated by active participation in community guideline creation and use of guidelines in discussions. ● Demonstrate preparation to have a conversation with a parent or other trusted adult about puberty by describing three strategies to prepare for the conversation. ● Demonstrate preparation to have a conversation with a parent or other trusted adult about puberty by identifying two adults they could engage in conversation. 	<ul style="list-style-type: none"> ● Pre-Survey Prior to Instruction (Non-graded survey to assess knowledge before instruction begins) ● Student Activity Sheet: <i>"Did you Know?"</i> ● Student Activity Sheet: <i>"My Trusted Adults"</i> ● Family Partnership Flyer: <i>"Ready...Set...Talk!"</i> ● Family Activity Sheet: <i>"Together Talk: About Growing Up"</i>
<p><u>Lesson 2: Families and Roles</u> Students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate ways to promote dignity and respect for all types of families by listing at least four characteristics that can make family members unique. ● Demonstrate appreciation for family members and other trusted adults by listing at least four positive traits for each family member and communicating gratitude to two of these people. 	<ul style="list-style-type: none"> ● Student Activity Sheet: <i>"What Makes My Family Special"</i>

<p><u>Lesson 3: Respecting Our Friends: Gender</u> Students will be able to:</p> <ul style="list-style-type: none"> ● Define at least three terms used to describe gender during a matching game. ● Demonstrate the respectful use of at least two gender-related terms while discussing student scenarios that illustrate gender diversity with peers. 	<ul style="list-style-type: none"> ● Classroom time: Practice using respectful words, body language, and tone of voice while speaking with their peers.
<p><u>Lesson 4: Puberty in Male-Bodied People</u> Students will be able to:</p> <ul style="list-style-type: none"> ● Describe at least five changes that typically occur in male-bodied people during puberty. ● Match at least four out of six terms for the anatomy of the male reproductive system by labeling a diagram. ● Display their communication skills by talking with a parent or other trusted adult about puberty using the second family activity sheet as evidenced by the adult's signature on the activity sheet. 	<ul style="list-style-type: none"> ● Video: <i>"Let's Talk Puberty for Boys"</i> Disney Productions ● Worksheet: <i>"Male Reproductive System"</i> ● Family Partnership Flyer: <i>"Ready...Set...Grow!"</i> ● Family Activity Sheet: <i>"Together Talk: I Wonder..."</i>
<p><u>Lesson 5: Puberty in Female-Bodied People</u> Students will be able to:</p> <ul style="list-style-type: none"> ● Describe at least five changes that occur in female-bodied people during puberty. ● Match at least five out of seven terms for the anatomy of the female reproductive system by labeling a diagram. ● Display their communication skills by talking with a parent or other trusted adult about puberty using the second family activity sheet as evidenced by the adult's signature on the activity sheet. 	<ul style="list-style-type: none"> ● Video: <i>"Let's Talk Puberty for Girls"</i> Disney Productions ● Student Activity Sheet: <i>"Female Reproductive System"</i> ● Student Activity Sheet: <i>"Ovulation and Menstruation"</i> ● Family Activity Sheet: <i>"Together Talk: I Wonder..."</i>
<p><u>Lesson 6: Changes in the Skin</u> Students will be able to:</p> <ul style="list-style-type: none"> ● Explain ways to care for their bodies as they go through puberty by correctly identifying at least three challenges and solutions for personal hygiene. ● Make a plan for maintaining personal hygiene during puberty that includes at least four ways to care for their bodies. 	<ul style="list-style-type: none"> ● Student Activity Sheet: <i>"Integumentary Intrigue Score Sheet"</i> ● Handout: <i>"Top Tips for Caring for Skin, Hair, and Nails during Puberty"</i> ● Post Survey: (used to assess knowledge following lessons)

Video Descriptions

Video: *"Let's Talk Puberty for Boys"* Disney Productions

Running Time: 11 minutes

Updated: Sept 2022

This animated video explains changes in puberty, male anatomy, and good hygiene. It has a fast-paced, but simple and positive style. Boys are encouraged to form healthy habits and communicate with parents.

Video: “Let’s Talk Puberty for Girls” Disney Productions

Running Time: 14 minutes

This animated video explains changes in puberty, female anatomy, and feminine hygiene. It has a fast-paced, but simple and positive style. Girls are encouraged to form healthy habits and communicate with parents