

Fifth Grade Sexual Health and HIV Education Curriculum & Objectives

Puberty: The Wonder Years 2021 Edition is the core curriculum for fifth grade sexual health education. The HIV curriculum is ***Michigan Model***. These curricula meet state and national standards for sexuality and HIV prevention 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 What Is Happening to Me" is the intermediate level of the *Puberty: The Wonder Years* curriculum. The curriculum begins by reviewing prior knowledge about puberty and developing guidelines for a safe and productive classroom climate. Students learn about the anatomy and physiology of the reproductive system and the changes that occur during puberty. To care for their changing bodies, the students learn new personal hygiene and health habits. Students practice communicating with their family members and other trusted adults, and clarifying misinformation and promoting healthy behavior among their peers. Students learn about consent and how to respond in situations when consent is violated. The emphasis is on promoting respect for peers as they experience puberty, impressing young people with the awe and responsibility of becoming physically capable of reproduction, and the importance of reaching for their goals for the future.

Lesson Title & Objectives	Activity Sheets & Media
<p><u>Lesson 1: Ready, Set, Grow!</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 used to assess prior knowledge of 5th graders.) ● Student Activity Sheet: <i>"As You Grow"</i> ● Student Activity Sheet <i>"Get Ready to Chat"</i> ● Family Partnership Flyer: <i>"Growing and Changing"</i> ● Family Activity Sheet: <i>"Let's Talk: I Wonder What It Was Like For You"</i>
<p><u>Lesson 2: Puberty and the Male Reproductive System</u> Students will be able to:</p> <ul style="list-style-type: none"> ● Display their communication skills by talking with a parent or other trusted adult about puberty. ● Describe 5 changes that typically occur in people assigned male at birth during puberty after viewing a video about puberty. ● Identify the anatomy of the male reproductive system by labeling a diagram, matching at least four out of six terms. 	<ul style="list-style-type: none"> ● Video: <i>"Puberty and You"</i> Seattle Public Schools TV

<p><u>Lesson 3: Puberty and the Female Reproductive System</u></p> <p>Students will be able to:</p> <ul style="list-style-type: none"> ● Display their communication skills by talking with a parent or other trusted adult about puberty as evidenced by the adult’s signature on the family activity sheet. ● Describe 5 changes that typically occur in people assigned female at birth during puberty after viewing a video about puberty. ● Identify terms for the anatomy of the female reproductive system by labeling a diagram matching at least five out of seven terms. 	<ul style="list-style-type: none"> ● Video: <i>“Puberty and You”</i> Seattle Public Schools TV ● Family Activity Sheet: <i>“Let’s Talk: I Wonder How You Learned About Puberty”</i>
<p><u>Lesson 4: Reproduction</u></p> <p>Students will be able to:</p> <ul style="list-style-type: none"> ● Describe two key changes in puberty that indicate an individual is physically capable of becoming pregnant or getting someone pregnant. ● Explain the roles of eggs, sperm, and sexual intercourse in reproduction ● List three ways pregnancy can occur by giving three examples. 	<ul style="list-style-type: none"> ● Student Activity Sheet: <i>“Male Reproductive System Review”</i> ● Student Activity Sheet: <i>“Female Reproductive System Review”</i> ● Student Activity Sheet: <i>“Menstrual Cycle”</i>
<p><u>Lesson 5: Personal Hygiene and Healthy Habits</u></p> <p>Students will be able to:</p> <ul style="list-style-type: none"> ● Distinguish between accurate and inaccurate sources of information about puberty by listing five or more accurate sources. ● Develop a personal puberty plan to show their intent to implement personal hygiene and healthy habits. ● Identify benefits of delaying close sexual contact, including prevention of STIs and pregnancy by naming three benefits of waiting. 	<ul style="list-style-type: none"> ● Student Activity Sheet: <i>“My Personal Puberty Plan”</i> ● Family Partnership Flyer: <i>“Growing in Responsibility”</i>
<p><u>Lesson 6: Social and Emotional Changes</u></p> <p>Students will be able to:</p> <ul style="list-style-type: none"> ● Identify six social and emotional changes and the role of hormones during puberty. ● Demonstrate respectful communication and boundaries when responding to biographies about peers who are going through puberty. 	<ul style="list-style-type: none"> ● Student Activity Sheet: <i>“Student Biographies”</i> (Realistic fictional short biographical summaries about students going through puberty. Students learn how to support possible classmates in the future, who may be going through an awkward stage of puberty.)

<p><u>Lesson 7: Respecting our Friends: Consent</u></p> <p>Students will be able to:</p> <ul style="list-style-type: none"> ● Explain consent, personal boundaries, and bodily autonomy by identifying their presence in scenarios and creating two cartoons to illustrate consent. ● Identify situations where consent is violated and strategies for responding to uncomfortable or dangerous situations, including sexual harassment, by analyzing scenarios and naming three actions to take. 	<ul style="list-style-type: none"> ● Student Activity Sheet: <i>“Consent Practice”</i> ● Student Activity Sheet: <i>“Consent Cartoons”</i> ● Post-Survey Following Instruction (Non-graded survey used to assess knowledge of 5th graders, after instruction.)
HIV/AIDS	
<p><u>Lesson 1: HIV Infection – What to Do and What Not to Do</u></p> <p>Students will be able to:</p> <ul style="list-style-type: none"> ● Define HIV and AIDS. ● Identify how HIV is and is not transmitted. ● Identify ways people can protect themselves from infection with HIV and other blood-borne infections, including not touching blood and used hypodermic or tattoo needles. ● Explain that it is safe to be a friend of someone who is living with HIV or AIDS. 	<ul style="list-style-type: none"> ● Video: <i>“HIV and Me: Marissa’s Story”</i> Redefine Positive Media ● Student Activity Sheets: <i>“HIV Infection and AIDS”</i> & <i>“Promises to Myself and Others”</i> ● Family Resource Sheet (Information about HIV and AIDS, including how to talk to students.)

Video Descriptions

“Puberty and You” Seattle Public Schools TV Running Time: 13:05 minutes (2020)

This video addresses the physical, social, and emotional changes of puberty in a very inclusive manner. Using gender-neutral terms, it emphasizes the changes that all people experience. The narrator encourages viewers to pay attention to their bodies and feelings and explains the role of the brain and hormones.

“HIV and Me: Marissa’s Story” Redefine Positive Media Running Time: 9:30 minutes

This video is designed to educate 5th grade elementary school students about HIV and AIDS. The video tells the story of a 9-year old girl whose mother is HIV positive. All videos in the Redefine Positive series contain accurate medical and scientific information about transmission and prevention, address the emotional and social aspects of HIV and AIDS, and attempt to decrease the devastating stigma and discrimination still associated with the disease.