



Sex Education: Puberty I- Understanding Changes Grades: 4th and 5th

National Health Education Standards (Sexual Health Module)

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health

Standard	Definition	Example
Standard 1.5.2	Identify characteristics of healthy relationships	Students will look at characteristics of healthy relationship and explore their own positive characteristics in relationships
Standard 1.5.9	Describe basic male and female reproductive body parts and their functions	Students will explore both male and female reproductive body parts and functions looking at models/hemi sections
Standard 1.5.10	Describe the physical, social, and emotional changes that occur during puberty	Students will explore the eight main changes that occur during puberty and ways to manage changes
Standard 1.5.11	Explain how puberty development can vary greatly and still be normal	Students will recognize that their genes will dictate puberty development and that everyone develops at their own rate

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

Standard	Definition	Example
Standard 4.5.1	Demonstrate effective verbal and nonverbal communication skills to promote healthy family and peer relationships	Students will use I messages and explore how to be an upstander in age appropriate situations
Standard 4.5.3	Demonstrate how to effectively ask for help to deal with physical and emotional changes that occur during puberty	Students will identify the trusted adults in their life they can go to if they need to talk about physical and emotional changes that occur during puberty
Standard 4.5.4	Demonstrate how to effectively communicate support for peers who are progressing through puberty	Students will explore what it means to be an upstander toward peers

**National Sexuality Education Standards
Anatomy and Physiology**

Standard	Definition	Example
Standard AP.5.CC.1	Describe male and female reproductive systems including body part and their function	Students will explore both male and female reproductive body parts and functions looking at models/hemi sections

Puberty and Adolescent Development

Standard	Definition	Example
Standard PD.5.CC.1	Explain the physical, social, emotional changes that occur during puberty and adolescence	Students will explore the eight main changes that occur during puberty and ways to manage changes
Standard PD.5.CC.2	Explain how the timing of puberty and adolescent development varies considerably and can still be healthy	Students will recognize that their genes will dictate puberty development and that everyone develops at their own rate
Standard PD.5.CC.3	Describe how puberty prepares human bodies for the potential to reproduce	Students will learn about ovulation and ejaculation and how puberty prepares the body for the potential to reproduce
Standard PD.5.AI.2	Identify parents and other trusted adults of whom they can ask questions about puberty and adolescent health issues	Students will identify the trusted adults in their life they can go to if they need to talk about adolescent health issues
Standard PD.5.SM.1	Explain ways to manage the physical and emotional changes associated with puberty	Students learn tools to help manage physical and emotional changes of puberty such as positive self-talk and goal setting

Identity

Standard	Definition	Example
Standard ID.5.SM.1	Demonstrate ways to treat others with dignity and respect	Students will explore what respect means and characteristics of treating others respectfully

Healthy Relationships

Standard	Definition	Example
Standard HR.5.CC.1	Describe the characteristics of healthy relationships	Students look at characteristics they value in healthy relationships
Standard HR.5.AI.1	Identify parents and trusted adults they can talk to about relationships	Students will identify the trusted adults in their life they can go to if they need to talk about relationship issues
Standard HR.5.SM.1	Demonstrate ways to treat others with dignity and respect	Students will explore what respect means and characteristics of treating others respectfully

Personal Safety

Standard	Definition	Example
Standard PS.5.CC.1	Define teasing, harassment and bullying and explain why they are wrong	Students will identify when a situation escalates from teasing to harassment
Standard PS.5.CC.2	Define sexual harassment	Students will be able to define sexual harassment by identifying the bathing suit parts of the body and looking at an age appropriate scenario
Standard PS.5.AI.1	Identify parents or other trusted adults' students can tell if they are being teased, harassed or bullied	Students will identify trusted adults in their own life where they can turn in regard to situations for harassment
Standard PS.5.SM.1	Discuss effective ways in which students could respond when they are or someone else is being teased	Students will look at respect, what makes up a friend and what the difference is between being a bystander and an upstander

ISBE Health Standards

State Goal 23 Understand human body systems and factors that influence growth and development.

Standard A Describe and explain the structure and functions of the human body systems and how they interrelate.

Standard	Definition	Example
Standard 23.A.2a	Identify basic body systems and their functions	Students will identify the 10 basic body systems and in depth study the reproductive system

Standard C Describe factors that affect growth and development.

Standard	Definition	Example
Standard 23.C.2a	Identify physical, mental, social and cultural factors affecting growth and development of children	Students will learn how puberty impacts them physically, emotionally and socially by exploring different scenarios
Standard 23.C.2b	Identify stages in growth and development	Students will learn about puberty and how that impacts growth and development

State Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.

Standard A Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict

Standard	Definition	Example
Standard 24.A.2b	Demonstrate positive verbal and nonverbal communication skills	Students will use I messages and explore how to be an upstander in age appropriate situations

Standard C Demonstrate skills essential to enhancing health and avoiding dangerous situations.

Standard	Definition	Example
Standard 24.C.2s	Describe situations where refusal skills are necessary	Students will explore situations involving harassment, sexual harassment and learn consent is needed to touch another person

ISBE Social Emotional Learning Standards

Goal 1: Develop self-awareness and self-management skills to achieve school and life success

Standard 1 A: Identify and manage one’s emotions and behavior

Standard	Description	Example
Standard 1A.2b	Describe and demonstrate ways to express emotions in a socially acceptable manner	Students will use different tools such as I messages to express emotions in a socially acceptable manner

Standard 1C: Demonstrate skills related to achieving personal and academic goals

Standard	Description	Example
Standard 1C.2a	Describe the steps in setting and working toward goal achievement.	Students will explore steps in setting a goal that is of interest to them

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

Standard 2C: Use communication and social skills to interact effectively with others.

Standard	Definition	Example
Standard 2C.2b	Describe approaches for making and keeping friends	Students identify characteristics they feel important in a friend and look at their own characteristics that make them a friend