

LESSON 2 - GIRLS ONLY  
Human Sexuality/Growth and Development

GRADE 5, SOL: 5.1, 6.1

CLASS FOR GIRLS ONLY. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objectives:

5.1 The student will be introduced to the structure and function of the endocrine system.

6.1 The student will relate personal hygiene to the physical changes that occur during puberty.

Lesson Summary: The student will understand the following changes that occur in females and their effect on personal hygiene: 1. size - height and weight 2. body shape 3. body hair 4. skin 5. onset of menstruation 6. emotional changes

Parent/Child Activity: The student will ask parents about their experiences during puberty. Develop a plan for your own personal hygiene.

Bibliography:

Puberty: A Girl's Journey. [Full Video].

Body Image. [Video Segment].

Peers, Cliques, and Bullying. [Video Segment].

Staying Healthy. [Video Segment].

LESSON 2 - BOYS ONLY  
Human Sexuality/Growth and Development

GRADE 5, SOL: 5.1,6.1

CLASS FOR BOYS ONLY. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objectives: 5.1 The student will be introduced to the structure and function of the endocrine system. 6.1 The student will relate personal hygiene to the physical changes that occur during puberty.

Lesson Summary: The student will understand the following changes that occur in males and their effect on personal hygiene: 1. size - height and weight 2. body shape 3. coordination 4. skin 5. body hair 6. voice changes 7. emotional changes

Parent/Child Activity: The student will ask parents about their experiences during puberty.

Develop a plan for your own personal hygiene.

Bibliography:

Puberty: A Boy's Journey. [Full Video].

Body Image. [Video Segment].

Peers, Cliques, and Bullying. [Video Segment].

Staying Healthy. [Video Segment].

LESSON 3 - GIRLS ONLY

GRADE 5, SOL: 5.2

Human Reproduction/Human Sexuality/Growth and Development

CLASS FOR GIRLS ONLY. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objective: 5.2 The student will identify the human reproductive organs in relation to the total anatomy.

Lesson Summary: The student will identify and know the function of the female reproductive organs in relation to the total anatomy.

Parent/Child Activity: The student will take the Always Changing sample packet home to discuss with parent(s).

Bibliography:

Always Changing, booklet for girls

Puberty: A Girl's Journey. [Full Video].

LESSON 3 - BOYS ONLY

GRADE 5, SOL:5.2

Human Reproduction/Human Sexuality/Growth and Development

CLASS FOR BOYS ONLY. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objective: 5.2 The student will identify the human reproductive organs in relation to the total anatomy.

Lesson Summary: The student will identify and know the function of the male reproductive organs in relation to the total anatomy.

Parent/Child Activity: The student will take the Always Changing sample packet home to discuss with parent(s).

Bibliography:

Always Changing - booklet for boys

Puberty: A Boy's Journey. [Full Video].

SEPARATE CLASSES FOR BOYS AND GIRLS. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objective: 6.5 The student will be able to describe the etiology, effects, and transmission of the AIDS virus.

Lesson Summary: AIDS is a disease caused by a virus. AIDS is not transmitted through casual contact, such as holding hands, hugging, using toilet seats and water fountains, eating together, playing together, attending school together, or living in the same household. AIDS is an illness for which there is no cure at this time. The student will understand that HIV/AIDS is preventable.

Parent/Child Activity: The student will talk with his/her parents about the risk factors associated with AIDS.

Bibliography:

How Do HIV and AIDS Affect the Human Body?. [Video Segment].  
Achieving Your Dreams by Being Responsible for Yourself . [Video Segment].  
Bacteria. [Video Segment].  
What is a Virus?. [Video Segment].

BIBLIOGRAPHY GRADE 5

Always Changing (separate booklet for boys and girls), Cincinnati, OH: The Proctor & Gamble Co., 2016.  
Noon E, 2001. How Do HIV and AIDS Affect the Human Body?. [Video Segment].  
Noon E, 2001. Achieving Your Dreams by Being Responsible for Yourself.  
Visual Learning Company, 2008. Bacteria. [Video Segment].  
Visual Learning Company, 2008. What is a Virus?. [Video Segment].  
MarshMedia, 2016. Puberty: A Girl's Journey. [Full Video].  
MarshMedia, 2016. Puberty: A Boy's Journey. [Full Video]  
MarshMedia, 2016. Body Image. [Video Segment].  
MarshMedia, 2016. Peers, Cliques, and Bullying. [Video Segment].  
MarshMedia, 2016. Staying Healthy. [Video Segment].

## Girls Only-

MarshMedia, 2016. Puberty: A Girl's Journey. [Full Video].

Follows Ella, a preteen with questions about puberty. Through her sister's guidance, Ella learns about the physical, mental, and emotional changes of puberty.

MarshMedia, 2016. Body Image. [Video Segment].

Describes the mental and emotional effects of puberty. Individuals often experience changes in self-esteem and mood.

MarshMedia, 2016. Peers, Cliques, and Bullying. [Video Segment].

Demonstrates the importance of friendship and the risks of peer pressure. Teens Emily and Andrew share techniques for making friends, dealing with bullies, and avoiding peer pressure.

MarshMedia, 2016. Staying Healthy. [Video Segment].

Presents tips for staying healthy throughout puberty. When the body is rapidly changing, it needs plenty of sleep, food, and exercise.

## For Boys -

MarshMedia, 2016. Puberty: A Boy's Journey. [Full Video].

Follows Matthew, a preteen boy with questions about puberty. Through his brother's guidance, Matthew learns about the physical, mental, and emotional changes of puberty.

MarshMedia, 2016. Body Image. [Video Segment].

Describes the mental and emotional effects of puberty. Individuals often experience changes in self-esteem and mood.

MarshMedia, 2016. Peers, Cliques, and Bullying. [Video Segment].

Demonstrates the importance of friendship and the risks of peer pressure. Teens Emily and Andrew share techniques for making friends, dealing with bullies, and avoiding peer pressure.

MarshMedia, 2016. Staying Healthy. [Video Segment].

Presents tips for staying healthy throughout puberty. When the body is rapidly changing, it needs plenty of sleep, food, and exercise.

Video segments for 5th grade Immune System/HIV lesson (Boys and Girls):

Noon E, 2001. How Do HIV and AIDS Affect the Human Body?. [Video Segment].

Claymation video – summary: HIV attacks T-cells in the immune system and makes it harder for the immune system to kill disease-causing organisms like viruses and bacteria. HIV replicates by entering the T-cells and reproducing. Eventually HIV turns into AIDS once the T-cell count is below a certain level.

Noon E, 2001.

Achieving Your Dreams by Being Responsible for Yourself. [Video Segment].

Achieving your dreams often means being a responsible person. It is important to know what risks you are being exposed to and how to prevent them. There is a world of possibility out there but first you must be aware of what is out there.

Visual Learning Company, 2008. Bacteria. [Video Segment].

A simple explanation of the physiology of common bacteria and a description of some of the diseases they cause in humans.

Visual Learning Company, 2008.

What is a Virus?. [Video Segment].

A simple explanation of the physiology of common viruses and a description of some of the diseases they cause in humans.