

Appendix B: Health Education Content Standards Alignment

Growth, Development, and Sexual Health: Grade 5

Note to Instructor: Implementing the entire curriculum (including *Extra* activities) aligns with the “Growth, Development, and Sexual Health” content standards for Grade Five as published by the California Department of Education in March 2008.¹³⁹

Lessons & Activities	Content Standards
<p>Lesson 1: Introduction to Puberty</p> <ul style="list-style-type: none"> 1.1 Group Agreements 1.2 Anonymous Question Box 1.3 Intro Survey 1.4 Pick-A-Side 1.5 Ask Your Adults <p><i>Extra:</i> Sam's Story</p>	<p>4.1.G Use effective communication skills to discuss with parents, guardians, and other trusted adults the changes that occur during puberty.</p>
<p>Lesson 2: Identity and Expression</p> <ul style="list-style-type: none"> 2.1 Anonymous Question Box 2.2 Identity Mapping 2.3 The Genderbread Person <p><i>Extra:</i> Media Representation</p>	<p>1.6.G Recognize that there are individual differences in growth and development, physical appearance, and gender roles.</p> <p>1.8.G Recognize that friendship, attraction, and affection can be expressed in different ways.</p> <p>2.1.G Explain how culture, media, and other factors influence perceptions about body image, gender roles, and attractiveness.</p>
<p>Lesson 3: Anatomy and Reproduction</p> <ul style="list-style-type: none"> 3.1 Anonymous Question Box 3.2 Sexual and Reproductive Anatomy 3.3 Anatomy Match-Up 3.4 Ovulation, Menstruation, Conception! 3.5 Reproduction: What's the Story? <p><i>Extra:</i> Anatomy Race</p>	<p>1.1.G Describe the human cycle of reproduction, birth, growth, aging, and death.</p> <p>1.2.G Explain the structure, function, and major parts of the human reproductive system.</p>
<p>Lesson 4: Puberty Changes, Health, and Hygiene</p> <ul style="list-style-type: none"> 4.1 Anonymous Question Box 4.2 The Spectrum of Changes 4.3 Changes, Changes, Changes 4.4 Taking Care of Me <p><i>Extra:</i> HIV 101</p> <p><i>Extra:</i> HIV Under the Microscope</p>	<p>1.3.G Identify the physical, social, and emotional changes that occur during puberty.</p> <p>1.4.G Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS).</p> <p>1.5.G Describe how HIV is and is not transmitted.</p> <p>1.9.G Explain that puberty and physical development can vary considerably and still be normal.</p>

¹³⁹ California Department of Public Health. (2008). Health education content standards for California public schools: Grade five: Growth, development, and sexual health. www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf
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	<p>1.10.G Identify personal hygiene practices and health and safety issues related to puberty (e.g., showering, use of sanitary products, deodorant, and athletic supporters).</p> <p>2.2.G Describe how heredity influences growth and development.</p> <p>2.3.G Discuss how changes during puberty affect thoughts, emotions, and behaviors.</p> <p>5.2.G Analyze why it is safe to be a friend to someone who is living with HIV or AIDS.</p> <p>6.1.G Identify steps to achieve and maintain a healthy and accurate body image.</p> <p>6.2.G Develop plans to maintain personal hygiene during puberty.</p> <p>7.1.G Engage in behaviors that promote healthy growth and development during puberty.</p> <p>7.2.G Describe ways people can protect themselves against serious bloodborne communicable diseases.</p>
<p>Lesson 5: Boundaries and Communication</p> <p>5.1 Anonymous Question Box</p> <p>5.2 Consent and Boundaries</p> <p>5.3 Puberty Talk Resources</p> <p>5.4 What Should I Do?</p> <p><i>Extra: Friend in a Jar</i></p>	<p>1.7.G Recognize that everyone has the right to establish personal boundaries.</p> <p>3.1.G Recognize parents, guardians, and other trusted adults as resources for information about puberty.</p> <p>3.2.G Differentiate between reliable and unreliable sources of information about puberty.</p> <p>4.2.G Use healthy and respectful ways to express friendship, attraction, and affection.</p> <p>4.3.G Demonstrate refusal skills to protect personal boundaries.</p> <p>5.1.G Describe the importance of identifying personal boundaries.</p>