

Grade 5

Health Education Elementary Curriculum

Unit: Puberty Education

Books were purchased and sent to each school to be housed in the Professional Collection.

Audio Visual Materials Available to Order From Central A/V Library

<http://CENTRALAV.HCPSS.ORG>

Objective	Canvas Page	MOI
	Various Pages	Textbook: <i>Health and Wellness</i> Macmillan/McGraw-Hill, 2008
	Overview	
The student will Identify expectations for a positive classroom environment for puberty education. Identify ways to communicate issues related to puberty with the family.	Lesson 1 - Classroom Environment & Communication https://hcpss.instructure.com/courses/397/pages/classroom-environment-and-communication	
The student will Describe the role society plays in the perception of normal body image.	Lesson 2 - Body Image https://hcpss.instructure.com/courses/397/pages/body-image?module_item_id=207374	
The student will Define "puberty" and describe how it affects the male body.	Lesson 3 - Changes in Males https://hcpss.instructure.com/courses/397/pages/changes-in-males?m	The following videos are available in the Professional Collection of each school: <input type="checkbox"/> <i>The Puberty Workshop (DV0385)</i> - This program includes 2 DVDs, one for girls and one for boys. Also included are handouts/activities that may be used for

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instructional purposes. Each DVD is broken into smaller chapters. Teachers may choose to show all, or only specific chapters. Notes: An additional copy is available via Central A/V Lending Library (DV0385). HRM (Human Relations Media) 1.800.431.2050. 2012. □ *Always Changing (2009 version)* - This DVD is divided into 3 sections: one for girls only, one for boys only, and one coed section. It explains the changes that take place during puberty. Varying lengths. Proctor and Gamble pgschoolprograms.com. This DVD is available at no charge by ordering at the website identified above. The accompanying materials (deodorant and booklets) should not be given to students, but may be placed on a table for interested parents to take at the parent orientation meeting. 2009.

The following videos are available from HCPSS Central Lending Library to be delivered via pony by clicking the [Central A/V Lending Library - Booking Link](#)

You're Not a Little Kid Anymore: Personal Hygiene (DV0404) - This DVD promotes the importance of practicing healthy hygiene habits every day. 19 minutes; Marsh Media marshmedia.com. 2012. □

Just Around the Corner – For Boys (DV0310); For Girls (DV0311) - This DVD shares the basics of puberty in boys with students. 11minutes (boys); 15 minutes (girls). Marsh Media 1-800-821-3303. 2010.

Puberty Simply Explained: For Boys (DV0279); For Girls (DV0280)- This program provides information about the changes boys and girls experience as they go through puberty. 30 minutes. World Educational Media worldeducationalmedia.com. A booklet to use with the program is available for free download at the World Educational Media website. 2009. □

CATCH onto Good Hygiene (DV0307) - The focus of this program is the basics of good hygiene including hand washing, acne, dental care, skin care, and hair care. 16 minutes. World Educational Media worldeducationalmedia.com A booklet with the same pictures and text used in the video

		<p>is available for free download from the web site. 2009. □</p> <p><i>My Changing Life: The Complete Guide to Puberty – Boys (DV0294); Girls (DV0295)</i> - This DVD explains many of the changes boys and girls will experience as they go through puberty. Two video sections are included: Puberty Basics and Sexual Changes. About 8 minutes each section; Film Ideas 1.800.475.3456 or 1.847.419.0255. 2007.</p> <p><i>Brush up on Hygiene (DV0151)</i> - The focus of this program is disease prevention through proper hygiene. It includes information on germs, hand-washing, body odor, clean hair, and oral hygiene. 20 minutes. HRM 1.800.431.2050 May be used in grades 3-5. 2007. □</p> <p><i>A Boy's Guide to Growing Up (DV0091); A Girl's Guide to Growing Up (DV0091)</i> - This introductory puberty education video is intended for students with special needs. Topics include puberty, staying healthy, keeping clean, privacy, and safety. 15 minutes; Marsh Film Media 1-800-821-3303. 2005.</p>
<p>The student will Define “puberty” and describe how it affects the female body.</p>	<p>Lesson 4 - Changes in Females https://hcpss.instructure.com/courses/397/pages/changes-in-females</p>	<p>The following videos are available in the Professional Collection of each school: □</p> <p><i>The Puberty Workshop (DV0385)</i> - This program includes 2 DVDs, one for girls and one for boys. Also included are handouts/activities that may be used for instructional purposes. Each DVD is broken into smaller chapters. Teachers may choose to show all, or only specific chapters. Notes: An additional copy is available via Central A/V Lending Library (DV0385). HRM (Human Relations Media) 1.800.431.2050. 2012. □</p> <p><i>Always Changing (2009 version)</i> - This DVD is divided into 3 sections: one for girls only, one for boys only, and one coed section. It explains the changes that take place during puberty. Varying lengths. Proctor and Gamble pgschoolprograms.com. This DVD is available at no charge by ordering at the website identified above. The accompanying materials (deodorant and booklets) should</p>

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<p>The student will Examine the effects of puberty on emotional and social growth.</p>	<p>Social & Emotional Growth https://hcpss.instructure.com/courses/397/pages/social-and-emotional-growth?module_item_id=207377</p>	<p>The following videos are available in the Professional Collection of each school: □</p> <p><i>The Puberty Workshop (DV0385)</i> - This program includes 2 DVDs, one for girls and one for boys. Also included are handouts/activities that may be used for instructional purposes. Each DVD is broken into smaller chapters. Teachers may choose to show all, or only specific chapters. Notes: An additional copy is available via Central A/V Lending Library (DV0385). HRM (Human Relations Media) 1.800.431.2050. 2012. □</p> <p><i>Always Changing (2009 version)</i> - This DVD is divided into 3 sections: one for girls only, one for boys only, and one coed section. It explains the changes that take place during puberty. Varying lengths. Proctor and Gamble pgschoolprograms.com. This DVD is available at no charge by ordering at the website identified above. The accompanying materials (deodorant and booklets) should not be given to students, but may be placed on a table for interested parents to take at the parent orientation meeting. 2009.</p> <p>The following videos are available from HCPSS Central Lending Library to be delivered via pony by clicking the Central A/V Lending Library - Booking Link</p>

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<p>The student will Examine the transition from behavior and attitudes of childhood to the behavior, attitudes, and responsibilities of the adolescent.</p>	<p>Lesson 6 - Transitions https://hcpss.instructure.com/courses/397/pages/transitions</p>	<p>The following videos are available in the Professional Collection of each school: □ <i>The Puberty Workshop (DV0385)</i> - This program includes 2 DVDs, one for girls and one for boys. Also included are handouts/activities that may be used for instructional purposes. Each DVD is broken into smaller chapters. Teachers may choose to show all, or only specific chapters. Notes: An additional copy is available via Central A/V Lending Library (DV0385). HRM (Human Relations Media) 1.800.431.2050. 2012. □ <i>Always Changing (2009 version)</i> - This DVD is divided into 3 sections: one for girls only, one for boys only, and one coed section. It explains the changes that take place during puberty. Varying lengths. Proctor and Gamble pgschoolprograms.com. This DVD is available at no charge by ordering at the website identified above. The accompanying materials (deodorant and booklets) should not be given to students, but may be placed on a table for interested parents to take at the parent orientation meeting. 2009.</p> <p>The following videos are available from HCPSS Central Lending Library to be delivered via pony by clicking the Central A/V Lending Library - Booking Link <i>You're Not a Little Kid Anymore: Personal Hygiene (DV0404)</i> - This DVD promotes the importance of practicing healthy hygiene habits every day. 19 minutes; Marsh Media marshmedia.com. 2012. □ <i>Just Around the Corner – For Boys (DV0310); For Girls (DV0311)</i> - This DVD shares the basics of puberty in boys with students. 11minutes (boys); 15 minutes (girls). Marsh Media 1-800-821-3303. 2010. <i>Puberty Simply Explained: For Boys (DV0279); For Girls (DV0280)</i>- This program</p>

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Grade 6

Sexual Health Unit

https://hcpss.instructure.com/courses/193/pages/grade-6-human-sexuality-overview?module_item_id=214798

The following video was provided to each middle school (3/2016) to support this objective:

- ***The Highs, Lows, and In-Betweens of Puberty*** - This program helps students understand that their changing emotions may be confusing and intense, but are absolutely normal. CC; 16 minutes; 2016. Human Relations Media.

[Resource Guide for *The Highs, Lows, and In-Betweens of Puberty*](#)

The following videos are available from Central AV:

- ***Puberty: The Great Adventure: For Guys*** (DV0415) - This upbeat video shares information about puberty in an MTV-like format. 32 minutes; 2013.
- ***Beginning Body Changes for Girls*** (DV0245) - This program is an overview of the changes that occur to females during puberty. 20 minutes; 2009. Some of the explanations are very simple; may be more suitable for younger students or students with special needs.
- ***Beginning Body Changes for Boys*** (DV0246) - This program is an overview of the changes that occur to males during puberty. 20 minutes; 2009. Some of the explanations are very simple; may be more suitable for younger students or students with special needs.
- ***Caution: Teenager Under Construction*** (A copy of the DVD has been purchased for each middle school) - The program focuses on the non physical changes that occur during puberty. 16 minutes; 2007.
- ***Girl to Woman*** (DV0297) - This SIXTH GRADE video addresses concerns females have during puberty as well as information about the male reproductive system. 19 minutes; 1999.
- ***Boy to Man*** (DV0296) - This SIXTH GRADE video addresses concerns males have during puberty as well as information about the male reproductive system. 19 minutes; 1999.

Grade 7

Sexual Health Unit

- ***Understanding Gender: Identity, Biology & Expression (DVXXXX)***. This program explores the modern gender spectrum. Experts Dr. Eli Green, Jaymie Campbell, and Alessia Palanti define pertinent terms like cisgender, transgender, gender identity, gender expression and pronouns. Viewers learn about gender norms and stereotypes that affect all people, no matter how they identify on the gender spectrum. Students also hear from Nicole and Wayne Maines, a father-daughter pair who explain their family's unique journey with gender. Teens describe their personal experiences with gender and explain the critical importance of allies in their lives.
- ***Human Reproduction and Childbirth (DV0209)*** - Provides an overview of the reproductive systems and fetal development. 21 minutes; 2009.
- ***Then One Year (V1857)*** - This video covers information about the reproductive systems as well as secondary sex characteristics. 23 minutes; 1992.
- ***Your Body: Reproductive Systems (V2163)*** - Focuses on parts and functions of the reproductive systems and the stages of fetal development. 16 minutes; 1994.
- ***Fetal Development (V2365)*** - This video describes the nine months of development of the human fetus from fertilization to birth. 14 minutes; 1988.
- ***Preview of a Birth (V2365)*** - This video chronicles the journey from conception to birth, with a full-color view of life within the womb. 15 minutes; 1991.
- ***Ultrasound: Eyewitness to the Earliest Days of Life (V2161)*** - Viewers will witness the mystery of life in the womb and gain an understanding of the growth and development of each individual. 25 minutes; 1991.
- ***Fetal Development: A Nine Month Journey (DV0208)*** - The program shows the process of fetal development from fertilization to birth. 14 minutes; 2004.
- ***Beginnings of life From Conception to Baby (DV0100) CC*** - The focus of this video is on the stages of fetal development. 30 minutes; 2011.
- ***Abstinence...It's the Right Choice (DV0153)*** - This program focuses on important reasons for teens to consider abstinence. 22 minutes; 2010.
- ***Talking About Sex: Part 2 - Thinking Ahead (V3040)*** - The focus of this video is on sexual decision making. 10 minutes; 2000.
- ***Straight Talk About Sexual Health (V1830)*** - This video reviews the reproductive system and discusses STDs, pregnancy, and healthy relationships. 19 minutes; 2001.

Grade 8

Sexual Health Unit

- ***Sex Facts: Teens and STDs (DV010)*** The focus of this video is on prevention, symptoms and treatment of STIs. 30 minutes; 2010.
- ***Abstinence...It's the Right Choice (DV0309)*** - This program focuses on important reasons for teens to consider abstinence. 22 minutes, 2010.
- ***Human Reproduction And Childbirth (DV0209)*** - This video provides an overview of the reproductive system and fetal development. 21 minutes; 2009.
- ***HIV/AIDS: A Basic Understanding (DV0247)*** - This program provides an overview of the prevention, transmission, and treatment of HIV/AIDS. 20 minutes; 2009.
- ***Blood vs Germs: News You Can Use (D0252)*** - This program focuses on blood borne pathogen prevention including information on HIV/AIDS and Hepatitis C. 15 minutes; 2009.
- ***Understanding HIV and AIDS (DV0115)*** - This program explores student's questions about HIV/AIDS using a student discussion group with students, a doctor, and HIV infected individuals. 18 minutes; 2006.

Grade 9
Sexual Health Unit
AV List

- ***Thinking About Abstinence (DV0155)*** - The focus of the program is on the benefits of abstinence. 21 minutes, 2008.
- ***Avoiding the Teen Pregnancy Trap (DV0153)*** - The focus of this program is on the consequences associated with teen pregnancy. 18 minutes.
- ***Parenthood: Are you Prepared? (DV0215)*** - The focus of this program is on the challenges of being a teen parent. 20 minutes, 2009.
- ***Mommy, Daddy, Wait for Me: The Struggles of Teen Parents (DV0249)*** - The program focuses on the realistic consequences of having sex too soon. 24 minutes, 2009.
- ***Straight Talk: The Truth About Teen Pregnancy (DV0259)*** - This DVD follows the stories of several teens who are dealing with caring for their babies and another who is considering getting pregnant. 15 minutes, 2009.
- ***A Girl's Guide to Growing Up (DV0090)*** - This introductory puberty education program is intended for students with special needs. Topics include puberty, staying healthy, keeping clean, privacy, and safety. 17 minutes, 2005.
- ***A Boy's Guide to Growing Up (DV0090)*** - This introductory puberty education program is intended for students with special needs. Topics include puberty, staying healthy, keeping clean, privacy, and safety. 15 minutes, 2005.
- ***A Girl's Guide to Puberty and Personal Safety (DV0092)*** - This program is intended for older students with special needs who are physically and cognitively capable of basic levels of self-management. The program addresses the topics of biological changes for boys and girls, introduction to reproduction, and safety. 15 minutes, 2006.
- ***A Boy's Guide to Puberty and Personal Safety (DV0093)*** - This program is intended for older students with special needs who are physically and cognitively capable of basic levels of self-management. The program addresses the topics of biological changes for boys and girls, introduction to reproduction, and safety. 15 minutes, 2006.
- ***Abstinence First: Teen Birth Control Decisions (Version - Distributed to each high school)***. The video emphasizes the benefits of abstinence and provides information about birth control. 30 minutes, 2001.
- ***Teens and Sex: What You Need to Know (DV0077)*** - This program addresses sexual development, reproduction, abstinence, contraception, and sexually transmitted infections. 28 minutes, 2005.