

# California Health Content Standards Alignment

Growth, Development, and Sexual Health: Grade 5 (*not available for Grade 6*)

Session	Activities	<b>California Health Education Content Standards Covered by Puberty Talk</b>  For more information visit: <a href="http://www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf">http://www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf</a>
Session 1	<b>Introduction to Puberty</b> <ul style="list-style-type: none"> <li>• Introduction to Group Agreements</li> <li>• Anonymous Question Box</li> <li>• Pretest</li> <li>• Pick a Side: Values Clarification</li> <li>• Family Interview Homework</li> </ul>	<b>1.6.G</b> Recognize that there are individual differences in growth and development, physical appearance, and gender roles. <b>2.1.G</b> Explain how culture, media, and other factors influence perceptions about body image, gender roles, and attractiveness. <b>4.1.G</b> Use effective communication skills to discuss with parents, guardians, and other trusted adults the changes that occur during puberty.
Session 2	<b>Sexual and Reproductive Anatomy</b> <ul style="list-style-type: none"> <li>• What's Going on Down There? Sexual and Reproductive Anatomy</li> </ul>	<b>1.2.G</b> Explain the structure, function, and major parts of the human reproductive system.
Session 3	<b>The Reproductive Process and Puberty Changes</b> <ul style="list-style-type: none"> <li>• Ovulation, Menstruation, Conception! Prezi</li> <li>• Conception: What's the Story?</li> <li>• Changes, Changes, Changes</li> <li>• Taking Care of Me</li> </ul>	<b>1.1.G</b> Describe the human cycle of reproduction, birth, growth, aging, and death. <b>1.3.G</b> Identify the physical, social, and emotional changes that occur during puberty. <b>1.9.G</b> Explain that puberty and physical development can vary considerably and still be normal. <b>1.10.G</b> Identify personal hygiene practices and health and safety issues related to puberty (e.g., showering, use of sanitary products, deodorant, and athletic supporters). <b>2.2.G</b> Describe how heredity influences growth and development. <b>2.3.G</b> Discuss how changes during puberty affect thoughts, emotions, and behaviors. <b>6.2.G</b> Develop plans to maintain personal hygiene during puberty.
Session 4	<b>Sexual Safety and Resources</b> <ul style="list-style-type: none"> <li>• Consent and Sexual Safety</li> <li>• What Should I Do?</li> <li>• Who You Can Talk To...Resource List</li> <li>• I Am the Only "Me" in the World</li> </ul>	<b>1.7.G</b> Recognize that everyone has the right to establish personal boundaries. <b>1.8.G</b> Recognize that friendship, attraction, and affection can be expressed in different ways. <b>3.1.G</b> Recognize parents, guardians, and other trusted adults as resources for information about puberty. <b>3.2.G</b> Differentiate between reliable and unreliable sources of information about puberty. <b>4.2.G</b> Use healthy and respectful ways to express friendship, attraction, and affection. <b>4.3.G</b> Demonstrate refusal skills to protect personal boundaries. <b>5.1.G</b> Describe the importance of identifying personal boundaries.

		<b>6.1.G</b> Identify steps to achieve and maintain a healthy and accurate body image.
Session 5	<b>HIV &amp; Course Wrap-Up</b> <ul style="list-style-type: none"> <li>• Family Interview Reflection</li> <li>• HIV Basics</li> <li>• Puberty Tic-Tac-Toe</li> <li>• Posttest</li> </ul>	<b>1.4.G</b> Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS). <b>1.5.G</b> Describe how HIV is and is not transmitted. <b>5.2.G</b> Analyze why it is safe to be a friend to someone who is living with HIV or AIDS. <b>7.1.G</b> Engage in behaviors that promote healthy growth and development during puberty. <b>7.2.G</b> Describe ways people can protect themselves against serious bloodborne communicable diseases.