

Appendix B: California Health Content Standards Alignment

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

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

		6.1.G Identify steps to achieve and maintain a healthy and accurate body image.
Session 5	HIV & Course Wrap-Up <ul style="list-style-type: none"> • Family Interview Reflection • HIV 101 • Puberty Tic-Tac-Toe • Posttest 	1.4.G Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS). 1.5.G Describe how HIV is and is not transmitted. 5.2.G Analyze why it is safe to be a friend to someone who is living with HIV or AIDS. 7.1.G Engage in behaviors that promote healthy growth and development during puberty. 7.2.G Describe ways people can protect themselves against serious bloodborne communicable diseases.