



# HUMAN GROWTH & DEVELOPMENT

## *Grade 5 Curriculum Overview - Girls*

### **INTRODUCTION**

Paradise Valley Unified School District's comprehensive human growth and development curriculum has as its goal to help all students reach and maintain their highest level of health and wellness. Central to this understanding is the interconnectedness of physical, behavioral, and social well being, in addition to a preventive approach to staying healthy. Students learn to make responsible personal decisions. The curriculum was developed through a district committee with input from school personnel, parents, clergy, and medical experts who were committed to students' well-being. The adopted curriculum fully complies with the Arizona Department of Education's guidelines for human growth and development education and is an opt-in program for students.

### **FORMAT & CONTENT**

Students with parent permission will receive access to a secure Google Classroom which contains the pre-recorded lesson in a video presentation which they may view on May 5th anytime between 1 pm and 8 pm.

The resources used are from "The Always Changing and Growing Up Program," which has been a trusted curriculum source for education among school nurses and health educators for over 25 years. Program content is based on national research and consultation with school nurses, health educators, parents, and medical professionals. It is designed to provide 5th grade students with a broad overview of the beginning stages of puberty. The goal is to help students understand the physical and emotional changes taking place. This understanding will contribute to students' development of a positive and informed approach to adolescence to help them recognize and cope with the upcoming changes in their lives.

## **OBJECTIVES:**

Students will:

- Understand the term puberty and why it happens
- Become familiar with the female sex organs, their function, and their development during puberty
- Learn about other physical and emotional changes that girls experience during puberty: understand the menstrual cycle
- Understand the importance of healthy diet, good hygiene, and regular exercise during puberty
- Have opportunities for reflection and discussion to promote physical, mental, and emotional health and well being