



Human Growth and Development is taught in a multiple day unit. However, objectives under the topic "relationships" are taught throughout the school year within the guidance curriculum. To facilitate discussion in a comfortable setting, boys and girls are taught the asterisked (*) objectives separately.

We encourage families to discuss these topics and have included the objectives below.



4th Grade

Grade 4 ~ PERSONAL HEALTH - Reproductive System, Puberty, Hygiene, Access to Information

- The student will understand that family is the first resource in understanding human growth and development issues.
- The student will develop the communication skills needed to appropriately discuss issues and access information regarding human growth and development.
- The student will recognize that sexuality is an important part of one's physical, emotional, and social development.
- The student will identify external body parts to correct inappropriate language.
- The student will recognize and name the basic parts of the body using proper terminology (buttocks, vulva, penis, breasts).*
- The student will recognize physical differences between male and female appearances.
- The student will be able to identify the structures and functions of their reproductive systems.*
- The student will have an understanding of the menstrual cycle and its relationship to reproduction.*
- The student will know that a person's physical features and growth patterns are determined by heredity.*
- The student will define puberty and tell when it occurs in boys and girls.*
- The student will recognize that each individual will have his/her own rate and timetable of growth.*
- The student will realize that "growth spurts" may occur during the period of adolescence.
- The student will explain what hormones are and their relationship to puberty.*
- The student will identify physical, emotional, and social and mental changes that take place in boys and girls during puberty.*
- The student will have an understanding of the menstrual cycle.*
- Identify menstrual health products and discuss their proper use and disposal.*
- The student will be aware that nocturnal emissions may begin with the onset of puberty.*

- The student will learn that personal responsibility for hygiene promotes health and well-being.
- The student will learn which daily habits are needed for good hygiene.
- The student will realize that personal hygiene enhances self-concept, shows respect for self, others, and increases the respect others have for you.

So that students will:

- Discuss concerns about puberty and reproduction with a parent/guardian/trusted adult.
- Appreciate the uniqueness of their body.
- Understand that the changes that are occurring are normal and healthy.
- Understand the proper use and disposal of menstrual products.
- Practice good hygiene to protect themselves and others.

Grade 4 ~ DISEASE PREVENTION - Universal precautions

- Students will discuss what germs are and identify ways that they are spread.
- Students will understand reasons for not sharing hats, combs, clothes, and beverage containers.
- Students will discuss that some illnesses and diseases are caused by germs.
- The student will understand how to protect oneself from illnesses and communicable diseases (universal precautions).

So that students will:

- Practice good hygiene to protect themselves and others from infection.
- Avoid touching someone else's blood; tell an adult, use a barrier.

Grade 4 ~ RELATIONSHIPS

- Students will identify and appreciate ways that he/she is unique and special.
- The student will be able to recognize the importance of family in shaping values, habits, and attitudes.
- The student will recognize that families are made up of people who love and care for one another.
- The student will realize that there are responsibilities involved in family relationships.
- The student will recognize that families can change.
- The student will recognize that all family members share some of the basic concerns, feelings, and attitudes.

So that students will:

- Show respect for self and others.
- Discuss family standards for decision making with their parent/guardian/trusted adult.
- Recognize that families are made up of people who love, care and support one another.
- Understand the role and responsibility of being a family member.