



Elementary Sex Education Curriculum

5th Grade

Instructors: PE Teacher and Life Skills Teacher

Note: Boys and Girls will be separate for lessons

Lesson 1: [What is Puberty?](#) Video (14:25)

1. Student Activities (to be completed at school)
 - a. Activity 1 - Pre/Post Test (while watching video)
 - b. Activity 5 - Taking Care of Yourself (how to speak 1 on 1 with trusted adult)
 - c. Activity 6 - Hygiene and You (in small groups)

Lesson 2: [Girls and Puberty](#) Video (15:26)

1. Student Activities (to be completed at school)
 - a. Activity 1 - Pre/Post Test (while watching video)
 - b. Activity 7 - Dear Answer Gal (chose one in small groups to answer)
2. Student Fact Sheets (send home all fact with students)
 - a. Fact Sheet 1 - Female Anatomy
 - b. Fact Sheet 2 - Menstrual Cycle
 - c. Fact Sheet 5 - Physical Changes for Girls

Lesson 3: [Boys and Puberty](#) Video (13:49)

1. Student Activities (to be completed at school)
 - a. Activity 1 - Pre/Post Test (while watching video)
 - b. Activity 7 - Dear Answer Dude (choose one to answer in a small group)
2. Student Fact Sheets (send home all fact sheets with students)
 - a. Fact Sheet 1a - Male Anatomy (Internal View)
 - b. Fact Sheet 1b - Male Anatomy (External View)
 - c. Fact Sheet 2 - Body Basics for Boys
 - d. Fact Sheet 3 - Physical Changes for Boys
 - e. Fact Sheet 4 - Five Stages of Penis Development

Lesson 4: [New Emotions. New Feelings](#) (16:36)

1. Student Activities (to be completed at school)
 - a. Activity 1 - Pre/Post Test (while watching video)

- b. Activity 2 - Puberty Blues (do in small groups)
 - c. Activity 5 - Appreciate Yourself (homework with trusted adult)
- 2. Student Fact Sheets (send home all fact sheets with students)
 - a. Fact Sheet 1 - Managing Strong Emotions
 - b. Fact Sheet 2 - Tips for Building Self-Esteem
 - c. Fact Sheet 3 - Remember to Relax
 - d. Fact Sheet 5 - A Look at Media Manipulation
 - e. Fact Sheet 6 - Glossary for Emotions and Puberty

Lesson 5: [HIV and AIDS](#) (10:06)

- 1. Student Activities (to be completed in school)
 - a. Activity 1 - Pre/Post Test (while watching video)
 - b. Activity 3 - Rumors (in small groups)
- 2. Student Fact Sheets (send home all fact sheets with students)
 - a. Fact Sheet 1a - FAQs on HIV and AIDS
 - b. Fact Sheet 1b - FAQs on HIV and AIDS
 - c. Fact Sheet 3 - HIV Transmission

[Activities and Fact Sheets](#)