

# HUMAN GROWTH AND DEVELOPMENT

## CURRICULUM FOR GRADES 4 – 9



**Catalina Foothills School District**  
**2101 E. River Road**  
**Tucson, Arizona 85718**

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# Human Growth and Development

## Introduction

In order to more fully meet the educational needs of our students, and in accordance with Arizona Revised Statutes and State Board Rule, the Catalina Foothills School District (CFSD) offers fourth through ninth grade students Human Growth and Development learning opportunities. The Human Growth and Development (HG&D) sub-team of the K-12 Comprehensive Health revision team assessed the existing Human Growth and Development curriculum to determine what modifications were needed to update activities and/or content in various lessons. Older materials and media were replaced with similar more factually up-to-date materials covering the same content. While there were only minor modifications made to grades 4, 5, and 9, some new content was added to grades 6-8. The 2011 *National Sexuality Standards* and the resources provided by the Arizona Department of Education provided guidance in this work.

Sexuality is part of who we are as individuals – it exists throughout our lives. Parents and caregivers have the opportunity to be their children’s first sexuality educators; however, many children may learn about human growth and development and other elements of sexuality education outside of the home.

In today’s fast-paced, connected world, kids are bombarded daily with messages about sexuality from media and the Internet in many forms (e.g., television, movies, music, advertising, print, radio). They also learn from their peers. It is nearly impossible to protect children from all the messages they undoubtedly receive. It is important for parents to share their beliefs and values with them. Children can also learn from religious leaders, community and group leaders, other family members, and health and education professionals. It is our hope that we can assist students in understanding their bodies, respecting others, making tough decisions, developing and maintaining meaningful relationships, taking responsibility for their own behavior, and communicating with family, peers, and partners about sexuality issues.

The goal of Human Growth and Development is to provide students at grades 4-9 with age-appropriate, medically accurate information on a broad set of topics related to sexuality, including human development, relationships, decision-making, abstinence, contraception, and disease preventions. The information is presented in a factual, unbiased manner appropriate to the grade level at which it is offered.

The Human Growth and Development benchmarks form a supplemental, sub-category of benchmarks that are part of the Health program for grades four through nine. There are seven Measurement Topics for Human Growth and Development:

- Body Care & Concern
- Anatomy & Physiology
- Disease
- Media
- Interpersonal
- Legal and Ethical
- Resources and Services

Within each Measurement Topic, there are grade level specific benchmarks, which identify the essential learning for students at each applicable grade level. Although the Human Growth and Development benchmarks are supplemental to the Health and Physical Education Curriculum, they are organized to form a learning pathway for students at grades four through nine as they progress through our schools.

This section of the K-12 Comprehensive Health curriculum is designed to assist teachers in the implementation of the Human Growth and Development curriculum. It contains the grade level specific Human Growth and Development benchmarks as well as lessons and materials. *Only* students whose parents provide written permission can participate in the Human Growth and Development lessons. Students without permission will be provided an alternate program.

At the elementary and middle school level, lessons shall be ungraded, require no homework, and any evaluation administered for the purpose of self-analysis shall not be retained or recorded by the school or teacher in any form. At all levels, lessons shall not include tests, psychological inventories, surveys, or examinations containing any questions about the student's or his or her parents' personal beliefs or practices in sex, family life, morality, values, or religion. The teachers and counselors who served on the sub-committee for the Human Growth and Development revision are available for questions and support, as needed, during implementation. Questions can also be directed to the Associate Superintendent.

**CATALINA FOOTHILLS SCHOOL DISTRICT**  
**GRADES 4-9 HUMAN GROWTH & DEVELOPMENT CURRICULUM**

Human Growth and Development is an **optional** curriculum taught at the fourth through ninth grade levels as a component of Catalina Foothills School District's K-12 Comprehensive Health Curriculum. In accordance with state statutes, written parental permission is a requirement for student participation in the lessons delineated herein. Per Arizona Statute (AZ15-102), parents must "opt in" to CFSD's Human Growth and Development Curriculum.

**OVERVIEW OF STUDENT LEARNING BY MEASUREMENT TOPIC AND BENCHMARK**

**BODY CARE & CONCERN**

4th Grade

BC-4-1 Understand the importance of basic hygiene (e.g., body hair, soap, deodorant, shower).

5th Grade

BC-5-1 Understand the importance of basic hygiene (e.g., acne, menstrual products).

6th Grade

BC-6-1 Understand the importance of basic hygiene (e.g., menstrual products, toxic shock, bathing/showering, genital cleanliness).

7th Grade

BC-7-1 Understand the importance of basic hygiene (e.g., body issues of today – waxing, shaving, and piercing).

8th Grade

BC-8-1 Understand the importance of basic hygiene (e.g., body issues of today – tattooing).

9th Grade

BC-9-1 Understand the importance of basic hygiene (e.g., piercing cleanliness issues, tattooing).

**ANATOMY/PHYSIOLOGY**

4th Grade

AP-4-1 Know basic parts of the reproductive system for males and females.

AP-4-2 Understand basic changes that will occur during puberty.

5th Grade

AP-5-1 Recognize that there are physical changes occurring in the male and female reproductive systems during puberty.

AP-5-2 Understand specific terminology relating to puberty and body changes and understand that each person's rate of development is varied.

6th Grade

AP-6-1 Identify the main parts and functions of the male and female reproductive systems.

AP-6-2 Know that abstinence is the only method 100% effective in preventing pregnancy.

AP-6-3 Understand socio-emotional and physical (hormonal) changes that occur during puberty and adolescence.

#### 7th Grade

AP-7-1 Understand the basic structure and function of the male and female reproductive systems.

AP-7-2 Know that abstinence is the only method 100% effective in preventing pregnancy.

AP-7-3 Understand that there is variability in physical and socio-emotional development.

#### 8th Grade

AP-8-1 Understand the basic structure and function of the male/female reproductive systems.

AP-8-2 Know that abstinence is the only method 100% effective in preventing pregnancy.

AP-8-3 Understand the development of human life from fertilization to birth.

AP-8-4 Understand how methods of contraception prevent pregnancy.

#### 9th Grade

AP-9-1 Explain in depth the anatomy and physiology of male and female reproductive systems.

AP-9-2 Know that abstinence is the only method 100% effective in preventing pregnancy.

AP-9-3 Evaluate methods of pregnancy prevention (abstinence and contraception).

AP-9-4 Understand options in the event of unintended pregnancies.

### **DISEASE**

#### 4th Grade

No benchmarks at this level.

#### 5th Grade

No benchmarks at this level.

#### 6th Grade

D-6-1 Know that sexually transmitted diseases (STDs) exist and can cause illness.

D-6-2 Know that abstinence prevents STDs.

#### 7th Grade

D-7-1 Know that there are a variety of STDs and their signs and symptoms.

D-7-2 Know that abstinence prevents STDs.

#### 8th Grade

D-8-1 Recognize the different STDs, how they are transmitted, prevention, treatment, and the effects on one's body.

D-8-2 Know that abstinence prevents STDs.

#### 9th Grade

D-9-1 Describe sexually transmitted infections along with their modes of transmission (signs, symptoms, prevention, prevalence, and treatment).

### **MEDIA**

#### 4th Grade

M-4-1 Recognize aspects of gender stereotyping.

### 5th Grade

M-5-1 Recognize that the media has influence on a person's self-image and self-concept.

### 6th Grade

M-6-1 Examine the influence of media on the perception of appropriate behavior (e.g., dress, flirting, public displays of affection, language).

### 7th Grade

M-7-1 Examine how media and peer pressure influence personal decision-making.

### 8th Grade

No benchmarks at this level.

### 9th Grade

M-9-1 Analyze the inter-relationship between media messages and teen sexual behavior, including social media.

## **INTERPERSONAL**

### 4th Grade

I-4-1 Identify one's feelings about one's body.

### 5th Grade

I-5-1 Differentiate between conformity and individuality.

### 6th Grade

I-6-1 Examine the influence of friends on personal behavior and decision-making.

### 7th Grade

I-7-1 Examine how to make tough decisions in the face of outside pressure.

### 8th Grade

I-8-1 Know how to apply refusal skills in making responsible decisions.

### 9th Grade

I-9-1 Model and practice communication and refusal skills (delaying tactics, identification of risky situations, identification of bystander intervention, etc.).

## **LEGAL & ETHICAL**

### 4th Grade

No benchmarks at this level.

### 5th Grade

No benchmarks at this level.

### 6th Grade

LE-6-1 Understand situations and behaviors with others that constitute bullying, inappropriate "touch," and sexual harassment, and know your legal rights.

### 7th Grade

- LE-7-1 Understand appropriate and inappropriate “touch” with others and know your legal rights.
- LE-7-2 Recognize the legal, social, and emotional consequences of texting and sexting.

### 8th Grade

- LE-8-1 Understand appropriate and inappropriate “touch” with others and know your legal rights.
- LE-8-2 Understand Arizona law pertaining to financial responsibilities of parenting and legal liability relating to sexual intercourse with a minor.
- LE-8-3 Recognize the legal, social, and emotional consequences of sexting.

### 9th Grade

- LE-9-1 Understand the emotional, legal, and financial consequences of teen sexual behavior and pregnancy.
- LE-9-2 Recognize inappropriate behaviors (dating violence, sexual manipulation, sexual harassment, sexual molestation, date rape, pejorative language).
- LE-9-3 Advocate respect for personal differences.

## **RESOURCES & SERVICES**

### 4th Grade

- R-4-1 Know that counselors, school nurse, teachers, and family members are resources for dealing with personal concerns and health issues.

### 5th Grade

- R-5-1 Know that counselors, school nurse, teachers, and family members are resources for dealing with personal concerns and health issues.

### 6th Grade

- R-6-1 Know how to ask trusted adults questions that deal with personal concerns and health issues.

### 7th Grade

- R-7-1 Know how to ask trusted adults questions that deal with personal concerns and health issues.

### 8th Grade

- R-8-1 Know how to ask trusted adults questions that deal with personal concerns and health issues.

### 9th Grade

- R-9-1 Know how to access appropriate community resources relating to sexual issues.