

Sexual Health Education Scope and Sequence for grades Kindergarten to High School

Kindergarten

Lesson 1: Private vs. Public – Students identify public and private body parts using medically-accurate vocabulary.

Lesson 2: Good Touch, Bad Touch – Students learn that no one is allowed to touch their private parts without permission.

Lesson 3: Good Secrets, Bad Secrets – Students learn strategies for telling a trusted adult about a secret that makes them scared or uncomfortable.

Lesson 4: Smart About Strangers – Students learn tips for staying safe online and in the real world.

1st grade

Lesson 1: Respecting Individuals – Students use creative drawing to show that everyone is a unique individual who deserves dignity and respect.

Lesson 2: Families – Students identify diverse family structures and brainstorm ways to treat all families with respect.

Lesson 3: Families Change – Students explore ways a family can change and how to handle feelings that come with a changing family.

Lesson 4: Bullying – Students identify forms of bullying and what to do if they or a classmate is being bullied.

2nd Grade

Lesson 1: My Body – Students learn about the body including the male and female genitalia.

Lesson 2: All Living Things Reproduce – Students identify characteristics of all living things and study the life cycle of a frog.

Lesson 3: Gender and Identity – Students role play strategies for breaking down gender stereotypes and learn to treat all people in their community with respect.

Lesson 4: Keeping My Body Healthy – Students practice infection control strategies for staying healthy.

3rd Grade

Lesson 1: Respecting Myself and Others – Students learn concepts of respect for others and self-respect. Students will practice communicating respectfully.

Lesson 2: Building Relationships – Students examine traits of healthy and unhealthy relationships.

Lesson 3: Building Communities/Strengths and Struggles (optional) – Students examine their own strengths and struggles, and how they can use their strengths to create a healthy classroom community.

Lesson 4: Bullying – Students learn how they can be leaders against bullying in their classroom community.

4th Grade

Lesson 1: What is Puberty – Students are introduced to the physical, social, and emotional changes of puberty.

Lesson 2: Puberty Boy, Puberty Girl – Students are split into groups of boys and girls to learn about the physical changes of puberty specific to males or females.

Lesson 3: Puberty Stress Management and Goal Setting – Students learn techniques to manage the stresses of puberty and set goals for the future.

Lesson 4: Germs and Your Immune System– Students identify the difference between bacteria and viruses and learn how the immune system keeps the body safe from infection.

Lesson 5: What is HIV? (optional) – Students are introduced to HIV as a bloodborne virus, and learn universal precautions for protecting themselves from bloodborne illnesses.