

Fourth Grade Health and Human Sexuality Comprehensive Guide

revised 2020

Fourth Grade (6 days)

K-2 Topics Reviewed:

Use proper names for body parts. Identify kinds of family structures. Explain that all people, including children, have the right to tell others not to touch their body when they do not want to be touched. Explain what bullying and teasing are. Include demonstrations of how to respond to uncomfortable touch and bullying/teasing.

Fourth Grade Topics:

Describe the reproductive systems including body parts and their functions

Identify medically-accurate information about female and male reproductive anatomy Puberty and Adolescent Development

Explain the physical, social, and emotional changes that occur during puberty and adolescence.

Explain how the timing of puberty and adolescent development varies considerably and can still be healthy

Describe how friends, family, media, society and culture can influence ideas about body image

Identify medically-accurate information and resources about puberty and personal hygiene

Identify parents or other trusted adults of whom students can ask questions about puberty and adolescent health issues

Describe the characteristics of healthy relationships

Compare positive and negative ways friends and peers can influence relationships Personal Safety

Discuss effective ways in which students could respond when they are or someone else is being teased, harassed, or bullied

Lesson 1

- Courageous Conversations
- The Four Agreements and the Compass

Lesson 2

- Consent
- Discuss age-appropriate situations when consent should be obtained (ex: playing at recess, hugging, etc.)

Consent Video

<https://www.youtube.com/watch?v=h3nhM9UIJjc>

Lesson 3

- Health and Body Systems
- Develop, clear vocabulary for body parts (i.e. penis and vagina)

Lesson 4

- Personal Hygiene
- Discuss healthy habits to have for personal hygiene

Lesson 5

- Puberty and develop medically accurate vocabulary for body parts

- Video

[Always Changing and Growing](#)

Lesson 6

- Friendships
- Discuss healthy friendships
- Class discussion and activity

- Bullying

<https://www.youtube.com/watch?v=eAj2kTQyEGw>

- Define bullying, harassment, teasing
- Class discussion