

"I matter."  
"I feel safe."  
"I fit in & belong."  
"I feel loved."  
"My opinion counts."  
"I can be myself."

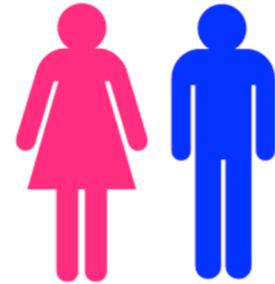
Talking with a son/daughter about sexuality can be challenging and even a bit uncomfortable. Be encouraged. Research indicates that children are overwhelmingly in favor of discussing this topic with a parent rather than any other person(s).

"When you believe you have value and worth, it changes how you feel on the inside and how you treat others on the outside."

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## Upper Adams School District



### Health: Human Sexuality



Curriculum Scope and  
Sequence  
Grades 1-12



# Scope and Sequence

## Elementary

### Grades 1-2

- Healthy Relationship

### Grade 5

- Puberty (Growth & Development)
  - Females: Menstrual Cycle, Hygiene
  - Male: Hygiene

### Grades 5 & 6

- HIV and AIDS
- Bullying (Susan Byrnes)
  - In Her Shoes: respect, empathy, sexting, relationships
  - 5 Men Up: societies definition of masculinity, respect, relationships

## Secondary

### Grade 7

- Reproductive Systems and Functions
- Sexually Transmitted Infections, HIV and AIDS
  - Symptoms
  - Transmission
  - Prevention
  - Treatments
- Contraceptive Choices
  - Proper application
  - Effectiveness
  - Side Effects
- W.O.R.T.H. (When Our Relationships Take Hold)
  - Abstinence
  - Healthy Relationships/Dating
  - Healthy Boundaries
  - Social Media/Sexting
  - Refusal Skills

## Grade 10

- Goals and The Decision Making Process
  - Recognizing Personal Values
- Reproductive Systems
  - Functions
  - Illnesses
- Sexually Transmitted Infections, HIV and AIDS
  - Symptoms
  - Transmission
  - Prevention
  - Treatments
  - Health Complications
  - Testing
- Contraceptive Choices
  - Proper Application
  - Effectiveness
  - Side Effects
  - Availability
  - Cost
- W.O.R.T.H.
  - Dimensions of Wellness (complete person)
  - Abstinence
  - Healthy Relationships
  - Dating
  - Healthy Boundaries
  - Refusal Skills
  - Social Media