

Human Growth and Development Pacing Guide

4th Grade

Topic	Standard	Generalizations/Big Ideas	Curriculum
Lesson 1 Puberty Changes & Personal Hygiene (1 day)	Explain the physical, social and emotional changes that occur during puberty.	a. Puberty is the transition from childhood to adulthood that is characterized by physical and emotional changes. b. Individual bodies are different sizes, shapes and colors and these differences are what make us unique. c. Everyone’s body changes at its own pace.	Health World Boy Talk Plus: Watch from 0:00 to 8:42 and discuss questions on video Complete <i>My Past, Present and Future Self</i> worksheet Girl Talk Plus: Watch from 0:00 to 8:17 and discuss questions on video Complete <i>My Past, Present and Future Self</i> worksheet
	Explain some of the personal hygiene habits needed for puberty.	a. Body changes during puberty make it necessary to bathe or shower more frequently. b. Hygiene habits for puberty should include washing and caring for hair, face, teeth, hands, nails, body, shaving, using deodorant, wearing clean clothes and underwear, etc.	
Lesson 2 Immune System and Infections (1 day)	Determine ways to protect against the spread of communicable diseases.	a. Washing hands frequently and cleaning surfaces minimizes the spread of germs and diseases.	Health World Safety Smart Science: Germs and Your Health: Watch from 0:00 to 9:25 Complete the <i>Attention Please</i> activity

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Lesson 3 Sexual Abuse and Harassment (1 day)	Describe ways to stay safe from sexual abuse.	a. It is important to ask permission before touching someone (e.g. hugging) and a person should always ask permission before touching you. b. If a person is feeling uncomfortable with someone touching them, they should tell them to stop. c. There are parts of the body that are considered to be private, more specifically those parts covered by a swimsuit. d. Children have the right to maintain boundaries that will help to stop or prevent sexual abuse, assault, violence, and harassment. e. Child sexual abuse occurs when the abuser touches the private parts of a child’s body without a health or hygiene reason; or when a child is directed to touch the private parts of the abuser’s body. f. Most sexual abuse involves some kind of secrecy, bribery, trickery, or force. g. Children experiencing unwanted or uncomfortable touching should tell a parent/caregiver or trusted adult*, even if they have been told to keep it a secret. If that adult doesn’t believe or help, the child should tell another adult and keep telling until someone helps. h. It is never the fault of a child if touched in a way that is wrong or uncomfortable; even if it is a family member. *Trusted adults may include parents/caregivers, principal, teachers, school counselor, other school officials, social worker, nurse, police, clergy, etc.	<u>Rights, Respect and Responsibility</u> Your Body, Your Rights Lesson Plan
Lesson 4 Social Media (1 day)		a. There can be predators online that will try and trick children into doing things that are not safe by pretending to be younger or be their friends. b. Students should always check with an adult before going online. c. Most social media sites (e.g. Facebook, Twitter, Instagram) require that you have parent permission and be at least 13 years old to have an account. d. Never give out personal information online.	<u>Health World</u> Safety Smart Online OR <u>Common Sense Media</u> Strong Passwords Lesson