

Rights, Respect, Responsibility

A K-12 SEXUALITY EDUCATION CURRICULUM

Lesson Selection Guide (GRADES 3-5)

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The 3R's curriculum was carefully designed to meet all of the National Sexuality Education Standards. The Standards identify the minimum essential core content and skills for sexuality education K-12 given student needs, limited teacher preparation, and typically available time and resources. Therefore, teachers and schools are encouraged to teach all of the lessons in the curriculum in their appropriate sequence.

This is not always possible, however. Often teachers are faced with having fewer class sessions available to them to devote to sexuality education than is optimal. In these cases, it can be useful to have some guidance on which sessions to teach. The purpose of this Lesson Selection Guide, therefore, is to assist educators in choosing the most appropriate lessons to teach if they are not able to cover all of them. Individual school districts may have specific curricular needs that should guide their selection of lessons. The 3Rs curriculum is designed for maximum flexibility with regard to choosing and adapting lesson plans to meet the needs of each district. This guide offers three possible configurations meant to capitalize on the number of hours that are available and provide a strong foundation for future lessons on the seven essential topics identified by the National Sexuality Education Standards. Research suggests that, on average, Elementary schools spend 5.7 hours or approximately (9) 40 minute lessons in grades K-5, on topics that are covered in the 3Rs curriculum.¹ Therefore, the guide below is written with those constraints in mind.

In the Grade 3-5 sequence, there are a total of twelve lessons, three in 3rd grade, four in 4th grade, and five in 5th grade. These twelve lessons cover all seven topics from the National Sexuality Education Standards. They are designed to build in a developmentally appropriate and sequential way so that lessons in each grade build upon ones from previous grade levels. The guides suggest which lessons to teach if one has only 10, 8, or 4 total sessions between 3rd and 5th grade. They take into consideration sequencing needs in grades 3-5, important baseline concepts for lessons that will be taught in grades 6-8 and beyond, as well as which core concepts are prioritized at this level.

Rights, Respect, Responsibility: A K-12 Sexuality Education Curriculum

Total number of lessons: **79** (plus 3 supplements)

Number of lessons Grades 3-5: **12**

- 3rd Grade: **3**
- 4th Grade: **4**
- 5th Grade: **5**

¹ Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention, Division of Adolescent School Health, SHPPS Topic and Component Specific Fact Sheets. http://www.cdc.gov/HealthyYouth/shpps/2006/factsheets/topic_component.htm

COVERAGE OF TOPICS: FROM THE NATIONAL SEXUALITY EDUCATION STANDARDS IN 3RS GRADES 3-5

TOPIC	3RD GRADE	4TH GRADE	5TH GRADE	TOTAL LESSONS
Anatomy and Physiology	0	0	1	1
Puberty and Adolescent Development	0	1	1	2
Identity	1	0	1	2
Pregnancy and Reproduction	0	0	1	1
STDS/HIV	0	0	1	1
Healthy Relationships	1	1	1	3
Personal Safety	2	2	1	5

* The total number of lessons on the chart is higher than the number of lessons in grades 9-12 because some lessons cover more than one core concept.

IF YOU ONLY HAVE 10 SESSIONS

GRADE	LESSON TITLE	TOPIC	NSES INDICATOR(S)	OTHER KEY CONCEPTS
3	Respect for All	Identity; Healthy Relationships	ID.5.SM.1; ID.5.ADV.1; HR.5.SM.1	Sexual orientation/LGBQ; Families; Accessing information/support/resources
3	Teasing, Harassment, and Bullying	Personal Safety	PS.5.CC.1; PS.5.INF.1; PS.5.AI.1	Bullying; Sexual abuse/assault prevention
3	Feeling SAFE!	Personal Safety	PS.2.SM.1	Sexual abuse/assault prevention; Accessing information/support/resources
4	Making Sense of Puberty	Puberty and Adolescent Development	PD.5.CC.1; PD.5.INF.1; PD.5.AI.1; PD.5.SM.1; PD.5.CC.2; PD.5.AI.2	Anatomy and reproduction; Accessing information/support/resources
4	Figuring Out Friendships	Healthy Relationships	HR.5.CC.1; HR.5.INF.1; HR.5.AI.1	Relationships; Decision-making;
4	Your Body, Your Rights	Personal Safety	PS.5.CC.2	Sexual abuse/assault prevention; Accessing information/support/resources; Consent
5	Being Clear with Your Friends	Healthy Relationships; Personal Safety	HR.5.IC.1; PS.5.IC.2	Relationships; Decision-making; Abstinence
5	Sexual and Reproductive Anatomy	Anatomy & Physiology	AP.5.CC.1; AP.5.AI.1	Anatomy and reproduction; Puberty; Abstinence
5	What is Love Anyway?	Identity	ID.5.AI.1	Relationships; Sexual orientation; Accessing information/support/resources

5	Puberty and Reproduction	Puberty and Adolescent Development; Pregnancy and Reproduction	PD.5.CC.1; PD.5.CC.3; PR.5.CC.1	Puberty; Anatomy and reproduction; Abstinence
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The 10 suggested lessons above focus on the topmost priorities for this grade level band: Personal Safety and Healthy Relationships by building on information in earlier grades to introduce skill building in combatting bullying, using refusal skills, communicating effectively, and advocating for the rights of others. These are skills that should be introduced early and are practiced again in the context of more advanced concepts related to sexual harassment, sexual assault, sexual pressure, abusive relationships, and LGBTQ rights in later grades. The lesson on puberty is an essential lesson for this age group and introduces concepts that are of high interest and applicability to fourth graders while also laying concepts for later lessons on reproduction and sexual health. The fifth grade lesson “Puberty and Reproduction” reinforces the important concepts from the earlier puberty lesson, while making the important transition to the connection between puberty and reproduction. This lesson lays the foundation for later discussions related to sexual decision making and sexual health. The two lessons related to identity build on previous lessons regarding treating others with respect and put it in the context of sexual orientation. The lesson in fifth grade encourages young people to seek out information from trusted sources about the topic of sexual orientation. The introduction of this topic at this grade level band makes subsequent discussion in later grades easier and more comfortable for students.

IF YOU ONLY HAVE 8 SESSIONS

GRADE	LESSON TITLE	TOPIC	NSES INDICATOR(S)	OTHER KEY CONCEPTS
3	Respect for All	Identity; Healthy Relationships	ID.5.SM.1; ID.5.ADV.1; HR.5.SM.1	Sexual orientation/LGBQ; Families; Accessing information/support/resources
3	Teasing, Harassment, and Bullying	Personal Safety	PS.5.CC.1; PS.5.INF.1; PS.5.AI.1	Bullying; Sexual abuse/assault prevention
3	Feeling SAFE!	Personal Safety	PS.2.SM.1	Sexual abuse/assault prevention; Accessing information/support/resources
4	Making Sense of Puberty	Puberty and Adolescent Development	PD.5.CC.1; PD.5.INF.1; PD.5.AI.1; PD.5.SM.1; PD.5.CC.2; PD.5.AI.2	Anatomy and reproduction; Accessing information/support/resources
4	Figuring Out Friendships	Healthy Relationships	HR.5.CC.1; HR.5.INF.1; HR.5.AI.1	Relationships; Decision-making;
5	Being Clear with Your Friends	Healthy Relationships; Personal Safety	HR.5.IC.1; PS.5.IC.2	Relationships; Decision-making; Abstinence
5	Sexual and Reproductive Anatomy	Anatomy & Physiology	AP.5.CC.1; AP.5.AI.1	Anatomy and reproduction; Puberty; Abstinence
5	What is Love Anyway?	Identity	ID.5.AI.1	Relationships; Sexual orientation; Accessing information/support/resources

These eight lessons emphasize the topics of Personal Safety and Healthy Relationships while also addressing important issues of identity, anatomy and physiology, and puberty. Although there is one fewer lesson on puberty and this guide does not include the lesson on pregnancy and reproduction, this set of lessons still provides an important foundation for the topics covered in later grades as described above.

IF YOU ONLY HAVE 4 SESSIONS

GRADE	LESSON TITLE	TOPIC	NSES INDICATOR(S)	OTHER KEY CONCEPTS
3	Respect for All	Identity; Healthy Relationships	ID.5.SM.1; ID.5.ADV.1; HR.5.SM.1	Sexual orientation/LGBQ; Families; Accessing information/support/resources
3	Teasing, Harassment, and Bullying	Personal Safety	PS.5.CC.1; PS.5.INF.1; PS.5.AI.1	Bullying; Sexual abuse/assault prevention
4	Making Sense of Puberty	Puberty and Adolescent Development	PD.5.CC.1; PD.5.INF.1; PD.5.AI.1; PD.5.SM.1; PD.5.CC.2; PD.5.AI.2	Anatomy and reproduction; Accessing information/support/resources
5	Being Clear with Your Friends	Healthy Relationships; Personal Safety	HR.5.IC.1; PS.5.IC.2	Relationships; Decision-making; Abstinence

If you only have four sessions, the suggested lessons above focus on the topmost priorities for this grade level band: Personal Safety and Healthy Relationships while providing a foundational lesson on puberty which is critically important at this developmental level, provides important information and introduces concepts essential for later discussions of pregnancy and sexual health. In addition, with such limited time available, these lessons provide the most comprehensive coverage of the National Sexuality Education Standards as these lessons meet between two and six standards each.