



Fifth Grade Human Growth and Development Objectives

Human Growth and Development is taught in a multiple day unit. However, objectives under the topic “relationships” are taught throughout the school year at appropriate times. To facilitate discussion in a comfortable setting, boys and girls are taught the asterisked (*) objectives separately. So you can discuss these topics with your child prior to class discussions, we have listed the objectives below.

Grade 5 ~ PERSONAL HEALTH - Reproductive System, Puberty, Hygiene, Access to Information, Prenatal Development, Childbirth

- The student will understand that family is the first resource in understanding human growth and development issues.
- The student will develop the communication skills needed to appropriately discuss issues and access information regarding human growth and development.
- The student will recognize that sexuality is an important part of one’s physical, emotional, and social development.
- The student will recognize that having sexual thoughts and feelings is normal.
- The student will identify external body parts to correct inappropriate language.
- The student will recognize and name the basic parts of the body using proper terminology (buttocks, vulva, penis, breasts).
- The student will recognize physical differences between male and female appearances.
- The student will be able to identify the structures and functions of their reproductive systems*.
- The student will have an understanding of the menstrual cycle and its relationship to reproduction*.
- The student will know that a person’s physical features and growth patterns are determined by heredity.
- The student will define puberty and tell when it occurs in boys and girls.
- The student will recognize that each individual will have his/her own rate and timetable of growth.
- The student will realize that “growth spurts” may occur during the period of adolescence.
- The student will explain what hormones are and their relationship to puberty.
- The student will identify physical, emotional, social and mental changes that take place in boys and girls during puberty.
- The student will have an understanding of the menstrual cycle*.
- Identify menstrual health products and discuss their proper use and disposal*.
- The student will be aware that nocturnal emissions may begin with the onset of puberty*.
- The student will learn that personal responsibility for hygiene promotes health and well-being.
- The student will learn which daily habits are needed for good hygiene.
- The student will realize that personal hygiene enhances self-concept, shows respect for self, others, and increases the respect others have for you.



So that students will:

- Discuss concerns about puberty and reproduction with a parent/guardian/trusted adult.
- Appreciate the uniqueness of their body.
- Understand that the changes that are occurring are normal and healthy.
- Understand the proper use and disposal of menstrual products.
- Practice good hygiene to protect themselves and others.

Grade 5 ~ DISEASE PREVENTION –Universal precautions, HIV/AIDS education and prevention

- Students will discuss what germs are and identify ways that they are spread.
- Students will understand reasons for not sharing hats, combs, clothes, and beverage containers.
- Students will discuss that some illnesses and diseases are caused by germs.
- The student will understand how to protect oneself from illnesses and communicable diseases (universal precautions).
- The student will understand that HIV/AIDS is a disease, how it is acquired and how to protect oneself from this disease.
- The student will recognize myths and misconceptions related to HIV and AIDS.

So that students will:

- Share concerns about HIV/AIDS and other communicable diseases with parents/guardians/trusted adults.
- Practice good hygiene to protect themselves and others from infection.
- Avoid touching someone else's blood; tell an adult, use a barrier.

Grade 5 ~ RELATIONSHIPS

- Students will identify and appreciate ways that he/she is unique and special.
- The student will be able to recognize the importance of family in shaping values, habits, and attitudes.
- The student will recognize that families are made up of people who love and care for one another.
- The student will realize that there are responsibilities involved in family relationships.
- The student will recognize that families can change.
- The student will recognize that all family members share some of the basic concerns, feelings and attitudes.

So that students will:

- Show respect for self and others.
- Discuss family standards for decision making with their parent/guardian/trusted adults.
- Recognize that families are made up of people who love, care and support one another.
- Understand the role and responsibility of being a family member.