



First Grade Human Growth and Development Objectives

Human Growth and Development is taught throughout the school year at appropriate times. So you can discuss these topics with your child prior to class discussions, we have listed the objectives below.

Grade 1 ~ PERSONAL HEALTH (Reproductive System & Hygiene)

- The student will understand that family is the first resource in understanding human growth and development issues.
- The student will identify external body parts to correct inappropriate language.
- 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 others, and increases the respect others have for you.

So that students will:

- Discuss concerns about growing up with a parent/guardian/trusted adult.
- Have a good self-concept about themselves.
- Take care of their body.

Grade 1 ~ DISEASE 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 germs cause some illnesses and diseases.
- The student will understand how to protect oneself from illnesses and communicable diseases (universal precautions).

So that students will:

- Wash or sanitize their hands before eating, after using a bathroom, and after blowing their nose.
- Practice good hygiene.
- Not touch someone else's blood, saliva and/or body fluids; tell an adult.

Grade 1 ~ 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:

- Develop a healthy self-concept outside of the family.
- Respect the individuality of each person.
- Treat family members in a respectful manner.
- Identify skills for dealing with changing families.
- Establish and respect friendships.
- Make safe choices.
- Say “no” to unsafe or uncomfortable situations.

PROTECTIVE BEHAVIORS

- The student will discuss that all people have the right to be loved, safe, believed, and respected.
- The student will discuss the difference between a safe and unsafe/unwanted touch, and understand that they can come from any person; a stranger or person one knows.
- The student will describe actions to be taken when an unsafe/unwanted touch occurs.
- The student will identify ways to stay safe.
- The student will identify resources to help in unsafe situations.

So that students will:

- Recognize an unsafe or unwanted touch/action.
- Say “No” to an unsafe or unwanted touch.
- Identify important people who can be trusted.
- Yell and run away if an unsafe or unwanted touch/action occurs.
- Tell an adult if an unsafe or unwanted touch occurs and keep telling them until action is taken.
- Recognize dangerous or emergency situations.