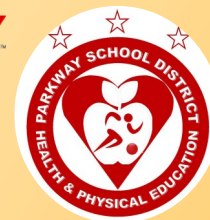


My Growing Body



The Parkway Lower Elementary Health Education Curriculum includes the My Growing Body Unit. Parkway understands that educating children about a child's health is a collaborative effort between schools, families, and health professionals. We value the parent's role in helping their child weigh their family values and beliefs in making decisions regarding their sexual health. We hope you will use this information to have conversations with your child about these topics prior to or following these lessons.

For curriculum and lesson details visit the Parkway Information website at <https://www.parkwayschools.net/Page/3329>

Overview of 2nd Grade

Lesson Focus	Lesson Overview
Being A Healthy You	In this lesson students will learn how each person and their body is unique and special. Students will identify the things they like about themselves and show acceptance of their bodies.
The Family Unit	In this lesson, students explore the definition of a family, the role of the family, and the responsibilities of family members. Students explore what makes their own family special and develop an appreciation for the different kinds of families, as well as the ways that families function and work together.
Keeping My Body Safe	In this lesson students will develop vocabulary and skills to deal with a variety of people and situations where they might feel threatened by a person who they feel physically threatened by. Class discussions and learning activities will include defining "safe touch" and "unsafe touch", personal safety rules about touch and ways to respond when they feel uncomfortable. Students will also identify common characteristics of adults that they can go to when they need help and/or advice.

Please contact your school's health education teacher for dates of lessons.

My Growing Body

Classroom Video List

“Families of All Kinds”, JennC121 (youtube)	This video displays pictures of families over time and from different parts of the world. The pictures display similarities, differences, and commonalities that families could have. Click here to view the video.
“It’s Your Body: You’re in Charge” by Sunburst Visual Media	This video helps even the youngest children to feel that they have control over their own bodies. The video helps them differentiate between good and bad touches, learn that they have the right to say “no” to a touch that makes them feel uncomfortable, understand the “touching rule” and realize if they experience a bad touch, they MUST speak up and tell an adult they trust what happened. Click here to see video trailer.

Please contact your school’s health education teacher for dates of lessons.

More information about the Parkway Health Education Curriculum can be found at <https://www.parkwayschools.net/Page/3329>

My Growing Body

Recommended Resources

RECOMMENDED PARENT RESOURCES

- ◆ [Positive Parenting Tips](#) (CDC)
- ◆ [HealthyChildren.org](#) - American Academy of Pediatrics
- ◆ ["Child Development"](#) - pbs.org/parents
- ◆ [Education Nation Parent Toolkit](#) - NBC News Education Nation
- ◆ ["What Parents Can Do"](#) - National Crime Prevention Council
- ◆ "Activities that Teach Family Values" by Tom Jackson

RECOMMENDED STUDENT RESOURCES

- ◆ [McGruff the Crime Dog](#) - National Crime Prevention Council
- ◆ [PBS Kids](#)
- ◆ [BrainPOPJr.](#)
- ◆ [learntobehealthy.org/kids](#) - Byrnes Health Education Center
- ◆ "The Best Part of Me: Children Talk About their Bodies in Pictures and Words" by Wendy Ewald
- ◆ "Who's In My Family! All About Our Families" by Robie H. Harris
- ◆ "No Means No!" by Jayneen Sanders
- ◆ "My Body Belongs to Me from My Head to My Toes" by Pro Familia
- ◆ "Your Body Belongs to You" by Cornelia Spelman

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at <https://www.parkwayschools.net/Page/3329>