

Growth & Development



The Parkway Elementary Health Education Curriculum includes the Growth and Development 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 site <https://www.parkwayschools.net/Page/3329>

Overview of 3rd Grade

| Lesson Focus | Lesson Overview |
|--------------------------------------|---|
| Character and You | In this lesson, students will explore the traits that make up good character and how it is reflected in your actions and interactions with others. Class discussions and learning activities will allow students to explore ways to show good character, such as respect for others and being truthful. |
| Stages of Development | In this lesson, students will be introduced to the stages of life that make up the life cycle. Lesson activities will focus on the stage of childhood and the physical, mental/emotional, and social changes to anticipate as they grow older. Students will also be introduced to the major body systems and their purpose. |
| Accepting Yourself and Others | This lesson will help students develop an appreciation of their personal characteristics and pride in being themselves. Class discussions and learning activities will identify ways that society influences gender roles and how gender stereotypes might lead to hurtful words and actions. The main outcome of this lesson is to encourage students to have the confidence to be themselves and treat everyone with respect, despite if they are different than you. |
| Healthful Friendships | This lesson will help students identify the characteristics and traits of a good friend. Students will participate in class discussions and learning activities that help them identify actions and behaviors that are important to a healthful peer relationship. Students will empathize with how peer pressure and bullying can be harmful and hurtful and will explore strategies for responding to bullying situations. |

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

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Classroom Video List

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| “Unity in Community” by Marsh Media | When a bully in a chaotic classroom encounters an ant named Jim she learns that tolerance and diversity are necessary for any social community to function well. Help promote the youngest students' emotional well-being and mental health as the classroom develops cohesion, trust, and team identity. Take back the playground and the classroom by focusing on: anti-bullying, diversity, teamwork, tolerance, cooperation, and respect. Click here to view video trailer. |
| “Tomboy” by Barb Taylor | This video is about Alex, a 9 year old girl, who fights bullying and gender stereotypes. This film is based on a book written by Karleen Pendleton Jiménez and produced and directed by Barb Taylor. Click here to view video. |
| “Kids Talk About Bullying”, KidsHealth, Nemours | This short 2:00 minute video explores the issue of bullying. Young students are interviewed about what defines bullying. |
| “Kids Talk About Friends”, KidsHealth, Nemours | This short 1.15 minute video centers on friends. Young students are interviewed about what kids think about friends and friendship. |

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Recommended Resources

RECOMMENDED PARENT RESOURCES

- ◆ [Positive Parenting Tips](#) (CDC)
- ◆ [“Child Development”](#) - pbs.org/parents
- ◆ [HealthyChildren.org](#) - American Academy of Pediatrics
- ◆ [Education Nation Parent Toolkit](#) - NBC News Education Nation
- ◆ [Stopbullying.gov](#)
- ◆ [PACER’S National Bullying Prevention Center](#)

- ◆ “Activities that Teach Family Values” by Tom Jackson

RECOMMENDED STUDENT RESOURCES

- ◆ [McGruff the Crime Dog](#)—National Crime Prevention Center
- ◆ [PBS Kids](#)
- ◆ [BrainPOP](#)

- ◆ [PACER’s Kids Against Bullying](#) - Pacer’s Center Kids Against Bullying
- ◆ [Stop Bullying - Kids](#)—stopbullying.gov/kids
- ◆ “Justin and the Best Biscuits in the World” by Mildred Pitts Walter

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