

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

## Overview of 4th Grade

Lesson Focus	Lesson Overview
<b>My Future Growth</b>	In this lesson, students will be introduced to changes that they should expect during the adolescent and pre-teen years. Class discussions and learning activities will allow students to explore the hardest things and best things of growing up. Students will learn about various ways they will change – socially, physically, and mentally/emotionally – and ways to cope with these changes.
<b>Family &amp; Peer Relationships</b>	This lesson will introduce ways in which families and friends contribute to a healthy person. Class discussions and learning activities will share the different types of family structures and the common traits and purposes that they all share. They will learn how support, care and respect for one another within a family helps your self-confidence and sense of well-being. Students will also explore the importance of peer relationships and the actions they can take to building healthful ones.
<b>Personal Hygiene</b>	In this lesson, students will be introduced to personal hygiene practices that are important during puberty. Class discussions and learning activities will help students appreciate the importance of keeping the body clean and utilizing health care products to keep the body well-groomed and smelling good.
<b>Puberty</b>	In this lesson students will be introduced to the physical, mental emotional, and family/social changes that occur during puberty and early adolescence. Class discussions and learning activities will teach students about the human reproductive system and its functions, as well as healthy habits to care for it. Students will also learn about positive ways to deal with the changes.

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

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## Classroom Video List

<b>“Meet the New You for Boys” &amp; “Meet the New You for Girls”, Marsh Media</b>	This video from Marsh Media provides just the right amount of information about puberty for younger students. Designed for students who are not quite ready to learn about reproduction, but need to know about body changes, hygiene and emotional changes unique to boys and girls. Topics include: When to expect the onset of puberty; Physical and emotional changes; Menstruation (girls only); Importance of good hygiene, exercise, nutrition, and sleep; and self-esteem. <a href="#">Click here</a> to view video trailer.
<b>“Whatsa Hygiene”, Marsh Media</b>	This video from Marsh Media stresses the importance of cleanliness to good health. Topics explored include bathing, handwashing, care of teeth, hair, and nails, the importance of clean, neat clothing, and the need for young people to be taking personal responsibility for their own health and well-being. <a href="#">Click here</a> to view video trailer.
<b>“What Does It Mean to Be a Good Friend?” by Human Relations Media</b>	This video features real kid-on-the-street interviews, fun animation, and typical scenarios of friendship dilemmas, that will help students learn new tips for navigating the world of friendships. The video shows students being interviewed who share the qualities that make a good friend. The hosts explore how being a friend comes down to a few main things, such as listening and empathy. <a href="#">Click here</a> to view video trailer.

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## Recommended Resources

### RECOMMENDED PARENT RESOURCES

- ◆ [Positive Parenting Tips](#) (CDC)
- ◆ [pbs.org/parents](https://www.pbs.org/parents)
- ◆ [HealthyChildren.org](http://HealthyChildren.org) - American Academy of Pediatrics
- ◆ [Education Nation Parent Toolkit](#) - NBC News Education Nation
- ◆ “Activities that Teach Family Values” by Tom Jackson

### RECOMMENDED STUDENT RESOURCES

- ◆ [BAM! Body and Mind](#) (CDC)
- ◆ [BrainPOP](#)
- ◆ [“Its My Life”](#) (PBS Kids)
- ◆ [learntobehealthy.org/kids](http://learntobehealthy.org/kids) - Byrnes Health Education Center