

# 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.

## Overview of 5th Grade

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

Lesson Focus	Lesson Overview
<b>Character &amp; Self-Respect</b>	In this lesson, students will learn how one’s personality and character are reflected by the choices that a person makes. Class discussions and learning activities will define “character” and identify traits to good character. Students will also explore how their personality is a blend of their traits, talents, and actions. Students will understand the importance of positive “self-concept” and “self-esteem” and how it is influenced.
<b>Personal Health Care</b>	This lesson focuses on how important hygiene is during puberty/adolescent years. Class discussions and learning activities identify grooming and hygienic practices that keep your body looking, smelling, and feeling good, as well as safety practices that help protect the reproductive system. Students will also learn the importance of identifying trustworthy support for finding medically-accurate information for promoting personal health.
<b>Human Growth and Development</b>	This lesson will explain medically accurate facts about the physical changes that take place during puberty and adolescence. Class discussions and learning activities will present developmentally appropriate knowledge about various body parts and functions of the male and female reproductive systems and healthful practices for caring and protecting it. Students will also be introduced to the way that a female egg is fertilized by the male sperm. Sexual intercourse and ways to have sex are not discussed in this lesson or at this grade level. (This lesson is taught in single-gender classes.)
<b>The Immune System and Disease Prevention</b>	In this lesson, students will learn about various methods in which bloodborne diseases are transmitted, and how to protect themselves from such diseases. Class discussions and learning activities will introduce to the immune system and its role in fighting off infections. Students will be introduced to the bloodborne diseases of Human Immunodeficiency Virus (HIV) and Hepatitis and their dangers to a person’s health.

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

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## Classroom Video List

<b>“Always Changing and Growing Up”</b>	<p>This video presentation viewed by all 5th-grade students includes clearly illustrated biology to help prepare your younger elementary-level child for all of the changes ahead. Topics covered in this program include: 1) When to expect the onset of puberty; 2) The physical and emotional changes of puberty; 3) The maturation of the female reproductive system; 4) Menstruation; 5) The importance of good hygiene, healthy habits, and sleep; and 6) Maintaining health through good nutrition and exercise. <a href="#">Click here</a> to see video.</p>
<b>“Always Changing and Growing Up”</b>	<p>This video presentation viewed by all 5th-grade students includes clearly illustrated biology to help prepare your younger elementary-level child for the all the changes ahead. These important topics are introduced: 1) When to expect the onset of puberty; 2) The physical and emotional changes of puberty; 3) The maturation of the male reproductive system; 4) Common experiences of puberty, including voice changes, feelings of physical awkwardness, and nocturnal emissions; 5) The importance of good hygiene, healthy habits, and sleep; and 6) Maintaining health through good nutrition and exercise. <a href="#">Click here</a> to see video.</p>
<b>“The Immune System: Doing Its Part”, Marsh Media</b>	<p>In this video, students explore the complex and remarkable immune system and its vital role in the defense of our bodies. This video describes certain malfunctions of the immune system, including allergic responses and autoimmune disorders, and introduces the concept of rejection. It explains how HIV (the virus that causes AIDS) is able to overpower the Immune system so that it can no longer protect the body from disease. <i>Doing Its Part</i> stresses the importance of basic good hygiene and preventive health practices in avoiding exposure to harmful germs and in maintaining a healthy immune system. <a href="#">Click here</a> to see video trailer.</p>

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

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## Recommended Resources

### RECOMMENDED PARENT RESOURCES

- ◆ [Positive Parenting Tips](#) (CDC)
- ◆ [HealthyChildren.org](#) - American Academy of Pediatrics
- ◆ [pbs.org/parents](#)
- ◆ [Education Nation Parent Toolkit](#)—NBC News Education Nation
- ◆ [Growth and Your 6-12 Year Old](#) KidsHealth, Nemours
- ◆ “Activities that Teach Family Values” by Tom Jackson

### RECOMMENDED STUDENT RESOURCES

- ◆ [BAM! Body and Mind](#) (CDC)
- ◆ [BrainPOP](#)
- ◆ [“Its My Life”](#) (PBS Kids)

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