



CAVE CREEK UNIFIED SCHOOL DISTRICT
community inspired • globally prepared

HUMAN GROWTH

AND

DEVELOPMENT



CAVE CREEK UNIFIED SCHOOL DISTRICT

Human Growth and Development

PHILOSOPHY STATEMENT

The purpose of the Human Growth and Development curriculum is to present accurate, understandable information to help build positive attitudes towards growing up and to aid students in the transition to young adulthood. The curriculum encompasses more than anatomy and physiology. It also encourages students to understand who they are as unique individuals. The purpose of these lessons is not to take the place of what is taught at home, but rather to supplement that which is taught at home.

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PROGRAM BELIEFS

1. Values about human sexuality should be established at home.
2. Parents and young people should talk about sexual issues.
3. Sexuality is a natural positive aspect of being human.
4. Exploitation is always wrong.
5. Young people have a right to age appropriate information.
6. Each individual must take responsibility for his/her actions.

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GROUND RULES

1. Respect what other people say - No “put downs.”
2. Be sensitive to other people’s feelings.
3. It’s OK to pass (not answer a question).
4. Share but keep information away from a personal (names) level.
5. Respect the privacy of other participants and the comments they make during the program.
6. Use scientific terms rather than slang.
7. All questions are valued. If your question is not answered, please ask your parents, clergy, or trusted adult.

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TIMELINE / GUIDELINES

- ❖ Parents/Guardians must opt-in or opt-out yearly regarding participation for their child in the the Human Growth and Development Curriculum.
- ❖ The student has the the right to opt themselves out of the Human Growth and Development Curriculum if they are uncomfortable with the topics. Parents will be notified as soon as educators become aware of the student's decision.
- ❖ All staff will be notified of upcoming Human Growth and Development Curriculum teaching dates.
- ❖ The Human Growth and Development Curriculum and alternative course information will be available year-round at each school.

Human Growth and Development Cave Creek Unified School District Elementary School Curriculum

4th Grade Female only HGD Objectives

- **The Learner will (TLW) explain basic anatomy of female-scientific names and functions**
- **TLW explain menstrual cycle - cycle length**
- **TLW describe emotional changes-normal, good diet, sleep and exercise**
- **TLW describe hormonal changes- female-growth, hair, hips, acne, sweat, and breast (female)**
- **TLW explain normal body changes i.e. weight gain, growth, sweat, and body oils-acne**
- **TLW explain proper hygiene with corresponding body changes and dental care**
- **TLW explain proper nutrition**

Human Growth and Development

Cave Creek Unified School District

Elementary School Curriculum

5th Grade Male and Female HGD Objectives:

- **The Learner will (TLW) learn reproductive anatomy and physiology of male and female scientific names and functions**
- **TLW define menstrual cycle fertilized (egg + sperm) vs. unfertilized egg, cycle length, length of menstruation, and when it's normal to not have a period**
- **TLW (Female only) explain tampon vs. pad - disposal of each, and hygiene**
- **TLW explain nocturnal emission, ejaculation, and erection**
- **TLW explain hormonal changes- males and female-growth, hair, voice, hips or shoulders widen, acne, sweat, and breast (female)**
- **TLW explain where hormones come from--pituitary to ovary or testes**
- **TLW explain the importance of body hygiene, bathing daily, use of deodorant/antiperspirant, face care, clean clothes and underwear daily, and teeth brushing**
- **TLW explain the importance of normalizing emotional changes, good diet, sleep, and exercise**
- **TLW define puberty-when a boy or girl is capable of having a baby physically but NOT emotionally or financially**
- **TLW will explain that the mind is growing as well and how they will be facing new emotions and choice**

Human Growth and Development CCUSD Elementary School Curriculum

6th Grade Male and Female HGD Objectives:

- **The Learner will (TLW) identify positive and negative media influences**
- **TLW identify ways that the media has influenced their decision making**
- **TLW identify pressures from peers in decision making and attitudes**
- **TLW demonstrate communication skills to refuse/avoid peer pressure**
- **TLW demonstrate how to protect themselves against peer pressure and unsafe situations**
- **TLW practice refusal skills**
- **TLW learn the anatomically correct names and functions of their reproductive organs**
- **TLW view diagrams of their reproductive organs**
- **TLW learn about their puberty**
- **TLW learn the anatomically correct names and functions of the opposite sex**
- **TLW view diagrams of the opposite sex reproductive organs**
- **TLW learn about puberty of the opposite sex**
- **TLW learn the basics of how conception occurs**
- **TLW be able to demonstrate benefits of good hygiene and healthy choices**
- **TLW be able to define heterosexual, homosexual, and bisexual**
- **TLW understand the negative consequence of harassment and abuse**

Human Growth and Development CCUSD - Middle School Curriculum

7th Grade Male and Female HGD Objectives:

- **The Learner will (TLW) identify positive and negative media influences**
- **TLW identify ways that the media has influenced their decision making**
- **TLW identify pressures from peers in decision making and attitudes**
- **TLW demonstrate communication skills to refuse/avoid peer pressure**
- **TLW demonstrate how to protect themselves against peer pressure and unsafe situations**
- **TLW practice refusal skills**
- **TLW learn the anatomically correct names and functions of their reproductive organs**
- **TLW view diagrams of their reproductive organs**
- **TLW learn about their puberty**
- **TLW learn the anatomically correct names and functions of the opposite sex**
- **TLW view diagrams of the opposite sex reproductive organs**
- **TLW learn about puberty of the opposite sex**
- **TLW learn the basics of how conception occurs**
- **TLW be able to demonstrate benefits of good hygiene and healthy choices**
- **TLW be able to define the terms heterosexual, homosexual, and bisexual**
- **TLW explain the negative consequence of harassment and abuse**
- **TLW explain the dos and don'ts of internet safety**

Human Growth and Development CCUSD- Elementary School Curriculum

8th Grade Male and Female HGD Objectives:

- **The Learner will (TLW) identify pressures from peers in decision making and attitudes**
- **TLW demonstrate communication skills to refuse/avoid peer pressure**
- **TLW demonstrate how to protect themselves against peer pressure and unsafe situations**
- **TLW practice refusal skills**
- **TLW explain appropriate dating relationships and maturity**
- **TLW learn the anatomically correct names and functions of their reproductive organs**
- **TLW learn the basics of how conception occurs**
- **TLW explain the negative consequence of harassment and abuse**
- **TLW explain the dos and don'ts of internet safety**

Human Growth and Development CCUSD

9th Grade School Curriculum

Textbook is Glencoe *Health* by Mary H. Bronson, Ph.D.

Unit 5: Personal Care and Body Systems

Chapter 16 Endocrine and Reproductive Health

Lesson 1- The Endocrine System

Lesson 2- The Male Reproductive System

Lesson 3- The Female Reproductive System

Unit 6: Growth and Development

Chapter 17 The beginning of the Life Cycle

Lesson 1- Prenatal Development and Care

Lesson 2- Heredity and Genetics

Lesson 3- Birth through Childhood

Chapter 18 The Life Cycle Continues

Lesson 1- Changes during Adolescence

Lesson 2- Adulthood, Marriage, and Parenthood

Lesson 3- Health through the Life Cycle

Unit 8: Diseases and Disorders

Chapter 24 Sexually Transmitted Diseases and HIV/AIDS

Lesson 1- Sexually Transmitted Diseases

Lesson 2- Preventing and Treating STDS

Lesson 3- HIV/AIDS

Lesson 4- Preventing and Treating HIV/AIDS

View the video: "*Miracle Of Life*"

VIDEOS SUPPORTING HUMAN GROWTH & DEVELOPMENT

4th Grade	"Always Changing" <i>5th Grade Puberty Education Videos</i>	<i>Procter and Gamble</i>
5th Grade	"Let's Just Talk for Girls" "Let's Just Talk for Boys" "Aids: Facts for Kids"	Marsh Media Marsh Media Marsh Media
6th Grade	"Analyzing Media Influence-Body Image" "Peer Pressure -Are your Friends Controlling your Life" "Straight Talk about Puberty for Girls" "Straight Talk about Puberty for Boys"	Discovery Education AGC- United Learning Marsh Media Marsh Media
7th Grade Girls	Day 1 <u>"What Happens When You Leave Your Tampon in Too Long?"</u> Day 2 <u>"Am I Normal? Girls & Puberty"</u>	Koit Studios Kids Health
7th Grade Boys	Day 1: <u>"Boys and Puberty"</u>	Kids Health
7th Grade Girls & Boys	Day 3: <u>"Fertilization"</u> Day 3: <u>"One Simple Skill to Overcome Peer Pressure"</u> Day 3: <u>"The 4 Ways You're Being Manipulated"</u> Day 4: <u>"What is an STI?"</u> Day 4: <u>"What are Bacterial STIs?"</u> Day 4: <u>"What are Viral STIs?"</u> Day 4: <u>"Embarrassment, shame and Stigma, oh my!"</u>	Nucleus Medical Media Vital Smarts Vital Smarts Academic Edge Academic Edge Academic Edge Academic Edge

8th Grade	<i>“Female Reproductive System”</i>	Distance Learning
	<i>“Male Reproductive System”</i>	Distance Learning
	<i>“Media Influence”</i>	Discovery Education
	<i>“Teen Sexuality”</i>	Discovery Education
	<i>“Teens Who Choose Abstinence”</i>	United Learning

**RESOURCE BOOKS FOR PARENTS/GUARDIANS
FOR
HUMAN GROWTH AND DEVELOPMENT**

- 1) 101 Questions Kids Really Ask.... and the Answers They Need to Know.
A Guide through Puberty,
Mary Halter (ISBN: 978-09-7156058-1)
- 2) Parenting Preteens with a Purpose (Navigating the Middle Years)
Kate Thomsen
- 3) The Talk: What Kids Need to Hear From You
Sharon Maxwell
- 4) Brainstorm: The Power and Purpose of the Teenage Brain
Daniel T, Siegel M.D.
- 5) So Sexy So Soon: The New Sexualized Childhood and What Parents can do to
Protect Their Kids,
Diane E. Levin, PhD & Jean Kilbourne, EdD
- 6) What Are You Doing in There: Balancing Your Need to Know With Your
Adolescent's Need to Grow
Charlene C. Giannetti & Margaret Sagarese
- 7) How To Say It To Teens
Richard Heyman, EdD
- 8) The Primal Teen: What New Discoveries About the Teenage Brain Tell US
About Our Kids
Barbara Strauch
- 9) My Body, My Self for Boys/For Girls
Lynda Madaras & Area Madarus

BOOKS THAT HAVE HAD GREAT REVIEWS:

- 1) **Boys, Girls & Other Hazardous Materials**
Rosalind Wiseman
- 2) **Buzzed, The Straight Facts about the Most Used and Abused Drugs from Alcohol to Ecstasy,**
Dr. Cynthia Kuhn, Dr Scott Swartzwelder, Dr. Wilkie Wilson
- 3) **Easy to Love; Difficult to Discipline**
Dr. Becky A Bailey
- 4) **52 Simple Ways to Build Family Traditions**
Thigpen & Thigpen
- 5) **How to Talk So Teens Will Listen**
Elaine Mazlish
- 6) **Just Say Know. Talking with Kids about Drugs and Alcohol**
Dr. Cynthia Kuhn, Dr Scott Swartzwelder, Dr. Wilkie Wilson
- 7) **Living With The Active Alert Child**
Dr. Linda S. Budd
- 8) **How To Talk so Kids/Teens will Listen and Listen so Kids/Teens Will Talk**
Adele Faber & Elaine Mazlish
- 9) **Living With The Active Alert Child**
Dr. Linda S. Budd
- 10) **Parenting Preteens with A Purpose {Navigating the Middle Years}**
Kate Thomsen
- 11) **Parenting Teens with Love and Logic**
Dr. Foster Cline & Jim Fay
- 12) **Please Stop Laughing at Me**
Jodee Blanco

- 13) **Queen Bees and Wannabees: Helping Your Daughter Survive Cliques, Gossip, Boyfriends**
Rosalind Weisman
- 14) **Raising Resilient Children: Fostering Strength, Hope and Optimism in Your Child**
Robert B. Brooks & Sam Goldstein
- 15) **Raising Self Reliant Children in a Self Indulgent World**
Stephen Glenn & Jane Nelson
- 16) **Reviving Ophelia, Saving the Selves of Adolescent Girls**
Mary Pipher
- 17) **The ADD/ADHD Checklist: A Practical Reference for Parents and Teens**
Sandra F. Rief
- 18) **The Explosive Child**
Ross W. Greene
- 19) **The 7 Habits of Highly Effective Teens**
Sean Covey
- 20) **Get Out of My Life, but first could you drive me and Cheryl to the mall?**
Anthony Wolf, PhD
- 21) **Wasted: A Memoir of Anorexia & Bulimia**
Marya Hornbacher
- 22) **Your Defiant Child**
Dr Russell Barkley and Christine Benton
- 23) **Parents, Teens and Boundaries: How to Draw the Line**
Jane Bluestein, PhD
- 24) **Negotiation Generation**
Lynne Reeves Griffin, RN, Med
- 25) **Yes, Your Teen is Crazy! Loving Your Kid Without-Losing Your Mind,**
Michale J. Bradely, PhD

Resources

Paradise Valley Unified School District

Scottsdale Unified School District Flagstaff

Unified School District

American Red Cross Positive Prevention HIV/STD Education Planned

Parenthood - S.A.F.E. Program

Scottsdale Health Care Scottsdale

Police Department East Valley

Addiction Council

Life Begins - Quality Multimedia, Ltd.

Center for Disease Control American

Nurses Association

School Nurses Organization of Arizona National

Association of School Nurses

Arizona Consortium Health Curriculum Guide {K-12) Deer

Valley Unified School District

Voices of a Generation, AAUW Education Foundation Choosing the

Best, Inc.

Comprehensive Health Standards, State of Arizona

Emerging Answers, Research and Findings on Programs to Reduce Teen Pregnancy

Always Changing and Growing Up (Proctor and Gamble) Mayo Clinic

U.S. National Library of Medicine: National Institutes of Health American

Psychological Association