

## Kindergarten

- Germs
  - Things that make you sick - virus
  - Communicable Diseases - cold, flu
- How to wash your hands
- Don't touch blood; do not to share combs, hats, water bottles, tissues, Chap Stick, lip gloss, etc.
- Heredity - hair / eye color, height
- Saying no - when to say no and the right to say no; recognizing danger
- Refusal skills - 4 steps: look the person in the eye and tell them no, say why you're saying no, walk away, seek help if needed
- Nutrition - food pyramid
- People are different; acceptance of others
- Sick people need friends and family to care about them.

## First Grade

- Germs
  - Things that make you sick - virus
  - Communicable Diseases - cold, flu
  - Non-communicable diseases - cancer, heart disease
- How to wash your hands
- Don't touch blood; do not to share combs, hats, water bottles, tissues, Chap Stick, lip gloss, etc.
- Heredity - hair / eye color, height
- Saying no - when to say no and the right to say no; recognizing danger
- Refusal skills - 4 steps: look the person in the eye and tell them no, say why you're saying no, walk away, seek help if needed
- Nutrition - food pyramid; food groups in relation to how foods affect how your body functions
- People are different; acceptance of others
- Healthy decisions - what decisions do you make that will keep you safe and out of trouble?
- Environmental factors that affect our lives (examples: stay away from second hand smoke; weather)
- Sick people need friends and family to care about them.

## Second Grade

- Germs
  - viruses and bacteria – how they get into the body
  - doctor visits and checkups
- Environmental factors: proper dress, listening to your parents, being safe
- Heredity - hair / eye color, height, diseases (diabetes, heart disease)
- Healthy decisions - guidelines for responsible decision-making: how to learn if your decision is healthy or unhealthy; what decisions do you make that will keep you safe and out of trouble?  
Role play and real life examples:
  - Is it healthy?
  - Is it safe?
  - Does it follow the law?
  - Does it follow my family's rules?
  - Does it show respect to me and others?
  - Does it show good character?
- Saying no - when to say no and the right to say no; recognizing danger; following parents guidelines / rules
- Resistance skills - 4 steps: look the person in the eye and tell them no, say why you're saying no, walk away, seek help if needed
- Friends – Define: what is a friend?
- Good touch vs. bad touch
  - A touch that does not feel right, does not show respect, makes you upset
- Nutrition - food pyramid; food groups and nutrients in relation to how foods affect how your body functions.
- Environmental factors that affect our lives (examples: stay away from second hand smoke, weather)
- Treatment of communicable and non-communicable diseases: colds, flu, cancer, heart disease.

- AIDS is a disease that is hard to get.
  - AIDS is not acquired by:
    - Sharing toys, pencils, food, etc.
    - Hugging or kissing
    - Coughing or sneezing
    - Toilet seats, clothes, or dishes
    - Classroom contact
    - A mosquito bite
- Universal precautions: hand washing, don't touch blood or needles, what not to share (combs, hats, water bottles, tissues, Chap Stick, lip gloss, etc.)
- Tolerance, differences, and acceptance of others
- Sick people need friends and family to care about them.

## Third Grade

- Review Resistance Skills
  - Abstinence – Avoiding bad behaviors
- Review the need for proper nutrition
- Body Systems – introduce the Immune System in conjunction with the other body systems
- Growth and Development (stages of the life cycle) – 5 stages; introducing Adolescence as the stage from 12-18 where you enter puberty and grow into an adult.
- Changes - Physical
  - Discuss Puberty as the time when the body becomes able to reproduce
  - Girls usually sooner than boys
  - During puberty children go through big growth spurts
  - Body will start to look like an adult
- Changes – Mental and Emotional
  - Make more responsible decisions – guidelines for making responsible decisions
  - Learn to handle emotions – I messages
  - Resistance Skills
- Family and Social
  - Explore new interests
  - Develop friendships - spend more time with friends
- Virus and Bacteria
  - A cell is the smallest living part of the body.
    - They work together to form tissues
    - Group of tissues form organs
    - Organs form Body Systems
  - Caring for Body Systems – eat a balanced, nutritious diet
  - AIDS is a serious illness that is not easily spread from person-to-person
  - AIDS is caused by a virus, a type of germ
  - Some grown-ups are getting very sick and dying from AIDS
  - AIDS is not common in children
  - AIDS is very hard to catch. You cannot get the AIDS virus like you can the cold, flu, or chicken pox virus

- AIDS is not acquired by:
  - Sharing toys, pencils, food, etc.
  - Hugging or kissing
  - Coughing or sneezing
  - Toilet seats, clothes, or dishes
  - Classroom contact
  - A mosquito bite
- Incubation and Transmission – A person may have the virus that causes AIDS inside the body for many years and not know it. They can still pass on the virus to other people. If a person suspects they have the virus causing AIDS, a doctor should be consulted to find out what they should do.
- Sick people need friends and family to care about them.
- Talk with parents or your doctor if you have questions concerning AIDS

## Fourth Grade

- Self Respect – Think highly of yourself, practice healthful behaviors, protect your total health, avoid risk behaviors, make responsible decisions
- Review Abstinence
  - Avoiding risk behaviors
- Review Guidelines for making responsible decisions
- Review Resistance Skills
- Ways to show respect in relationships
  - Treat others the same way that you would be treated
  - Be understanding of other people’s ways of life
- Use good communication skills
  - Face to face, writing a letter, body language
  - Send a clear message. Be polite – send I messages
  - Listen to each other. Look them in the eye.
  - Make sure you understand each other
- Review what is a true friend
- Peer Pressure – when people your own age try to influence you.
- Review Puberty and Adolescence
  - Girls 8 – 13
  - Boys 10 – 15
- Physical Changes
  - Growth Spurt
  - Sweat more – practice good hygiene and good grooming (deodorant, bathing)
  - Develop adult bodies. People grow and develop at different rates
- Mental and Emotional Changes
  - More independent
  - Understand more complex ideas

- Make plans for the future
- Family and Social Changes
  - The way you get along with friends
  - Care about what others think about you
  - More involved in activities
- Communicable diseases – spread from one person to another
  - Review the Immune System
  - Pathogens – Bacteria, Fungi, Viruses, Protists
    - How pathogens get into the body – skin, nose, eyes, mouth
- Review how viruses destroy cells. AIDS is a disease that can cause people to get very sick.
- Transmission - The virus that causes AIDS can be passed from one person to another. The germ causing this disease is the Human Immunodeficiency Virus (HIV)
- A person with HIV does not usually die of HIV infection directly
- A person that is infected with HIV will be infected for many years, probably for life
- HIV is a disease that is spreading rapidly, causing a very serious health problem in the world
- An HIV person will eventually develop full blown AIDS.
- People with AIDS usually die from other diseases that the body can no longer fight off, usually pneumonia or a type of cancer
- Review the ways you cannot get AIDS
- AIDS attacks the immune system
- The germs that cause HIV/AIDS are not like the germs that cause other communicable diseases.
  - The AIDS virus only lives in certain things.
- 4 ways to spread HIV/AIDS – Blood, mother to child, having sex, sharing IV needles
  - Drug abuse – review
- Other blood-to-blood contact – blood brothers, piercing, tattooing, borrowed razor blade
- Review Universal Precautions
- Sick people need friends and family to care about them.



## **Fifth Grade**

- Changes during puberty – Introduction of puberty at the beginning of the year with a video, shown separately to boys and girls.
- Kinds of relationships and the importance to a person's health
  - Family – loves, supports, meets needs
  - Friends – explore mutual interests, learn to get along, peer influence
  - Others – special service...doctors, teachers, coaches, etc.
- Review Communication Skills – I messages, body language, active listening
- Growth and Development
  - Introduce Endocrine System, hormones, and puberty
  - Review Adolescence
    - Physical Changes – body capable of reproducing, hair grows in new places, your perspiration may develop an odor, pimples (acne) may appear
    - Mental and Emotional Changes – critical thinking skills improve, strong emotions and mood swings due to hormone changes
    - Social Changes – Friends and social life are very important to most adolescents
    - Body Image
- Resisting Peer Pressure – Use resistance skills to avoid risk behaviors
  - Staying drug free
  - Laws and rules about tobacco, alcohol, and drugs
- Review Communicable Diseases
  - Review how pathogens spread and cause disease
  - Review how pathogens get into your body
  - Review universal precautions, healthy habits, hand washing

- Review AIDS – Acquired Immune Deficiency Syndrome, caused by a virus called HIV (Human Immunodeficiency Virus)
  - Virus stays forever in the body.
  - AIDS attacks and destroys the body's immune system (which defends the body against germs, including viruses).
  - When the immune system is suppressed it will succumb to every cold, infection, flu, etc.
  - A person with HIV does not usually die of HIV infection directly.
  - HIV is a disease that is spreading rapidly, causing a very serious health problem in the world.
  - An HIV person will eventually develop full blown AIDS.
  - People with AIDS usually die from other diseases that the body can no longer fight off , usually pneumonia or a type of cancer.
  - AIDS is not acquired by sharing toys, food, pencils, kissing, or hugging, coughing or sneezing, toilet seats, clothes or dishes, classroom contact, mosquito bite, swimming pools or hot tubs.
  - Incubation and Transmission – A person may have the virus that causes AIDS inside the body for many years and not know it, but still pass on the virus to other people. If a person suspects they have the virus causing AIDS, a doctor should be consulted to find out what they should do.
  - Extensive research is being done all over the world to learn about ways to stop people from becoming sick with AIDS.
  - 4 ways to spread HIV/AIDS – blood, mother to child, having sex, sharing IV needles
- Sick people need friends and family to care about them.

## Sixth Grade

- Responsible Decision-Making
  - Identify your choices
  - Evaluate each choice using the guidelines for making responsible decisions
  - Tell what the responsible decision is. Check this out with your parent or another trusted adult
  - Evaluate your decision
- Resist Negative Peer Pressure – review resistance skills
- Distinguish between healthful and harmful relationships
  - Healthful – involves honesty, trust, and communication, makes you feel good about yourself, make responsible decisions, and practice healthful behaviors.
  - Harmful – marked by jealous and selfish acts, doubt and distrust, involve risk behaviors and irresponsible decisions, may cause distress or negative stress.
- Friends are Important
  - How to make and maintain friendships
  - When and how you would end a friendship
- Review Immune and Endocrine System
- Growth and Development
  - Review Male body changes
    - Care – get regular medical checkups, practice abstinence from sex, wear protective gear when playing sports, eat a variety of nutritious foods, engage in regular physical activity, get sufficient rest and relaxation.
  - Review Female body Changes
    - Care – get regular medical checkups, practice abstinence from sex, wear protective gear when playing sports, eat a variety of nutritious foods, engage in regular physical activity, get sufficient rest and relaxation.
- Gonads – Reproductive glands
  - Males – Testes produce sperm as well as hormones

- Females – Ovaries which produce egg cells
- Menstrual Cycle – monthly series of changes in female’s body.
  - Ovary releases and egg
  - A thick lining develops inside the uterus
  - An egg cell may join with a sperm cell.
  - If the egg does not join with a sperm cell, this lining breaks down
  - The lining leaves the body during the menstrual period
  - A woman who is pregnant does not have a menstrual period
- Practicing Abstinence - Voluntarily choosing not to be sexually active
  - Dating and Opposite Sex Friendships – opportunity to learn about yourself, practice social skills, and responsible behavior
- Signs, symptoms, diagnosis, and treatment for sexually transmitted diseases (STD’s)
  - 10 Reasons to Practice Abstinence:
    - I want to do what is expected of me
    - I want to respect myself
    - I want to respect others
    - I want to have a good reputation
    - I do not want to feel guilty
    - I am not ready for marriage
    - I do not want to risk pregnancy
    - I am not ready to be a parent
    - I do not want to be infected with an STD
    - I do not want to be infected with HIV
- Set Limits
  - A Parent or Guardian helps you set limits
  - Movies and TV affect decisions about sex

- Choose healthful entertainment
- Alcohol and drugs affect decisions about sex
- Review using resistance skills to practice abstinence
- Use Resistance Skills to practice abstinence
- Pregnancy and Childbirth
  - Reproductive system enables living beings to produce offspring. The reproductive system in males and females produces cells for reproduction.
    - Males produce sperm cells, females produce egg cells.
    - Fertilization is the joining of a sperm cell and an egg cell to make a single cell called a fertilized egg.
    - The fertilized egg divides and attaches itself to the uterus. The uterus is a muscular organ in a woman's body that supports the development of the fertilized egg during pregnancy.
- Risks of having sex: pregnancy, STD's, HIV/AIDS, negative relationships, limits future choices
- HIV/AIDS: Define, causes, symptoms
- Transmission of HIV/AIDS: sex, sharing needles, mother to child, blood
- Distinguish between how AIDS is transmitted and how it's not
- Identify behaviors which will protect you from getting HIV and STD's
  - Practice abstinence
  - Follow health precautions when getting an ear piercing
  - Do not get a tattoo – sharing a needle to get a tattoo can cause HIV infection or hepatitis B or C
  - Check the safety level of the blood supply in other countries if you travel
  - Do not drink alcohol or use drugs that can make it difficult to say “no” to risk behaviors
- Review Universal Precautions
- Sick people need friends and family to care about them.

## **Seventh Grade**

- Identify types of pathogens and the diseases they cause
- Preventing the spread of diseases through hygiene and abstinence
- Explain how STD/HIV can affect the three major domains of health
  - Physically
  - Mental/emotionally
  - Socially
- Describe how consequences of sexual activity can interfere with life goals
- Explain why abstinence is the only 100% method of prevention
- Define sexual contact
- Define asymptomatic
- How HIV is spread and how it is not spread
- Describe how substance abuse and peer pressure can lead to STD/HIV

## **Eighth Grade**

- Understand the importance of abstinence
- Describe the various consequences of sexual activity
  - Physical
  - Mental/emotional
  - Social
- Decision making/refusal skills
- Universal precautions
- Describe how substance abuse and peer pressure can lead to STD/HIV

## Ninth Grade

HIV/AIDS is taught in the 9<sup>th</sup> grade curriculum in the communicable diseases unit.

- Students are taught what communicable diseases are: spreadable from person to person.
- Students are taught the following about HIV/AIDS via lecture & notes:
  - HIV/AIDS is an autoimmune disorder in which the body fights its own immune system.
  - HIV/AIDS is transmitted in the following way:
    - Transferred via blood of an infected person into the blood of an uninfected person.
    - Transferred via sexual contact.
    - Transferred from mother to unborn child (blood to blood).
  - HIV/AIDS is a viral pathogen.
  - There is no cure for HIV/AIDS but there are treatments to slow its progression.
- Social stigma's are associated with HIV/AIDS.
  - People with HIV are not to be feared/outcast.
  - Handshakes/hugs/touching a person with HIV/AIDS will not transmit the virus.

## Tenth Grade

- Reproduction, Pregnancy, and Development
- Functions of the reproductive systems
- How to keep the reproductive systems healthy
- Common problems of the reproductive systems
- Testicular self-examinations for males
- Breast self-examinations and gynecological check-up lessons
- Building responsible relationships
- List and describe benefits of abstinence (social, emotional, mental, and physical)
- How to cope with the pressures of sexual activity (internal and external)
- Setting personal limits/avoiding pressure situations
- Protective factors and refusal skills
- Risks of sexual activity (physical, social, mental/emotional)
- Eliminating the risk of sexual activity through abstinence
- STD's as an epidemic
- Methods of STD/HIV transmission
- Symptoms, treatment, and long-term effects of STD/HIV
- Describe how HIV infects the body's immune system
- Summarize symptoms in each phase of the HIV infection
- Explain how you become at risk for HIV
- Preventing, testing for, and treating HIV/AIDS



## **Eleventh Grade**

- virtual fieldtrip through pregnancy
- decision making/refusal skills
- universal precautions
- ways to abstain from risky behaviors

## **Twelfth Grade**

- tools and resources for living in the real world
- where to seek information/statistics
- healthful living skills beyond high school
- decision making/refusal skills
- universal precautions
- ways to abstain from risky behaviors