

LESSON TOPIC

STANDARD/STUDENT EXPECTATION (TEKS & NSES)

LESSON OBJECTIVES

My Body

NSES

- AP.5.CC.1: Recall the

- IV.21.2

## Puberty, Part 2

- PD.5.AI.2: Identify trusted adults, including parents, caregivers, and health care professionals, whom students can ask questions about puberty and adolescent health

### TEKS:

- 4.20(A) explain changes that occur in males and females during puberty and adolescent development; and
- 4.20(B) define the menstrual cycle.

### NSES

- PD.5.CC.1: Explain the physical, social, and emotional changes that occur during puberty and adolescence and how the onset and progression of puberty can vary
- PD.5.CC.2: Describe how puberty prepares human bodies for the potential to reproduce and that some healthy people have conditions that impact the ability to reproduce
- PD.5.CC.3: Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, timing of pubertal onset)
- PD.5.CC.4: Describe the role hormones play in the physical, social, cognitive, and emotional changes during adolescence and the potential role of hormone blockers on young people who identify as transgender

- PD.5.AI.2: Identify trusted adults, including parents, caregivers, and health care professionals, whom students can ask questions about puberty and adolescent health

## Boundaries and Consent

### TEKS

- 4.10(A): identify refusal skills such as saying "no" when privacy, personal boundaries, or personal space are not respected.

### NSES

- CHR.5.CC.2: Explain the relationship between consent, personal boundaries, and bodily autonomy
- CHR.5.IC.1: Communicate personal boundaries and demonstrate ways to respect other people's personal boundaries

## Personal Safety

### TEKS

- 4.14(D) identify types of abuse and neglect and ways to seek help from a parent or another trusted adult.

### NSES

- Identify ways to manage the changes that come with puberty;
- Explain how the menstrual cycle prepares a body to reproduce.
- Identify trusted adults to talk to about puberty and hygiene

- Explain the terms consent, personal boundaries, and bodily autonomy;
- Describe how to communicate personal boundaries, including how to say "no" when your personal boundaries aren't respected;
- Identify trusted adults to whom students can ask questions about consent and boundaries.

- Explain types of abuse, including neglect;
- Identify ways they can help adults keep them safe;
  - Explain the 5 Safety Rules

- IV.5.IC.1: Identify strategies a person could use to call attention to or leave an uncomfortable or dangerous situation, including sexual harassment (This lesson does not cover sexual harassment)
- IV.5.IC.2: Explain that some survivors are not believed when they disclose sexual abuse or harassment and that it is important to keep telling trusted adults until one of the adults takes action
- IV.5.SM.1: Describe steps a person can take when they are being or have been sexually abused
- Identify trusted adults to whom students can ask questions about personal safety.

LESSON TOPIC  
My Changing Body

STANDARD/STUDENT EXPECTATION (TEKS & NSES)

TEKS

- 5.22.(A) explain the physical, social, and emotional changes that occur in males and females during puberty and adolescent development;
- 5.22.(C) identify and describe the role of hormones in the growth and development of secondary sex characteristics such as body hair growth and voice change in males;

NSES

- AP.5.CC.1: Recall the human reproductive systems, including the external male and female genitalia and internal body parts.

LESSON OBJECTIVES



- IV.5.CC.1: Define child sexual abuse, sexual harassment, and domestic violence and explain why they are harmful and their potential impacts
- IV.5.IC.2: Explain that some survivors are not believed when they disclose sexual abuse or harassment and that it is important to keep telling trusted adults until one of the adults takes action

they know is being sexually abused or harassed.