

Human Growth and Development Pacing Guide

6th Grade

Topic	Standard	Generalizations/Big Ideas	Curriculum
<u>Lesson 1</u> Healthy Puberty (1 day)	Explain how healthy behaviors during puberty impact future growth and development.	a. A healthy puberty includes getting enough sleep, keeping a clean body, eating properly and getting enough exercise. b. Eating a variety of healthy foods each day helps to build strong bodies and leads to a healthier life with less risk of disease. c. Regular exercise helps the heart stay strong.	<u>Health World</u> Boy Talk Plus: Watch from 0:00 to 15:26 Complete 1-4 of BTP <i>While You Watch</i> worksheet Girl Talk Plus: Watch from 0:00 to 15:08 Complete 1-3 of GTP <i>While You Watch</i> worksheet
<u>Lesson 2</u> Refusal Skills (1 day)	Demonstrate refusal skills to use when confronted with situations that are not safe or are against beliefs or family expectations.	a. Friends influence each other both positively and negatively. b. High-risk behaviors have consequences and should not be engaged in just to “fit in”. c. Friends need to be told no when they are trying to convince someone to go against family beliefs or expectations or engaging in unsafe situations.	<u>OPS Lesson Plan</u> Refusal Skills

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Lesson 3 Prenatal Development (1 day)	Describe the human reproductive process.	a. Men and women have specific cells in their bodies (sperm cells and egg cells) that enable them to reproduce. b. Conception occurs when a sperm and egg are joined. c. Vaginal intercourse is the most common way for a sperm and egg to join. d. When a woman is pregnant, the fetus grows inside her uterus. e. Pregnancy is a 40-week cycle that ends with birth	Health World BoyTalk Plus: Watch from 19:46 to 31:59 Complete 5-9 <i>While You Watch</i> worksheet Girl Talk Plus: Watch from 15:09 to 42:30 Complete 4-9 GTP <i>While You Watch</i> worksheet
Lesson 4 STDs, HIV/AIDS (1 day)	Define STDs (sexually transmitted diseases) and how they are or are not transmitted.	a. STDs are caused by bacteria and viruses that can be found in semen, vaginal fluids and the blood of an infected person. b. Sexual contact without protection or sharing needles with an infected person are the most common ways for a person to get an STD. Caution: Condoms may still fail to protect against STDs or pregnancy. c. Gonorrhea, syphilis, HIV/AIDS, Chlamydia, HPV (Human papillomavirus or genital warts), and herpes are examples of sexually transmitted diseases. d. STDs caused by bacteria can be cured, but those caused by viruses are treated but never cured.	OPS Lesson Plan STDs

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Lesson 5 Role Stereotyping and Social Media (1 day)	Demonstrate ways to treat others with dignity and respect.	a. Stereotyped roles refer to the way society expects people to behave based on if they are male or female. b. Making fun of people for not acting the way society expects them to act is disrespectful and hurtful. c. Talking to parents and other trusted adults* can be helpful when there are questions.	Health World Accepting Yourself and Others - we need to develop discussion questions based on our standards. Watch video 0:00 to 4:34 and 13:55 - 15:01
	Demonstrate ways to avoid cyberbullying.	d. Making fun of people and posting negative images and words online about them is considered cyberbullying. e. According to Omaha Public Schools' Student Code of Conduct, bullying, including cyberbullying, is a violation of the Omaha Public Schools' Student Code of Conduct (OPS Code of Conduct pages 8-9). f. Tell a parent or trusted adult* if you or someone you know is being bullied online. If that adult doesn't believe or help, the child should tell another adult and keep telling until someone helps. *Trusted adults may include parents/caregivers, principal, teachers, school counselor, other school officials, social worker, nurse, police, clergy, etc.	Health World Safety Smart Online (Also using same video at 4 th grade) *Only use this video if the students are entertained by Timone and Pumba – work with the classroom teacher to decide. OR Common Sense Media What is Cyberbullying?