

Introduction to Adolescence Unit 2023

Curriculum Overview for Families

DRAFT

[Letter to Families](#) Grade 5

Topics	Goal(s)	Discussion Points
Classroom Culture and Values	<ul style="list-style-type: none">❑ Provide students with an overview of the unit.❑ Establish an inclusive classroom culture by identifying norms and expectations for participation throughout this unit.❑ Provide an opportunity for students to connect with trusted adults in their families about their experiences during adolescence and puberty.	<ul style="list-style-type: none">❑ What is adolescence?❑ What are some rules/norms/expectations that will help our class community feel safe and supported as we discuss topics related to our physical, emotional, and mental health?❑ What are your hopes and dreams for the experiences you'll have as you are growing up?
Ourselves and Others	<ul style="list-style-type: none">❑ Learn about how hormones change during puberty, and how they impact us physically and emotionally (emphasis on emotionally in this session).❑ Explore strategies for handling the various feelings we experience (relaxation response, gratitude journal, developing a positive mindset, talking to someone).❑ Social changes that occur during adolescence.	<ul style="list-style-type: none">❑ How do hormones impact puberty?❑ What emotional changes occur during puberty?❑ How can we feel positive about ourselves?❑ Discuss friendships, boundaries and healthy relationships.❑ Practice communication skills and consent
Anatomy & Physiology and Puberty	<ul style="list-style-type: none">❑ Learn about the different reproductive organs people are born with (what they are, and what they do).	<ul style="list-style-type: none">❑ What is the penis and its related parts?❑ What is the vagina and

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	<ul style="list-style-type: none"> <input type="checkbox"/> Review what puberty is re: release of hormones and how they facilitate changes in the body. 	its related parts?
Reproduction	<ul style="list-style-type: none"> <input type="checkbox"/> Review reproductive anatomy from the previous session. <input type="checkbox"/> Learn about how conception occurs, and acknowledge that although conception can happen in different ways for different people, a sperm cell always needs to meet with an egg cell. <input type="checkbox"/> Learn about the menstrual cycle and understand its role in conception. 	<ul style="list-style-type: none"> <input type="checkbox"/> What is conception? <input type="checkbox"/> How does conception occur? <input type="checkbox"/> What is menstruation?
Identities & Respect for Human Differences	<ul style="list-style-type: none"> <input type="checkbox"/> Understand how a baby's sex is determined at birth. <input type="checkbox"/> Understand the impact categorizing people by sex and/or gender can have. <input type="checkbox"/> Understand the difference between gender <i>identity</i> and gender <i>expression</i>. <input type="checkbox"/> Understand what sexual orientation is, and learn about some different types of orientations. <input type="checkbox"/> Address myths/misconceptions related to people's sex, gender, and orientation. 	<ul style="list-style-type: none"> <input type="checkbox"/> What is a person's sex? <input type="checkbox"/> What is a person's gender? <input type="checkbox"/> What is the spectrum of gender identities? <input type="checkbox"/> What is sexual orientation? <input type="checkbox"/> Inclusive language, pronouns.