

Health and Family Life Lessons offered in Elementary Schools

Topics marked with * : Boys and girls are separated for these classes which are taught by the Family Life Education Specialists (instructors). See the descriptions of these classes which are listed separately.

Family Life Education topics are presented at various times throughout the entire school year.

Lessons taught by the Family Life Specialists are taught using the following schedule:

3rd grade classes: March – May

4th grade classes: September – November

5th grade classes: November - March

Topics marked with + : Classroom teacher-taught lessons. Descriptions of videos are listed for those lessons which include a video. These lessons are taught during the first nine weeks of the school year.

Grade K

Germ awareness and appropriate actions +

Students are taught that germs can spread illness, and hand washing is the best way to prevent the spread of germs.

The importance of family relationships and support +

- video: *All About Families*

Students are made aware that families are different in a number of ways, such as families with one parent, one child, several members or large extended families. Even though families are different, they have many things in common: families do things together, help each other, celebrate together, work together, play and relax together, teach and learn from each other. Families have rules and help to meet needs such as shelter, love, and attention. Families in different countries are similar to families in the U.S.

The privacy of one's own body and awareness of the differences between good and bad touches+

- video: *My Body Belongs to Me*

This video is designed to help young children protect themselves from the trauma of sexual abuse by making it clear that their body belongs to them. The important messages are taught through age-appropriate dialogue between a guidance counselor and two appealing puppets, and between the puppets and members of the live student audience.

The video asserts that each child owns his or her body. Private parts are defined as that area of the body covered by your bathing suit. The video explains good touches (such as a hug from a parent) and describes bad touches as painful (hitting) or making you feel "yucky" or weird. Directions are given for the three important things viewers should do if someone ever tries to give them bad touches: say no, run away, and tell a trusted adult. Children are warned against anyone who might call bad touches "our little secret", and they are told that no child ever needs to keep such a secret,

Grade 1

Germ awareness and appropriate actions +

Students are taught that germs can spread illness, and hand washing is the best way to prevent the spread of germs.

Tips to promote personal safety +

- **video: *Is It Okay? How to Stay Safe***

Safety Sam the Fireman and his faithful dog Rescue, teach children "Ten Super Safety Rules" that cover street safety, personal safety and safety from strangers. Lively songs and true-to-life situations that students will easily relate to highlight each of these special safety areas and reinforce key safety tips. Children are cautioned to avoid activities such as taking a friend's medicine, chasing a ball into the street, opening the door to a stranger or approaching an unknown animal. This program helps children recognize what they can do to stay safe.

The privacy of one's own body and awareness of the differences between good and bad touches +

- **video: *It's Your Body: You're in Charge!***

This video empowers even the youngest children to feel that they have control over their own bodies. The program helps them differentiate between good and bad touches and learn that they have the right to say "no" to a touch that makes them feel uncomfortable. It also helps them to realize that if they experience a bad touch, they MUST speak up and tell an adult they trust what happened. After viewing this program students will:

- Trust their feelings about touches
- Learn what parts of their bodies are private (those covered by a bathing suit)
- Differentiate between good and bad secrets
- Recognize that saying "no" and talking to a trusted adult can keep them safe

Grade 2

Germ awareness and disease prevention +

- **Video: *Disease Prevention: Growing Up Healthy***

Classrooms are places where children are constantly exposed to each other's germs. Cases of sniffles, coughs, colds and the flu are widespread among primary grade children because they do not understand the importance of fighting off the germs that make them sick and the steps they can take to do this. *Growing Up Healthy* helps children to understand that germs are all around them, ready to get into their bodies and make them sick. The program highlights the things children can do to fight off germs and keep their bodies healthy....and keep themselves happy.

Children will:

- understand that germs cause illness and can be found on everything we touch
- learn which foods they should eat to keep their bodies healthy
- recognize the importance of exercise in their daily routine
- understand the importance of getting adequate sleep each day
- understand why frequent washing of hands is crucial to good health

Assertiveness, safety skills, and stranger awareness. This includes awareness and strategies needed to avoid exploitation & abuse+

- **video: *Yes, You Can Say No***

"Yes, You Can Say No" is a dramatic educational video showing children modeling protective, assertive behavior in a number of believable safety situations. A young boy learns assertiveness skills to protect himself and to deal with everyday challenges. Then he draws on his own resources and the support of his friends to learn how to resist and report sexual abuse by a once-trusted adult. (The situation of sexual abuse is conveyed in a sensitive manner and not actually shown in the video). Students will be able to:

- demonstrate (model) verbal and nonverbal assertiveness skills
- identify ways of coping with a difficult situation
- recognize potentially exploitative situations
- identify resource people in a support system
- identify the differences between nurturing and exploitative/abusive touch

Grade 3

Germ awareness and disease prevention+

- **video: *Disease Prevention: How Your Body Fights Back***

Disease Prevention: How Your Body Fights Back is a video that explains the body's immune system and how it works to protect us from germs that cause illness. The narrator describes the parts of the body that make up the immune system and the role each one plays in disease prevention. Discussion also includes basic guidelines for preventing the spread of germs, along with some tips on what to do if you get sick. Live video, along with appropriate photos, diagrams and drawings, illustrate each topic that the narrator discusses.

After viewing the DVD/video and utilizing the activities provided in the Teacher's Guide, students will be able to:

- List ways that germs such as bacteria and viruses cause many common illnesses
- Discuss some ways to control and prevent the spread of germs
- Identify the parts of the body that make up the immune system, and the role each one plays in preventing disease
- Discuss ways of keeping the body healthy

Awareness and strategies needed to avoid exploitation and abuse +

- **video: *When Should You Tell? Dealing with Abuse***

Getting young victims of sexual abuse to tell someone can be a key step in preventing further abuse. Using one child's experience to demonstrate that no girl or boy ever needs to keep scary secrets, this program helps abused children recognize that what they are experiencing is not the norm, and that they can be helped by telling an adult they can trust. When her older cousin Tommy starts touching her in inappropriate places whenever she's alone with him, Karen is scared and confused and thinks maybe she's to blame (the abuse is not overtly shown). Warned not to tell what's happening, Karen feels sick and is unable to concentrate in school. Why can't her mother just figure out the secret, she wonders, and make Tommy stop? After Mrs. Valdez, a health clinician, talks to Karen's class about other kids who had the same scary things happen to them, Karen decides to trust Mrs. Valdez with her secret. Praising Karen's courage, Mrs. Valdez helps Karen talk to her parents, and assures them that Tommy will get help. In a group counseling session, Karen discovers that she's not the only child with a secret, and feels better.

Correct terminology for body parts, including private body parts *

The privacy of one's own body parts *

It takes both a mother and a father to make a baby, a baby develops inside the mother's womb and the baby has an umbilical cord. *

The importance of good health habits

Grade 4

Germ awareness and disease prevention

- **video: *Human Body for Children: All About Health and Hygiene***

In *All About Health & Hygiene*, young students will explore how and why people get sick, and what they can do to help keep themselves strong and healthy. Clear, real-life examples and colorful graphics help viewers learn that being healthy means having a body that is working properly and that hygiene is the practice of doing what it takes to stay healthy. The basics of infectious and noninfectious diseases are covered, including a discussion of the immune system and a segment about what kids can do to ward off illness.

Awareness of, responding to, and stopping various types of harassment +

- **video: *I Was Just Kidding! Learning About Harassment***

Defining harassment as any behavior that makes someone feel bad or uncomfortable and continues even after the harasser has been asked to stop, this video is designed to show students that many of the behaviors they may engage in – or simply witness as bystanders – are not only embarrassing and unwelcome to those being harassed, but can be offensive and hurtful as well.

Several scenarios illustrate specific behaviors that young students will quickly recognize as typical of their peers: taunting, unwanted attention, bullying, and exclusion. The video also demonstrates how bystanders can make matters worse or better by their reactions. Because children have a fundamental right to feel safe at school, two themes are emphasized: to show viewers how teasing, name-calling and bullying affect others, and to promote respect and understanding by making clear the need to treat others as they themselves want to be treated.

Awareness and strategies to prevent exploitation and abuse +

- **video: *You Are in Charge of Your Body***

You Are In Charge of Your Body is an age-appropriate, comprehensive curriculum (video and print) developed by elementary school educators and sexual abuse experts. The goal is to

protect young children from abuse by helping them to understand what sexual abuse is, how they can recognize it, how and whom to tell, and empowering kids to take charge of their bodies. Carefully and sensitively presented, the video uses animated scenarios to illustrate sexual abuse situations (no overt abuse is depicted) and model how kids should react to protect themselves. The key message is that sexual abuse is not the fault of the child and that they don't have to endure abuse in silence.

Part One: Recognizing Sexual Abuse

The concept of body boundaries is introduced and the difference between safe and unsafe touches is illustrated. Three examples of safe/unsafe touch are told using stylized animation.

Part Two: Stopping an Abuser

This program teaches kids what to do if their body boundaries have been crossed. Using the same scenarios from Part One, students are taught NO and GO: how to say NO assertively and how to GO safely and quickly.

Part Three: Telling Someone

Part three teaches kids how to create their personal safety network. It's a list of trusted adults to go to for help in an emergency including parents, teachers, and others. Viewers learn how to tell a trusted adult what happened. Acted out scenarios demonstrate exactly how to do this. Kids are reassured that sexual abuse is never their fault or something to keep secret.

The physical and emotional changes (of same sex only) associated with puberty*

Reproductive anatomy and functions *

The body's defense against diseases and germs *

How HIV enters the body and breaks down the immune system *

Understanding how HIV/AIDS is and is not spread *

Grade 5

Awareness and strategies to prevent exploitation and abuse +

- **video: *Dealing With Abuse – If It Happens to You***

Sensitive, age-appropriate scenarios explore physical, verbal and sexual abuse as seen through the eyes of children. Whether it's an angry father who physically hurts a child, a grown-up who uses words to continually make a youngster feel worthless or a person who inappropriately

touches a child, this program will encourage and empower young victims of abuse to speak up and get help!

After viewing this program viewers will:

Be able to identify the three types of abuse
Understand that they are NOT guilty of causing or perpetuating the abuse
Learn the difference between good and bad touches/good and bad secrets
Recognize that they MUST keep speaking up until someone helps them.

Changes associated with puberty, reproductive anatomy and functions (both sexes) *

Reproduction of animals and humans *

Heredity and its basic principles *

Fetal development *

Sexually transmitted diseases including HIV/AIDS *

Responsibility and abstinence *

For information regarding the instruction provided by the elementary school Family Life Specialists, please call Nancy Adams at 283-7865 or Susan DeVane at 283-7866. For information about when your child will receive Family Life instruction, please contact your child's teacher or the school nurse. If parents do not want their child to receive all or part of the Family Life Education program, please notify the classroom teacher as soon as possible, preferably in writing. Opt out forms which may be used for this purpose are available from the school nurse, and other forms of communication are also accepted. Every effort is made to ensure that parents' instructions are followed. (Please do not contact the Family Life Specialists directly to opt out of the Family Life lessons. This information must be given directly to the student's teacher and school.)