



Elementary School Family Life Education Instructional Topics

+Lessons taught by classroom teacher
**Boys and girls taught separately*

Grade K

- +Germ awareness and appropriate actions
- +Importance of family relationships and support
- +Privacy of one's own body
- +Awareness of the differences between good and bad touches

Grade 1

- +Germ awareness and appropriate actions
- +Tips to promote personal safety
- +Privacy of one's own body
- +Awareness of the differences between good and bad touches

Grade 2

- +Germ awareness and disease prevention
- +Assertiveness, safety skills, and stranger awareness (including awareness and strategies needed to avoid exploitation & abuse)

Grade 3 (one 60 minute lesson)

- +Germ awareness and disease prevention
- +Awareness and strategies needed to avoid exploitation and abuse
- *Positive self-image - characteristics and attributes
- *Correct terminology for body parts, including private body parts
- *Privacy of one's own body parts
- *Good touch, bad touch
- *How to identify inappropriate touches and confusing situations

Grade 4 (one 90 minute lesson)

- +Awareness of stranger danger and ways to stay safe
- +Awareness of and responding to various types of harassment
- +Awareness and strategies to prevent exploitation and abuse
- *Mental, emotional, and social needs
- *Physical and emotional changes associated with puberty
- *Reproductive anatomy and functions

Grade 5 (two 90 minute lessons)

- +Awareness and strategies to prevent exploitation and abuse
- *Review of puberty and reproductive anatomy and functions
- *Human reproduction
- *Basic principles of heredity
- *Fetal development
- *Sexually transmitted infections, including HIV/AIDS