



## **The Facts of Life**

5<sup>th</sup> grade / 75 min

### **Course Description**

Students will learn the basic functions of the male and female reproductive anatomy. Human growth and development will be discussed beginning with fertilization, continuing with fetal development throughout pregnancy until birth. Labor and delivery will be briefly discussed. Students will also be equipped to meet the emotional challenges of puberty.

### **Goal**

Students respect physical and emotional changes during puberty and value the importance of life.

### **Objectives**

- Describe male and female reproductive systems including body parts and their functions.
- Describe the physical, social, and emotional changes that occur during puberty.
- Explain how the timing of puberty and development varies considerably and can still be healthy.
- Describe how puberty prepares human bodies to the potential to reproduce.
- Examine the process of human reproduction from fertilization to birth.
- Identify parents or other trusted adults of whom students can ask questions about puberty, relationships, and other health issues.

### **Enhances**

**Indiana Code:** IC 20-30-5-9, IC 20-30-5-13

**Indiana Academic Standards for Health & Wellness:** 5.1.1, 5.1.2, 5.2.1, 5.3.2, 5.4.4, 5.5.6, 5.7.1

**National Health Education Standards:** 1.5.1, 2.5.3, 3.5.2, 4.5.1, 7.5.1

**National Sexuality Education Standards:** AP.5.CC.1, PD.5.CC.1, PD.5.CC.2, PD.5.CC.3, PD.5.AI.1, PD.5.AI.2, PD.5.GS.1, GI.5.AI.1, GI.5.ADV.1, CHR.5.AI.1

**Healthy People 2030:** FP-03, FP-04, FP-08, AH-03