

Parkway Health Education
K-12 Healthy Relationships & Sexual Health Units
Grade-Level Lesson Sequence

Elementary	Middle School	High School
Kindergarten <ul style="list-style-type: none"> • My Body & How It Works • Caring For & Respecting My Body • Expressing My Feelings Healthfully 1 st Grade <ul style="list-style-type: none"> • The Body and How It Grows • Keeping My Body Healthy • Our Classroom Community • Building Friendships 2 nd Grade <ul style="list-style-type: none"> • Being a Healthy You • The Family Unit • Unsafe Situations • Trusted Adults & Community Helpers 3 rd Grade <ul style="list-style-type: none"> • Character and You • Stages of Development • Accepting Yourself and Others • Healthful Friendships 4 th Grade <ul style="list-style-type: none"> • My Future Growth • Family and Peer Relationships • Personal Hygiene • Puberty 5 th Grade <ul style="list-style-type: none"> • Character and Self-Respect • Personal Health Care • Human Growth and Development • The Immune System and Blood Borne Diseases 	6 th Grade <ul style="list-style-type: none"> • Changes During the Teen Years • The Human Reproductive System • Communication Skills • Healthful Peer & Family Relationships • Bullying & Peer Pressure 7 th Grade <ul style="list-style-type: none"> • An Intro to Human Sexuality • Understanding Gender • Human Anatomy & Reproduction • Abstinence from Sexual Activity • Sexual Health & Hygiene • Risks of Sexual Activity – Pregnancy • Sexual Health Risks – STIs • Sexual Health Risks – HIV/AIDS • Sexual Risk Reduction - Contraception 8 th Grade <ul style="list-style-type: none"> • Healthful Dating Relationships • Sexual Orientation & Relationships • Resisting Sexual Pressures • Sexting & Online Safety • Sex & the Media 	<ul style="list-style-type: none"> • The Human Reproductive System • Preventing Sexually Transmitted Infections • HIV/AIDS Facts • Pregnancy & Prevention • Abstinence • Sexual Consent and Harassment • Online Safety & Sexting • Healthy Relationships • Sexual Identity & Orientation <p><i>(Lessons above included in the Health & Wellness course.)</i></p>