

**Milwaukee Public Schools  
Wellness and Prevention Office**

**Human Growth & Development Curriculum  
Fourth Grade Lessons**

**OUTLINE**

**Unit 1 – Relationships**

- Lesson 1-Families: Listening Skills & Cooperation
- Lesson 2-Friendships
- Lesson 3-Lifetime Commitments

**Unit 2 – Society & Culture**

- Lesson 4-Media Influences
- Lesson 5-Body Privacy

**Unit 3 – Personal Skills**

- Lesson 6-Decision Making
- Lesson 7-Human Reproduction & Self Esteem

**Unit 4 – Human Development**

- Lesson 8-Puberty Myths
- Lesson 9-Puberty and Anatomy
- Lesson 10-Hygiene
- Lesson 11-Communicable Diseases
- Lesson 12-HIV/AIDS
- Lesson 13-HIV/AIDS

**Milwaukee Public Schools  
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**Human Growth & Development Curriculum  
Fifth Grade Lessons**

**OUTLINE**

**Unit 1 – Relationships**

- Lesson 1- Self-Esteem in friendships

**Unit 2 – Society & Culture**

- Lesson 2-Media Influences

**Unit 3 – Personal Skills**

- Lesson 3-Values
- Lesson 4-Values
- Lesson 5-Decision Making

**Unit 4 – Human Development**

- Lesson 6-Self Esteem
- Lesson 7-Puberty Myths
- Lesson 8-Puberty & Menstruation
- Lesson 9-Reproductive Anatomy
- Lesson 10-Gender Roles
- Lesson 11-Sexual Identity & Orientation
- Lesson 12-Human Sexuality
- Lesson 13-Abstinence, Contraception & Pregnancy
- Lesson 14- The Cost of Raising Children
- Lesson 15-Sexually Transmitted Infections (STI)
- Lesson 16-Sexual Harassment & Abuse

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**Human Growth & Development Curriculum  
6<sup>th</sup> Grade Lessons**

**OUTLINE**

- Lesson 1- Just the Facts
- Lesson 2- Silhouette Activity
- Lesson 3- Puberty Explained
- Lesson 4- Circle of Friends
- Lesson 5- My Dream Self
- Lesson 6- In The Know- HIV (**reserve computer lab**)
- Lesson 7- STIs (**reserve computer lab**)
- Lesson 8- Transmission Possible
- Lesson 9- Why Choose Abstinence?
- Lesson 10- Let's Talk!
- Lesson 11- Delaying Tactics
- Lesson 12- Needs and Limits
- Lesson 13- Sexting
- Lesson 14- Contraception

Lessons that can be replaced by completing the following curriculum:

Curriculum	MPS HGD lessons that do not have to be covered if specified curriculum is taught
Making Proud Choices	5, 6, 7, 8, 11, 12
Life Skills	10, 11

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**Human Growth & Development Curriculum  
7<sup>th</sup> Grade Lessons**

**OUTLINE**

- Lesson 1- Reproductive Review
- Lesson 2- A Date or a Friend
- Lesson 3- Communication, Assertiveness and Negotiation
- Lesson 4- Decision Making Process
- Lesson 5- Needs and Limits
- Lesson 6- Abstinence
- Lesson 7- Warning Signs
- Lesson 8- Sexual Abuse
- Lesson 9- Looking for Help (**Reserve computer lab**)
- Lesson 10- Contraception
- Lesson 11- Negotiating Sexual Risk Reduction
- Lesson 12- Sexting and Cyber bullying
- Lesson 13- STIs Card Sort
- Lesson 14- HIV/AIDS Basic Facts

Lessons that can be replaced by completing the following curriculum:

Curriculum	MPS HGD lessons that do not have to be covered if specified curriculum is taught
Making Proud Choices	3, 4, 5, 6, 11, 13, 14
Life Skills	3, 4

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**Human Growth & Development Curriculum  
8<sup>th</sup> Grade Lessons**

**OUTLINE**

- Lesson 1- Just the Facts
- Lesson 2- Body Jeopardy
- Lesson 3- Self-Esteem
- Lesson 4- Let's Talk
- Lesson 5- Healthy Relationships
- Lesson 6- Are All the Kids Really Doing It?
- Lesson 7- Setting Long-Term Goals
- Lesson 8- Abstinence Intro
- Lesson 9- Abstinence Decision Making
- Lesson 10- Sexual Abuse
- Lesson 11- Contraception
- Lesson 12- Life with a Baby
- Additional Available Curriculum- Baby Think it Over
- Lesson 13- Getting to Know STIs
- Lesson 14- STI Project (**reserve computer lab**)
- Lesson 15- The Acceptance Continuum

**If time permits a sexting and cyber bullying assignment is included in 6<sup>th</sup> grade lesson 13 and 7<sup>th</sup> grade lesson 12**

Lessons that can be replaced by completing the following curriculum:

Curriculum	MPS HGD lessons that do not have to be covered if specified curriculum is taught
Making Proud Choices	4, 5, 7, 12, 13, 14, 15
Life Skills	4

**Milwaukee Public Schools  
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**Human Growth & Development Curriculum  
High School Lessons**

**OUTLINE**

**Unit 1- Reproductive Anatomy and Physiology**

Lesson 1- Just the Facts

Lesson 2- Who's Who

**Unit 2- Healthy Relationships**

Lesson 3- Components of Love/Healthy Relationship

Lesson 4- It is Love or Infatuation?

**Unit 3- Dating Violence**

Lesson 5- Signs Signs

Lesson 6- Personal Perspectives on Relationship Violence

Lesson 7- Sexual Abuse-Myth and Fact

Lesson 8- Warning Signs

Lesson 9- Sexting and Cyber Bullying

**Unit 3- Family Planning and Contraception**

Lesson 10- When is it Appropriate

Lesson 11- Abstinence

Lesson 12- Bag of Beans

Lesson 13- Contraception Project (Reserve computer lab 2-days)

Lesson 14- Path of Teen Sex: Where does it Lead?

Lesson 15- Life with a Baby

**Unit 4- STI/HIV/AIDS**

Lesson 16- The Dice Game

Lesson 17- STI/HIV community Forums

Lesson 18- Virus Invasion Simulation/Risky Business

Lesson 19- Blood Lines

**Unit 5- Review**

Lesson 20- She's Too Young

Alternate review- Assessment Basketball

Lessons that can be replaced by completing the Reducing the Risk  
curriculum

3, 4, 5, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19