

**AISD Human Sexuality & Responsibility  
Elementary Opt Out Lesson Overviews**

KINDERGARTEN

<b>Lesson</b>	<b>Lesson Title</b>	<b>Lesson Objectives</b>
1: Self-Awareness	Honest and Trustworthy	<ul style="list-style-type: none"> <li>● The learner will be able to demonstrate situations where they need to practice honesty and trustworthiness.</li> <li>● The learner will identify why it is important to be honest and trustworthy.</li> </ul>
2: Self- Management	Honesty and Integrity	<ul style="list-style-type: none"> <li>● The learner will be able to identify situations where they need to demonstrate honesty and integrity.</li> </ul>
3: Social Awareness	Greetings	<ul style="list-style-type: none"> <li>● The learner will identify what a greeting is and discuss the many ways in which we greet each other.</li> </ul>
4: Relationship Skills	Everyone's a Helper	<ul style="list-style-type: none"> <li>● Students will understand the concepts of strengths, struggles and what it means to help.</li> <li>● Students will read and write short paragraphs about themselves and their classmates</li> <li>● Students will create visual representations of the concepts they discuss</li> <li>● Students will develop an understanding of community</li> </ul>
5: Responsible Decision Making	Steps to Achieve a Goal	<ul style="list-style-type: none"> <li>● The learner will identify and implement the steps needed to achieve a goal.</li> </ul>

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FIRST GRADE

<b>Lesson</b>	<b>Lesson Title</b>	<b>Lesson Objectives</b>
1: Self-Awareness	It's Okay to Feel Different	<ul style="list-style-type: none"> <li>● Students will read and analyze themes from a picture books</li> <li>● Students will create text-to-self connections.</li> <li>● Students will understand the terms "difference," "diversity" and "community."</li> <li>● Students will develop an understanding of the importance of diversity in a community</li> </ul>
2: Self- Management	Steps to Achieve a Goal	<ul style="list-style-type: none"> <li>● Students will create a goal for academic success or classroom behavior.</li> <li>● Students will identify the steps they need to meet their goal.</li> </ul>
3: Social Awareness	Celebrating An Accomplishment	<ul style="list-style-type: none"> <li>● The learner will recognize when a goal is accomplished and acknowledge one's hard work.</li> <li>● The learner will recognize appropriate ways to celebrate one's achievements.</li> </ul>
4: Relationship Skills	Greeting Adults and Peers	<ul style="list-style-type: none"> <li>● The learner will appropriately greet adults and peers in different settings and situations.</li> </ul>
5: Responsible Decision Making	Identify a Goal	<ul style="list-style-type: none"> <li>● The learner identifies goals he/she has achieved.</li> <li>● The learner identifies the obstacles he/she had to overcome to accomplish the goal.</li> </ul>

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SECOND GRADE

<b>Lesson</b>	<b>Lesson Title</b>	<b>Lesson Objectives</b>
1: Self-Awareness	When Sophie Gets Angry Literature Lesson	<ul style="list-style-type: none"> <li>● Students will read and analyze a picture book</li> <li>● Students will identify ways to calm down when they are angry</li> </ul>
2: Self- Management	Enhance Focus	<ul style="list-style-type: none"> <li>● Students will practice strategies to stay focused</li> </ul>
3: Social Awareness	Honesty and Trustworthiness	<ul style="list-style-type: none"> <li>● The learner will demonstrate situations when they need to practice honesty and trustworthiness.</li> <li>● The learner will identify why it is important to be trustworthy and honest.</li> </ul>
4: Relationship Skills	Screen Out the Mean	<ul style="list-style-type: none"> <li>● Students will analyze online behaviors to identify cyberbullying</li> <li>● Students will be able to explain how to deal with cyberbullying</li> </ul>
5: Responsible Decision Making	Honesty and Integrity	<ul style="list-style-type: none"> <li>● Students will identify situations when they need to demonstrate honesty and integrity. Students will practice showing integrity in difficult situations.</li> </ul>

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THIRD GRADE

<b>Lesson</b>	<b>Lesson Title</b>	<b>Lesson Objectives</b>
1: Self-Awareness	Healthy Ways to Share Feelings	<ul style="list-style-type: none"> <li>● Students will consider healthy ways to share feelings</li> </ul>
2: Self- Management	Self-Control Videos	<ul style="list-style-type: none"> <li>● Students practice strategies to stay in control</li> </ul>
3: Social Awareness	What is a Disability?	<ul style="list-style-type: none"> <li>● Students will increase knowledge about people with disabilities</li> <li>● Students will explore ways to sensitively communicate with people with disabilities</li> </ul>
4: Relationship Skills	Digital Citizenship	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Define what a community is, both in person and online.</li> <li>● Explain how having norms helps people in a community achieve their goals.</li> <li>● Create and pledge to adhere to shared norms for being in an online community.</li> </ul>
5: Responsible Decision Making	Community Online	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Enact principles of empathy and inclusivity in community membership</li> <li>● Transfer what they know about communities to the digital environment</li> <li>● Develop strategies for responding to hate and bias in a community</li> </ul>

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FOURTH GRADE

<b>Lesson</b>	<b>Lesson Title</b>	<b>Lesson Objectives</b>
1: Self-Awareness	Self-Talk for Test Taking Anxiety	<ul style="list-style-type: none"> <li>● Students will practice using positive self-talk to manage test anxiety</li> </ul>
2: Self- Management	Managing Stress	<ul style="list-style-type: none"> <li>● Students will practice managing stress with different calming strategies</li> </ul>
3: Social Awareness	What is Empathy?	<ul style="list-style-type: none"> <li>● Students will be able to understand empathy</li> <li>● Student will identify ways to be more understanding toward others</li> </ul>
4: Relationship Skills	Keeping Games Fun and Friendly	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Define "social interaction" and give an example.</li> <li>● Describe the positives and negatives of social interaction in online games.</li> <li>● Create an online video game cover that includes guidelines for positive social interaction.</li> </ul>
5: Responsible Decision Making	Choosing Reliable Resources Online	<ul style="list-style-type: none"> <li>● Students will evaluate the reliability of online sources</li> <li>● Students will honor their personal reactions to information presented online</li> <li>● Students will question information that does not feel right to them</li> </ul>

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FIFTH GRADE

<b>Lesson</b>	<b>Lesson Title</b>	<b>Lesson Objectives</b>
1: Self-Awareness	The Other Side Lesson	<ul style="list-style-type: none"> <li>● Students will examine literature to consider how to be courageous in difficult situation</li> </ul>
2: Self- Management	Boost Confidence	<ul style="list-style-type: none"> <li>● Students will practice strategies to boost their confidence</li> </ul>
3: Social Awareness	Compassion	<ul style="list-style-type: none"> <li>● Students will explore how people who are seriously ill might feel</li> <li>● Students will identify appropriate ways to treat people with diseases</li> </ul>
4: Relationship Skills	Digital Friendships	<p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>● Compare and contrast different kinds of online-only friendships.</li> <li>● Describe the benefits and risks of online-only friendships.</li> <li>● Describe how to respond to an online-only friend if the friend asks something that makes them uncomfortable.</li> </ul>
5: Responsible Decision Making	Finding My Media Balance	<p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>● Reflect on how balanced they are in their daily lives.</li> <li>● Consider what "media balance" means, and how it applies to them.</li> <li>● Create a personalized plan for healthy and balanced media use.</li> </ul>