

### Kindergarten Health Lessons Overview: Sexuality and Responsibility

Lesson	Lesson Title	Objectives
1	I Am So Unique and So Are You	<ul style="list-style-type: none"><li>• Students will identify ways in which they are similar and different.</li><li>• Students will identify positive aspects of diversity.</li></ul>
2	Stand Up Against Bullying	<ul style="list-style-type: none"><li>• Students will recognize bullying situations.</li><li>• Students will identify trusted adults to approach for help in bullying situations.</li></ul>
3	Friends	<ul style="list-style-type: none"><li>• Students will explain what it means to be a friend.</li><li>• Students will identify how friends influence them.</li></ul>
4	Stay Safe and Tell	<ul style="list-style-type: none"><li>• Students will differentiate between a stranger and a trusted adult.</li><li>• Students will understand the importance of trusting their feelings when a situation doesn't feel right.</li></ul>
5	Family Roles and Diversity	<ul style="list-style-type: none"><li>• Students will explain that everyone's role in the family is important.</li><li>• Students will demonstrate a family job.</li></ul>

### First Grade Health Lessons Overview: Sexuality and Responsibility

Lesson	Lesson Title	Objectives
1	Positive Self Image	<ul style="list-style-type: none"><li>• Students will explain the importance of appreciating yourself.</li><li>• Students will identify trusted adults as resources.</li></ul>
2	Stand Up Against Bullying	<ul style="list-style-type: none"><li>• Students will recognize bullying situations.</li><li>• Students will identify trusted adults to approach for help in bullying situations.</li></ul>
3	Expressing Difficult Feelings	<ul style="list-style-type: none"><li>• Students will identify uncomfortable feelings.</li><li>• Students will use I-messages to express uncomfortable feelings</li></ul>
4	Resolving Conflict	<ul style="list-style-type: none"><li>• Students will identify conflicts.</li><li>• Students will demonstrate conflict resolution techniques.</li></ul>
5	Family Changes	<ul style="list-style-type: none"><li>• Students will explain that it is natural for families to change.</li><li>• Students will identify people they can turn to when they need help coping with changes in their families.</li></ul>

### Second Grade Health Lessons Overview: Sexuality and Responsibility

Lesson	Lesson Title	Objectives
1	How to Listen	<ul style="list-style-type: none"><li>• Students will identify components of being a good listener.</li><li>• Students will demonstrate good listening skills.</li></ul>
2	Feelings	<ul style="list-style-type: none"><li>• Students will explain why feelings are important.</li><li>• Students will identify ways to express feelings</li></ul>
3	Friends	<ul style="list-style-type: none"><li>• Students will explain why it is important to have friends.</li><li>• Students will describe things that friends do for each other.</li></ul>
4	Conflict Resolution	<ul style="list-style-type: none"><li>• Students will explain the importance of learning to resolve conflicts peacefully.</li><li>• Students will demonstrate ways to resolve conflicts without hurting others.</li></ul>
5	Family Connections	<ul style="list-style-type: none"><li>• Students will identify themselves as a member of a family.</li><li>• Students will identify a family member as a source for help.</li></ul>