

# Week 1 - Family Life Unit

## 5th Grade Family Life and Human Sexuality Unit Overview

This unit focuses on family life and human sexuality concepts including healthy relationships, consent, changes that occur during puberty, hygiene, and understanding the anatomy and physiology of the human reproductive systems. This unit uses district-created lessons and provides an opt-out option for all students.

Desired Results	
Established Goals	Transfer
Students will understand the human body matures and develops at its own pace, uniquely affecting the functions and processes of the reproductive system.	Students will be able to independently use their learning to develop health-enhancing behaviors that support their health and well-being during the adolescent years.
Meaning	
	<b>Enduring Understandings:</b>  The human body matures and develops at its own pace, uniquely affecting the functions and processes of the reproductive system.
Essential Questions:	
	<ol style="list-style-type: none"><li>1. How can a person set clear personal boundaries?</li><li>2. How does the body change and develop during puberty?</li><li>3. How does puberty prepare the body for adulthood?</li></ol>

## Acquisition

Students will know the changes that occur during puberty, practices to maintain good hygiene during the adolescent years, the functions of the reproductive systems, and the importance of talking with parents and other trusted adults.

Students will be skilled at demonstrating effective strategies to communicate personal boundaries and consent.

## Evidence and Assessment

### Evaluative Criteria

Students will be evaluated on their understanding of concepts related to healthy relationships, consent, puberty, and reproductive system anatomy and physiology.

### Assessment Evidence

### Performance Task

N/A

### Supplementary Evidence

Assessments throughout the unit included district-wide assignments and knowledge checks.

## Learning Plan

### **Family Life Unit - Teacher Resources:**

**Unit Scope & Sequence - Content is required to be taught in 5th grade, the pacing can be adapted to fit student needs: [HE5-FL - Scope and Sequence 22-23.docx](https://harford.instructure.com/courses/64859/files/19631278?wrap=1)**

**(<https://harford.instructure.com/courses/64859/files/19631278?wrap=1>)** 

**([https://harford.instructure.com/courses/64859/files/19631278/download?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631278/download?download_frd=1))**

Review this document to learn about the curriculum updates: [HE5. Family Life Updates 2022-2023.docx](https://harford.instructure.com/courses/64859/files/19631255?wrap=1) (<https://harford.instructure.com/courses/64859/files/19631255?wrap=1>) 

([https://harford.instructure.com/courses/64859/files/19631255?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631255?download_frd=1))

**The Family Life Letter has been updated.** Please print this new letter to provide to students and parents/caregivers this year. Please send the Family Life letter home at least **4 weeks before instruction begins**. The family life letter should be signed by the classroom teacher and school principal prior to being sent home with students: [HE5. Family Life letter 22-23.docx](https://harford.instructure.com/courses/64859/files/19631245?wrap=1) (<https://harford.instructure.com/courses/64859/files/19631245?wrap=1>) 

([https://harford.instructure.com/courses/64859/files/19631245?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631245?download_frd=1))

## **Support Documents for Teachers:**

[HE5.FL Teacher Vocabulary Resource.docx](https://harford.instructure.com/courses/64859/files/19631258?wrap=1)

(<https://harford.instructure.com/courses/64859/files/19631258?wrap=1>) 

([https://harford.instructure.com/courses/64859/files/19631258?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631258?download_frd=1))

[HE5.FL Addressing Parent Concerns about Family Life Curriculum.docx](https://harford.instructure.com/courses/64859/files/19631257?wrap=1)

(<https://harford.instructure.com/courses/64859/files/19631257?wrap=1>) 

([https://harford.instructure.com/courses/64859/files/19631257?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631257?download_frd=1))

[HE5-FL - Answering Difficult Questions.docx](https://harford.instructure.com/courses/64859/files/19630985?wrap=1)

(<https://harford.instructure.com/courses/64859/files/19630985?wrap=1>) 

([https://harford.instructure.com/courses/64859/files/19630985?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19630985?download_frd=1))

[HE5- FL - Trauma Informed Family Life Education.docx](https://harford.instructure.com/courses/64859/files/19631235?wrap=1)

(<https://harford.instructure.com/courses/64859/files/19631235?wrap=1>) 

([https://harford.instructure.com/courses/64859/files/19631235?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631235?download_frd=1))

[HE5-FL - \(Virtual Instruction\) - Considerations for Family Life Instruction.docx](https://harford.instructure.com/courses/64859/files/19630987?wrap=1)

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## **Family Life Unit Opt-Out Student Activity:**

If a student is opted out of the family life unit, this activity can be provided for students to work on at their own pace:

[HE5. Opt Out - Nutrition Tic-Tac-Toe.docx](https://harford.instructure.com/courses/64859/files/19631256?wrap=1)

(<https://harford.instructure.com/courses/64859/files/19631256?wrap=1>) 

([https://harford.instructure.com/courses/64859/files/19631256?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631256?download_frd=1))

Lesson Title and Duration	Overview and Teacher Resources	Standards
Lesson 1: Introduction -	The following lesson materials must be used when teaching this content during virtual learning. No new resources should be added for	4.E2.a

<b>Setting Class Boundaries</b>	<p>instruction, as they are not approved for use during the Family Life Unit.</p> <p>Suggestion: To allow for a 5 day unit, complete the Introduction lesson either during your class morning meeting time or at the start of the healthy relationships &amp; consent lesson. Each day throughout the duration of this unit, use the beginning of class time to review the boundaries/rules for the family life unit and answer questions from the anonymous question box.</p> <p><b>Approved Teacher Resources:</b></p> <p><b><u><a href="#">HE5-FL- Setting Class Boundaries Lesson Plan.docx</a></u></b>  <u><a href="https://harford.instructure.com/courses/64859/files/19631259?wrap=1">https://harford.instructure.com/courses/64859/files/19631259?wrap=1</a></u>    <u><a href="https://harford.instructure.com/courses/64859/files/19631259/download?download_frd=1">https://harford.instructure.com/courses/64859/files/19631259/download?download_frd=1</a></u></p> <p><b><u><a href="#">HE5-FL- Setting Class Boundaries.pptx</a></u></b>  <u><a href="https://harford.instructure.com/courses/64859/files/19631269?wrap=1">https://harford.instructure.com/courses/64859/files/19631269?wrap=1</a></u>    <u><a href="https://harford.instructure.com/courses/64859/files/19631269/download?download_frd=1">https://harford.instructure.com/courses/64859/files/19631269/download?download_frd=1</a></u></p> <p><b>Approved Student Activities:</b></p> <p>N/A</p>	
<b>Lesson 2: Healthy Relationships and Consent</b>	<p>The following lesson materials must be used when teaching this content during virtual learning. No new resources should be added for instruction, as they are not approved for use during the Family Life Unit.</p> <p><b>Prior to the start of the lesson:</b></p> <p>*Please notify your school counselor to let them know what you will be discussing in class</p> <p>*Please provide students with a warming/disclosure statement to warn students about the content of the day's lesson as it could be triggering to some students (bodily autonomy, personal boundaries, and</p>	1c.5.1 1c.5.2 4.E2.a

consent). Be sure to tell students what steps they should take if they need to take a break or leave class and ensure that the plan requires the student to message you to let you know they are leaving class.

**Approved Teacher Resources:**

[HE5-FL - Healthy Relationships and Consent Lesson Plan.docx](#)

(<https://harford.instructure.com/courses/64859/files/19631260?wrap=1>)



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[HE5-FL- Healthy Relationships and Consent.pptx](#)

(<https://harford.instructure.com/courses/64859/files/19631263?wrap=1>)



([https://harford.instructure.com/courses/64859/files/19631263/download?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631263/download?download_frd=1))

**Approved Student Activities:**

[HE5-FL- Consent Lesson Brainstorm Handout.docx](#)

(<https://harford.instructure.com/courses/64859/files/19631261?wrap=1>)



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[HE5-FL- What Happens Next.docx](#)

(<https://harford.instructure.com/courses/64859/files/19631262?wrap=1>)



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**Lesson 3:  
Puberty and  
Hygiene**

The following lesson materials must be used when teaching this content during virtual learning. No new resources should be added for instruction, as they are not approved for use during the Family Life Unit.

1c.5.3

1c.5.4

**Approved Teacher Resources:**

[HE5-FL- Puberty & Hygiene Lesson Plan.docx](#)

(<https://harford.instructure.com/courses/64859/files/19631276?wrap=1>)



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### [HE5-FL- Puberty & Hygiene.pptx](#)

(<https://harford.instructure.com/courses/64859/files/19630986?wrap=1>)



([https://harford.instructure.com/courses/64859/files/19630986/download?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19630986/download?download_frd=1))

### [HE5-FL- Things Change handout.docx](#)

(<https://harford.instructure.com/courses/64859/files/19631267?wrap=1>)



([https://harford.instructure.com/courses/64859/files/19631267/download?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631267/download?download_frd=1))

### **Approved Student Activities:**

(<https://harford.instructure.com/courses/64859/files/19631270?wrap=1>)

### [HE5-FL- Puberty & Hygiene Completed Notes.docx](#)

(<https://harford.instructure.com/courses/64859/files/19631270?wrap=1>)



([https://harford.instructure.com/courses/64859/files/19631270/download?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631270/download?download_frd=1))

### [HE5-FL- Puberty & Hygiene student notes.docx](#)

(<https://harford.instructure.com/courses/64859/files/19631268?wrap=1>)



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## **Lesson 4 - Female Reproductive System**

The following lesson materials must be used when teaching this content during virtual learning. No new resources should be added for instruction, as they are not approved for use during the Family Life Unit.

1c.5.5

1c.5.6

### **Approved Teacher Resources:**

#### [HE5-FL- Female Reproductive System Lesson Plan.docx](#)

(<https://harford.instructure.com/courses/64859/files/19631271?wrap=1>)



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#### [HE5-FL- Female Reproductive System.pptx](#)

(<https://harford.instructure.com/courses/64859/files/19631272?wrap=1>)



([https://harford.instructure.com/courses/64859/files/19631272/download?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631272/download?download_frd=1))

**HE5-FL- Female Diagram - Complete.docx**

(<https://harford.instructure.com/courses/64859/files/19631277?wrap=1>)



([https://harford.instructure.com/courses/64859/files/19631277/download?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631277/download?download_frd=1))

**HE5-FL- Sample Script to Explain the Female Reproductive System.docx**

(<https://harford.instructure.com/courses/64859/files/19630992?wrap=1>)



([https://harford.instructure.com/courses/64859/files/19630992/download?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19630992/download?download_frd=1))

**Approved Student Activities:**

**HE5-FL- Female Diagram - Blank.docx**

(<https://harford.instructure.com/courses/64859/files/19631273?wrap=1>)



([https://harford.instructure.com/courses/64859/files/19631273/download?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631273/download?download_frd=1))

**Lesson 5 -  
Male  
Reproductive  
System**

The following lesson materials must be used when teaching this content during virtual learning. No new resources should be added for instruction, as they are not approved for use during the Family Life Unit.

1c.5.5

1c.5.6

**Approved Teacher Resources:**

**HE5-FL- Male Reproductive System Lesson Plan.docx**

(<https://harford.instructure.com/courses/64859/files/19631265?wrap=1>)



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**HE5-FL- Male Reproductive System.pptx**

(<https://harford.instructure.com/courses/64859/files/19631266?wrap=1>)



([https://harford.instructure.com/courses/64859/files/19631266/download?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631266/download?download_frd=1))

**HE5-FL- Male Diagram - Complete.docx**

(<https://harford.instructure.com/courses/64859/files/19631275?wrap=1>)



([https://harford.instructure.com/courses/64859/files/19631275/download?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631275/download?download_frd=1))

**HE5-FL- Sample Script for Male Reproductive System.docx**

(<https://harford.instructure.com/courses/64859/files/19631274?wrap=1>)



([https://harford.instructure.com/courses/64859/files/19631274/download?download\\_frd=1](https://harford.instructure.com/courses/64859/files/19631274/download?download_frd=1))

**Approved Student Activities:**

**HE5-FL- Male Diagram - Blank.docx**

(<https://harford.instructure.com/courses/64859/files/19631264?wrap=1>)



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