

Sex Ed (Grades 5-8) Scope and Sequence '23-'24

Pyne Arts K-8

Lowell Public Schools

By: Beth Williams-Breault, Ed.D., Health Teacher

Standards: 2023 Massachusetts Comprehensive Health and Physical Education Framework ([MCHPEF](#)), National Health Education Standards ([NHES](#))

Resources: 5-8 Michigan Model; KidsHealth K-8

(scope and sequence adapted from [ETR's K-8 HealthSmart 2021](#))

Grade 5

MCHPEF: [3.3.HR] [3.6.GS] [3.7.GS] [3.3.MH] NHES: 1.5.1-5; 2.5.3, 7.5.1-2, 8.5.1-2

Essential Health Concepts:

The physical, social, and emotional changes that occur during puberty and adolescence can vary greatly among individuals and still be normal.

The function of hormones within the human brain and body.

How to correctly identify parts of the male and the female anatomy.

Personal hygiene practices related to puberty (e.g., showering, deodorant).

Healthy ways to express affection, love, and friendship.

Why it is wrong to tease or bully others based on personal characteristics (e.g., gender, appearance, mannerisms, and the way one dresses).

Grade 6

MCHPEF: [6.1.HR] [6.3.HR] [6.6.PH] NHES: 1.8.1; 1.8.2 1.8.7; 3.8.1; 4.8.1

Essential Health Concepts:

Explain how positive health behaviors can benefit people throughout their lifespan.

Identify sources of accurate information for help with personal health issues and concerns.

Describe the physical, social, mental and emotional changes associated with puberty.

Summarize basic reproductive body parts and their functions.

Identify sources of accurate information about sexuality.

Explain the importance of talking with parents and other trusted adults about sexuality.

Grade 7

MCHPEF: [6.1.HR] [6.3.HR] [6.3.GS] [6.5.GS] [6.6.GS] [6.7.GS] NHES: 1.8.1; 2.8.2; 4.8.1; 7.8.2; 8.8.1

Essential Health Concepts:

Describe appropriate, healthy and safe ways to express romantic feelings.

Explain the importance of setting personal limits for the expression of romantic feelings to avoid sexual risk behaviors.

Give examples of how setting personal limits for the expression of romantic feelings can help keep teens healthy and safe.

Understanding sexual orientation and gender identity.

Describe how sexual orientation and gender identity stereotyping can negatively affect people.

Explain why it's important to challenge sexual orientation and gender identity stereotypes.

Grade 8

MCHPEF: [6.1.GS] [6.1.HR] [6.1.PS] [6.2.GS] [6.6.GS] [6.7.PS] NHES: 1.8.1, 1.8.5, 1.8.7; 7.8.1; 1.8.8, 1.8.9; 7.8.1; 8.8.2, 8.8.3

Essential Health Concepts:

Define Affirmative Consent, state laws, and explain why it is important.

Explain why it is an individual's responsibility to make sure that all sexual contact is consensual.

Explain why individuals have the right to refuse sexual contact.

Describe why sexual abstinence is the safest, most effective way to avoid pregnancy, HIV, and STIs.

Explain how pregnancy occurs and personalize the risk of pregnancy if having unprotected vaginal intercourse.

Use advocacy skills to encourage others to avoid unintended pregnancy.

Access reliable information sources about effective barrier methods and contraception.

Explain how HIV is transmitted and describe symptoms and consequences of untreated HIV.

Describe symptoms of common STIs and explain that some STIs are asymptomatic.

Explain how common STIs are transmitted and explain the negative consequences.