

**Lewisville Independent School District  
Growth and Development and/or  
Human Sexuality Instruction**

LISD has developed a scope and sequence of growth and development which begins in 5<sup>th</sup> grade. The 5<sup>th</sup> grade will cover the endocrine body system in science and health with the focus being on puberty. The scope and sequence will continue in middle school during 7<sup>th</sup> grade science with an emphasis on body systems and disease prevention.

The Texas Essential Knowledge and Skills (TEKS) states that the following information should be covered in the fifth grade under health education.

**5.2) Health information - The student recognizes the basic structures and functions of the human body and how they relate to personal health throughout the life span. The student is expected to:**

- (A) describe the structure, functions, and interdependence of major body systems; and
- (B) identify and describe changes in male and female anatomy that occur during puberty.

The Texas Essential knowledge and Skills (TEKS) states that the following information should be covered in the seventh grade under health education.

**7.2) Health information - The student recognizes ways that body structure and function relate to personal health throughout the life span. The student is expected to:**

- (A) explain how differences in growth patterns among adolescents, such as onset of puberty, may affect personal health;
- (B) describe the influence of the endocrine system on growth and development;
- (C) compare and contrast changes in males and females;
- (D) describe physiological and emotional changes that occur during pregnancy; and
- (E) examine physical and emotional development during adolescence.

**7.3) Health information - The student comprehends and utilizes concepts relating to health promotion and disease prevention throughout the life span. The student is expected to:**

- (D) summarize the facts related to Human Immunodeficiency Virus (HIV) infection and sexually transmitted diseases.

**7.5) Health behaviors - The student engages in behaviors that reduce health risks throughout the life span. The student is expected to:**

- (C) identify strategies for prevention and intervention of emotional, physical, and sexual abuse;
- (D) identify information relating to abstinence;
- (E) analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age;
- (F) discuss abstinence from sexual activity as the only method that is 100% effective in preventing pregnancy, sexually transmitted diseases, and the sexual transmission of HIV or acquired immune deficiency syndrome, and the emotional trauma associated with adolescent sexual activity;

The approved videos are:

5<sup>th</sup> grade – *Always Changing, Puberty and Stuff*, from *PGSchoolprograms.com* The coed version of this video will be shown. It has emphasis on the endocrine system.

7<sup>th</sup> grade - *Straight Talk about Sexual Choices and Consequences*, from Marsh Media.com The coed version of the video will be shown. It has emphasis on body systems and disease prevention. Scripted discussions will follow TEKS and LISD Guidelines.

The School Health Advisory Council recommends programs for human sexuality instruction, at appropriate grade levels, to the LISD Board of Education for final approval. The SHAC is composed of parents, teachers, and

community leaders who are responsible for making recommendations about the components of the health curriculum for use in an integrated school health program which reflects local values.

*Procedure:*

1. Each campus nurse will schedule the date and time with the lead 5<sup>th</sup> grade teacher and/or appropriate personnel. Seventh grade science teachers will schedule their presentation times.
2. A parent preview time will be offered during school hours and/or in the evening.
3. Notification and parental consent form regarding growth and development will be sent home in a timely manner. The school must have received written permission from the parent for the student to attend the class. Notification of the parental preview dates and times will be on the notification letter.
4. The nurse or teacher will personally contact any parent or guardian of a student whose form is not returned. An alternate assignment will be available to those students who will not attend the video viewing.
5. Growth & Development videos will be shown by the campus nurse/designated LISD employee(s) to all fifth grade students who have a signed parental consent to view the approved growth & development video(s). Curriculum for the 7<sup>th</sup> grade will be presented by science teachers.
6. The girls and boys will view the videos in separate rooms.
7. Blank note cards/ paper will be provided to each student to write questions as the video is shown. The questions will be read aloud and answered by the nurse/teacher. (Should a question be inappropriate for the lesson content, it will not be read aloud. Students will be told that if their question was not read aloud, it should be discussed with their parent or guardian at home.)