

## Upper Elementary Comparisons for 2017 and 2023 Editions

<b>2023 <i>UE</i> Lesson Content</b>	<b>2017 <i>UE</i> Lesson Content</b>	<b>2023 edition Worksheet and Activities</b>
<p><b>LESSON 1 (2023)</b></p> <p style="text-align: center;"><b>GETTING STARTED</b></p> <ul style="list-style-type: none"> <li>• List and follow the Group Agreements</li> <li>• Describe the human cycle of reproduction, birth, growth, aging, and death.</li> <li>• Describe how heredity influences growth and development.</li> <li>• Identify parents, guardians, and other trusted adults as resources for information about puberty.</li> <li>• Identify reliable sources of information and support.</li> </ul>	<p><b>LESSON 0 (2017)</b></p> <p style="text-align: center;"><b>GETTING STARTED</b></p> <ul style="list-style-type: none"> <li>• List and follow the Group Agreements.</li> <li>• Describe the human cycle of reproduction, birth, growth, aging, and death.</li> <li>• Describe how heredity influences growth and development.</li> <li>• Identify parents, guardians, and other trusted adults as resources for information about puberty.</li> <li>• Identify reliable sources of information regarding puberty.</li> </ul>	<ul style="list-style-type: none"> <li>• Group Agreements (W)</li> <li>• Hereditary Traits (A and W)</li> <li>• Lesson Wrap-Up (W)</li> </ul> <p style="text-align: right;">*W=worksheet *A=Activity</p>
<p><b>LESSON 2 (2023)</b></p> <p style="text-align: center;"><b>FRIENDSHIP</b></p> <ul style="list-style-type: none"> <li>• Describe characteristics of healthy friendships.</li> <li>• Explain the importance of empathy.</li> <li>• Recognize that friendship and empathy can be expressed in different ways.</li> <li>• Identify ways to be more understanding of others.</li> <li>• Demonstrate ways to treat others with dignity and respect.</li> <li>• Identify parents and other trusted adults you can talk to about relationships.</li> </ul>	<p><b>LESSON 5 (2017)</b></p> <p style="text-align: center;"><b>FRIENDSHIPS</b></p> <ul style="list-style-type: none"> <li>• Describe characteristics of healthy friendships.</li> <li>• Explain the importance of empathy.</li> <li>• Recognize that friendship and empathy can be expressed in different ways.</li> <li>• Identify ways to be more understanding of others.</li> <li>• Demonstrate ways to treat others with dignity and respect.</li> <li>• Identify parents and other trusted adults you can talk to about relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• Friendship and Empathy (A and W)</li> <li>• What Being a Good Friend Means (A)</li> <li>• Lesson Wrap-Up (W)</li> </ul> <p style="text-align: right;">*W=worksheet *A=Activity</p>

<b>2023 UE Lesson Content</b>	<b>2017 UE Lesson Content</b>	<b>2023 edition Worksheet and Activities</b>
<p><b>LESSON 3 (2023)</b></p> <p><b>BULLYING BEHAVIORS</b></p> <ul style="list-style-type: none"> <li>• Define teasing and bullying and explain why they are wrong.</li> <li>• Explain why some people may tease or bully others.</li> <li>• Recognize that everyone has the right to establish personal boundaries.</li> <li>• Identify personal boundaries.</li> <li>• Demonstrate refusal skills that avoid or reduce health risks.</li> <li>• Identify parents or other trusted adults they can tell if they are being teased, harassed, or bullied.</li> <li>• Identify who they should tell if they are being sexually harassed or abused.</li> </ul>	<p><b>LESSON 6 (2017)</b></p> <p><b>BOUNDARIES AND BULLYING</b></p> <ul style="list-style-type: none"> <li>• Define teasing, harassment, and bullying, and explain why they are wrong.</li> <li>• Explain why some people may tease, harass, or bully others.</li> <li>• Define sexual harassment and sexual abuse.</li> <li>• Recognize that everyone has the right to establish personal boundaries.</li> <li>• Identify personal boundaries.</li> <li>• Demonstrate refusal skills that avoid or reduce health risks.</li> <li>• Demonstrate verbal and non-verbal communication.</li> <li>• Identify parents or other trusted adults they can tell if they are being teased, harassed, or bullied.</li> <li>• Identify who they should tell if they are being sexually harassed or abused.</li> </ul>	<ul style="list-style-type: none"> <li>• Boundaries (A)</li> <li>• Lesson Wrap-Up (W)</li> </ul> <p>*W=worksheet *A=Activity</p>
<p><b>LESSON 4 (2023)</b></p> <p><b>PUBERTY</b></p> <ul style="list-style-type: none"> <li>• Identify the physical, social, and emotional changes associated with puberty.</li> <li>• Explain ways to manage the emotional changes associated with puberty.</li> <li>• Recognize that there are individual differences in growth and development, physical appearance, and gender roles.</li> <li>• Define sex assigned at birth, gender, and sexual identity.</li> <li>• Define gender identity, gender expression, and transgender terms.</li> </ul>	<p><b>LESSON 1 (2017)</b></p> <p><b>PHYSICAL, SOCIAL AND EMOTIONAL CHANGES DURING PUBERTY</b></p> <ul style="list-style-type: none"> <li>• Identify the physical, social, and emotional changes that occur during puberty.</li> <li>• Explain ways to manage the emotional changes associated with puberty.</li> <li>• Recognize that there are individual differences in growth and development, physical appearance, and gender roles.</li> <li>• Define biological sex, gender, and sexual orientation.</li> <li>• Discuss the changes that occur during puberty with parents, guardians, and other trusted adults.</li> </ul>	<ul style="list-style-type: none"> <li>• Puberty (A and W)</li> <li>• Identifying and Managing Emotions (W)</li> <li>• Lesson Wrap-Up (W)</li> </ul> <p>*W=worksheet *A=Activity</p>

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<p><b>LESSON 5 (2023)</b></p> <p><b>HUMAN REPRODUCTION</b></p> <ul style="list-style-type: none"> <li>• Describe how puberty prepares human bodies for the potential to reproduce.</li> <li>• Describe reproductive systems including body parts and their functions.</li> <li>• Explain the structure, function, and major parts of the human reproductive system.</li> <li>• Identify medically accurate information about reproductive anatomy.</li> </ul>	<p><b>LESSON 2 (2017)</b></p> <p><b>HUMAN REPRODUCTION</b></p> <ul style="list-style-type: none"> <li>• Describe how puberty prepares human bodies for the potential to reproduce.</li> <li>• Describe reproductive systems including body parts and their functions.</li> <li>• Explain the structure, function, and major parts of the human reproductive system.</li> <li>• Identify medically accurate information about reproductive anatomy.</li> </ul>	<ul style="list-style-type: none"> <li>• Reproductive Structure and Function (W)</li> <li>• Conception to Birth (A)</li> <li>• Lesson Wrap-Up (W)</li> </ul> <p>*W=worksheet *A=Activity</p>
<p><b>LESSON 6 (2023)</b></p> <p><b>HYGIENE</b></p> <ul style="list-style-type: none"> <li>• Identify personal hygiene practices and health and safety issues related to puberty (e.g., showering, use of sanitary products, deodorant, and athletic supporters).</li> <li>• Develop plans to maintain personal hygiene during puberty.</li> <li>• Describe when it is important to seek health care.</li> </ul>	<p><b>LESSON 3 (2017)</b></p> <p><b>HYGIENE</b></p> <ul style="list-style-type: none"> <li>• Identify personal hygiene practices and health and safety issues related to puberty (e.g., showering, use of sanitary products, deodorant, and athletic supporters).</li> <li>• Develop plans to maintain personal hygiene during puberty.</li> <li>• Describe when it is important to seek health care.</li> </ul>	<ul style="list-style-type: none"> <li>• Hygiene Practices (W)</li> <li>• Lesson Wrap-Up (W)</li> </ul> <p>*W=worksheet *A=Activity</p>
<p><b>LESSON 7 (2023)</b></p> <p><b>DISEASES AND THEIR TRANSMISSIONS</b></p> <ul style="list-style-type: none"> <li>• Define sexually transmitted infections (STIs), including human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS).</li> <li>• Describe how HIV is and is not transmitted.</li> <li>• Analyze why it is safe to be a friend to someone who is living with HIV or AIDS.</li> <li>• Describe ways people can protect themselves against serious blood-borne communicable diseases.</li> </ul>	<p><b>LESSON 4 (2017)</b></p> <p><b>DISEASES AND THEIR TRANSMISSIONS</b></p> <ul style="list-style-type: none"> <li>• Define sexually transmitted infections (STIs), including human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS).</li> <li>• Describe how HIV is and is not transmitted.</li> <li>• Analyze why it is safe to be a friend to someone who is living with HIV or AIDS.</li> <li>• Describe ways people can protect themselves against serious blood-borne communicable diseases.</li> </ul>	<ul style="list-style-type: none"> <li>• Germ Transmission (A)</li> <li>• Sexually Transmitted Infections (STIs) (W)</li> <li>• HIV and AIDS (W)</li> <li>• Lesson Wrap-Up (W)</li> </ul> <p>*W=worksheet *A=Activity</p>

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<p><b>LESSON 8 (2023)</b></p> <p><b>STAYING SAFE AND HEALTHY</b></p> <ul style="list-style-type: none"> <li>• Define sexual abuse.</li> <li>• Define consent.</li> <li>• Describe the relationship between healthy behaviors and personal health.</li> <li>• Demonstrate how to ask for assistance to enhance personal health.</li> <li>• Identify resources to assist in achieving a personal health goal.</li> <li>• Set a personal health goal and track progress towards its achievement.</li> </ul>	<p><b>LESSON 7 (2017)</b></p> <p><b>STAYING SAFE AND HEALTHY</b></p> <ul style="list-style-type: none"> <li>• Explain how media influences thoughts, feelings, and health behaviors.</li> <li>• Describe the relationship between healthy behaviors and personal health.</li> <li>• Identify characteristics of valid health information, products, and services.</li> <li>• Demonstrate how to ask for assistance to enhance personal health.</li> <li>• Identify resources to assist in achieving a personal health goal.</li> <li>• Set a personal health goal and track progress towards its achievement.</li> </ul>	<ul style="list-style-type: none"> <li>• Staying Safe (W)</li> <li>• Personal Contract (W)</li> <li>• Lesson Wrap-Up (W)</li> </ul> <p>*W=worksheet *A=Activity</p>