

Curriculum Scope and Sequence

This Scope and Sequence is meant to be a reference point when to introduce and teach each lesson. For all the lessons' time stamps and even for those marked with an "X," we believe you will know the needs of your learners best. Individuals typically require review and repetition over several years to master these topics, especially as they relate to bodily changes they are currently experiencing. We suggest using your knowledge of each of your learners to determine when to introduce each topic and how much to teach at each grade level, building on prior knowledge each year. Best practices, considerations and other specific examples on how to best approach teaching these lessons are discussed in detail during the professional development that accompanies this program.

Introductory Lessons	3rd-5th Grade	6th-8th Grade	9th-10th Grade	11th-12th Grade	Adulthood
Part 1	Week 1	Week 1	Week 1	Week 1	Week 1
Part 2	Week 2	Week 2	Week 2	Week 2	Week 2

Module 1: Caring for Myself	3rd-5th Grade	6th-8th Grade	9th-10th Grade	11th-12th Grade	Adulthood
Lesson 1: Washing	Week 3-5	Week 3	Week 3	Week 3	Week 3
Lesson 2: Bathing and Showering	Week 6-8	Week 4	Week 4	Week 4	Week 4
Lesson 3: Dental Care	Week 9-11	Week 5	Week 5	Week 5	Week 5
Lesson 4: Toileting and Bathroom Etiquette	Week 12-14	Week 6	Week 6	Week 6	Week 6
Lesson 5: Bedroom/Sleeping Area Organization	Week 15-17	Week 7	Week 7	Week 7	Week 7
Lesson 6: Privacy	Week 18-20	Week 8	Week 8	Week 8	Week 8

Module 2: Understanding My Body	3rd-5th Grade	6th-8th Grade	9th-10th Grade	11th-12th Grade	Adulthood
Lesson 1: Human Development	X	X	Week 9	Week 9	Week 9
Lesson 2: Puberty	X	Week 9	Week 10	Week 10	Week 10
Lesson 3: Male Genitalia	X	X	X	Week 11	Week 11
Lesson 4: Female Genitalia	X	X	X	Week 12	Week 12
Lesson 5: What is Sex?	X	X	X	Week 13	Week 13
Lesson 6: Pregnancy	X	X	X	Week 14	Week 14

Module 3: Relationship Development	3rd-5th Grade	6th-8th Grade	9th-10th Grade	11th-12th Grade	Adulthood
Lesson 1: People I Encounter	Week 21-22	Week 10	Week 11	Week 15	Week 15
Lesson 2: Different Types of Relationships	Week 23-24	Week 11	Week 12	Week 16	Week 16
Lesson 3: What is a Friend?	Week 25-26	Week 12-13	Week 13-14	Week 17	Week 17
Lesson 4: What is an Acquaintance?	Week 27-28	Week 14-15	Week 15-16	Week 18	Week 18
Lesson 5: What is a Bully?	Week 29-30	Week 16-17	Week 17-18	Week 19	Week 19
Lesson 6: Making Friends	Week 31-32	Week 18	Week 19	Week 20	Week 20
Lesson 7: Understanding Social Media	X	Week 19-20	Week 20	Week 21	Week 21
Lesson 8: How to Use Social Media Safely	X	Week 21-22	Week 21-22	Week 22	Week 22
Lesson 9: Small Talk, Part 1	X	Week 23-24	Week 23	Week 23	Week 23
Lesson 10: Small Talk, Part 2	X	Week 25-26	Week 24	Week 24	Week 24
Lesson 11: Private Talk	Week 33-34	Week 27-28	Week 25-26	Week 25	Week 25
Lesson 12: Secrets	Week 35-36	Week 29-30	Week 27-28	Week 26	Week 26
Lesson 13: Personal Space	Week 37	Week 31-32	Week 29-30	Week 27	Week 27
Lesson 14: Voice Volume	Week 38	Week 33-34	Week 31-32	Week 28	Week 28
Lesson 15: Review of Friend, Acquaintance and Bully	Week 39	Week 35	Week 33	Week 29	Week 29
Lesson 16: Breaking Social Boundaries & Likely Consequences, Part 1	X	Week 36-37	Week 34-35	Week 30	Week 30
Lesson 17: Breaking Social Boundaries & Likely Consequences, Part 2	X	Week 38-39	Week 36-37	Week 31	Week 31
Lesson 18: Types of Physical Affection	X	X	Week 38	Week 32	Week 32
Lesson 19: General Consent	X	X	Week 39	Week 33	Week 33
Lesson 20: Consent for Physical Affection	X	X	X	Week 34	Week 34
Lesson 21: Romantic Affection	X	X	X	Week 35	Week 35
Lesson 22: What is a Date?	X	X	X	Week 36	Week 36
Lesson 23: How to Prepare for a Date	X	X	X	Week 37	Week 37
Lesson 24: What to Do on a Date	X	X	X	Week 38	Week 38