

# 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: 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   |