

# Introduction to Sexual Health Education

5th Grade Sexual Health Lesson

# What questions will this lesson answer?

1. What is sexual health education?
2. Why do we learn about sexual health?
3. How will we learn about sexual health?
4. Who can I talk to about sexual health?

# What is sexual health education?

Sexual health education is a chance to learn about:

- The changes to expect as you grow
- How the reproductive system works
- How to keep your body healthy
- Your right to expect respect and your responsibility to show respect

# Why do we learn about sexual health?

We learn about sexual health so you:

- Have accurate information
- Know you can ask questions
- Feel good about yourself

# Activity 1

“When kids learn about sexual health, they may feel...”

# How will we learn about sexual health?

Lesson topics:

- Gender Stereotypes
- Puberty
- Reproductive System
- Consent
- HIV/AIDS

# Group Agreements

What agreements will help us show each other respect during sexual health lessons?

# Questions

You may ask questions!

- “Is it true that...?”
- “How do you know if...?”
- “What do they mean by...?”
- “Is it normal to...?”
- “What causes...?”
- “What should I do if...?”



# Activity 2

What's one topic from this list you think kids need to know about?

1. Gender Stereotypes
2. Puberty
3. Reproductive System
4. Consent
5. HIV/AIDS

# Who can I talk to about sexual health?

- We all have questions!
- Think of one trusted adult you can talk to.
- You can talk to that trusted adult about these sexual health lessons.

# Activity 3

Who is one trusted adult you can talk to?

**You are awesome**