

Rights, Respect, Responsibility

A K-12 SEXUALITY EDUCATION CURRICULUM

Lesson Selection Guide (K-2)

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The 3R's curriculum was carefully designed to meet all of the National Sexuality Education Standards. The Standards identify the minimum essential core content and skills for sexuality education K-12 given student needs, limited teacher preparation and typically available time and resources. Therefore, teachers and schools are encouraged to teach all of the lessons in the curriculum in their appropriate sequence.

This is not always possible, however. Often teachers are faced with having fewer class sessions available to them to devote to sexuality education than is optimal. In these cases, it can be useful to have some guidance on which sessions to teach. The purpose of this Lesson Selection Guide, therefore, is to assist educators in choosing the most appropriate lessons to teach if they are not able to cover all of them.

In the Kindergarten - 2nd grade sequence, there are a total of 10 lessons, 3 in Kindergarten, 3 in 1st grade, and 4 in 2nd grade. These ten lessons cover five of the seven topics from the National Sexuality Education Standards. They are designed to build in a developmentally appropriate and sequential way so that lessons in each grade build upon ones from previous grade levels. The guide suggests which lessons to teach if one has only 8, 6, or 3 total sessions between Kindergarten and 2nd grade. They take into consideration sequencing needs in grades K-2, important baseline concepts for lessons that will be taught in grades 3-5 and beyond, as well as which topics are prioritized at this level. Individual school districts may have specific curricular needs that should guide their selection of lessons. The 3Rs curriculum is designed for maximum flexibility with regard to choosing and adapting lesson plans to meet the needs of each district. The guide offers three possible configurations meant to capitalize on the number of hours that are available and provide a strong foundation for future lessons on the seven essential topics identified by the National Sexuality Education Standards. Research suggests that, on average, Elementary schools spend 5.7 hours or approximately (9) 40 minute lessons in grades K-5, on topics that are covered in the 3Rs curriculum.¹ Therefore, the guide below is written with those constraints in mind.

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Total number of lessons: **79** (plus 3 supplements)

Number of lessons Kindergarten - Grade 2: **10**

- Kindergarten: **3**
- 1st Grade: **3**
- 2nd Grade: **4**

¹ Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention, Division of Adolescent School Health, SHPPS Topic and Component Specific Fact Sheets. http://www.cdc.gov/HealthyYouth/shpps/2006/factsheets/topic_component.htm

COVERAGE OF TOPICS: FROM THE NATIONAL SEXUALITY EDUCATION STANDARDS IN 3RS GRADES K-2

TOPIC	KINDERGARTEN	1ST GRADE	2ND GRADE	TOTAL LESSONS
Anatomy and Physiology	1	0	1	2
Puberty and Adolescent Development	0	0	0	0
Identity	0	1	0	1
Pregnancy and Reproduction	0	1	0	1
STDS/HIV	0	0	0	0
Healthy Relationships	1	1	0	2
Personal Safety	1	0	3	4

IF YOU ONLY HAVE 8 SESSIONS

GRADE	LESSON TITLE	TOPIC	NSES INDICATOR(S)	OTHER KEY CONCEPTS
K	My Space, Your Space	Personal Safety	PS.2.CC.1	Sexual abuse/assault prevention; Accessing information/support/resource Consent
K	Different Kinds of Families	Healthy Relationships	HR.2.CC.1; HR.2.IC.1	Families; Relationships
1	Friendships	Healthy Relationships	HR.2.CC.2; HR.2.IC.2	Relationships; Families
1	Gender Roles	Identity	ID.2.CC.1; ID.2.INF.	Gender/gender roles; Relationships
1	The Circle of Life	Pregnancy and Reproduction	PR.2.CC.1	Anatomy and reproduction; Pregnancy
2	Understanding Our Bodies	Anatomy and Physiology	AP.2.CC.1	Anatomy and reproduction; Sexual abuse/assault prevention
2	Bullying is Never OK	Personal Safety	PS.2.CC.2 ; PS.2.CC.	Bullying; Sexual abuse/assault prevention; Accessing information/support/resources
2	Seeking Help	Personal Safety	PS.2.AI.	Accessing information/support/resources

The eight sessions suggested above provide important information and skill building foundations for future lessons in grades 3-5 as well as middle school and high school. As personal safety and healthy relationships are two highly prioritized topics at the elementary school level as well as in higher grades, it is important to lay the foundation for later lessons that will build on the concepts of safety to include unwanted touch or attention, harassment and bullying, and sexual assault, as well as lessons that will help young people to distinguish healthy from unhealthy relationships, gain the skills to build strong relationships, and the ability to avoid or leave unhealthy ones. The lesson on gender roles is an important foundational lesson for future lessons regarding gender and gender identity and expression, and taps into a central developmental task of early childhood regarding gender role expectations. The second

lesson, “Understanding our Bodies,” sets the stage for later lessons on puberty and body integrity as well as for understanding reproduction and sexual health in upper elementary grades. Ideally, language about body parts should begin in Kindergarten to start to develop a vocabulary and comfort with appropriate terms, and this can be done even without the formal Kindergarten lesson on this topic.

IF YOU ONLY HAVE 6 SESSIONS

GRADE	LESSON TITLE	TOPIC	NSES INDICATOR(S)	OTHER KEY CONCEPTS
K	My Space, Your Space	Personal Safety	PS.2.CC.1	Sexual abuse/assault prevention; Accessing information/support/resourceConsent
K	Different Kinds of Families	Healthy Relationships	HR.2.CC.1; HR.2.IC.1	Families; Relationships
1	Friendships	Healthy Relationships	HR.2.CC.2; HR.2.IC.2	Relationships; Families
1	Gender Roles	Identity	ID.2.CC.1; ID.2.INF.	Gender/gender roles; Relationships
2	Understanding Our Bodies	Anatomy and Physiology	AP.2.CC.1	Anatomy and reproduction; Sexual abuse/assault prevention
2	Bullying is Never OK	Personal Safety	PS.2.CC.2 ; PS.2.CC.	Bullying; Sexual abuse/assault prevention; Accessing information/support/resources

These six lessons focus on foundational coverage of the topics personal safety and healthy relationships by introducing the concept of bullying, which becomes more pronounced in grades 3-5 as well as the concepts of diversity and respect, which are built upon in later grades to include advocacy skills related to fairness and equity.

IF YOU ONLY HAVE 3 SESSIONS

GRADE	LESSON TITLE	TOPIC	NSES INDICATOR(S)	OTHER KEY CONCEPTS
K	My Space, Your Space	Personal Safety	PS.2.CC.1	Sexual abuse/assault prevention; Accessing information/support/resourceConsent
1	Friendships	Healthy Relationships	HR.2.CC.2; HR.2.IC.2	Relationships; Families
2	Understanding Our Bodies	Anatomy and Physiology	AP.2.CC.1	Anatomy and reproduction; Sexual abuse/assault prevention

While three lessons provide only the most basic introduction to concepts that will be covered in later grades, these lessons provide a foundation for the concepts of personal safety and healthy relationships as well as introducing vocabulary related to sexual and reproductive anatomy that will ease discussion in later, more involved lessons about puberty, reproduction, and body integrity.