



4th Grade Curriculum
Aligned National Sex Education Standards (NSES) for Grades 3-5

Session	Grade Range	NSES	Explanation of Standard
Session 1	Grades 3-5	PD.5.CC.1	Explain the physical, social, and emotional changes that occur during puberty and adolescence and how the onset and progression of puberty can vary.
Session 1	Grades 3-5	PD.5.AI.2	Identify trusted adults, including parents, caregivers, and health care professionals whom students can ask questions about puberty and adolescent health.
Session 2	Grades 3-5	PD.5.GS.1	Make a plan for maintaining personal hygiene during puberty.
Session 2	Grades 3-5	PD.5.CC.1	Explain the physical, social, and emotional changes that occur during puberty and adolescence and how the onset and progression of puberty can vary.
Session 3	Grades K-2 (Standard Review)	IV.2.CC.1	Define child sexual abuse and identify behaviors that would be considered child sexual abuse.
Session 3	Grades K-2 (Standard Review)	IV.2.AI.2	Identify trusted adults, including parents and caregivers, that you can talk to about situations that may be uncomfortable or dangerous.
Session 3	Grades 3-5	CHR.5.AI.1	Communicate personal boundaries and demonstrate ways to respect other people's personal boundaries.