



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

Session	Grade Range	NSES	Explanation of Standard
Sessions 1-4	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.
Sessions 1-4	Grades 3-5	CHR.5.AI.1	Identify trusted adults, including parents and caregivers, that students can talk to about relationships.
Session 2	Grades 3-5	CHR.5.IC.1	Communicate personal boundaries and demonstrate ways to respect other people's personal boundaries.
Session 2	Grades 3-5	CHR.5.CC.2	Explain the relationship between consent, personal boundaries, and bodily autonomy.
Session 2	Grades K-2 (Standard Review)	IV.2.CC.1	Define child sexual abuse and identify behaviors that would be considered child sexual abuse.
Session 2	Grades 3-5	IV.5.IC.2	Explain that some survivors are not believed when they disclose sexual abuse or harassment and that it is important to keep telling trusted adults until one of the adults takes action.
Session 3	Grades 3-5	GI.5.AI.1	Identify trusted adults, including parents and caregivers, whom students can ask questions about gender, gender-role stereotypes, gender identity, and gender expression.
Session 3	Grades 3-5	GI.5.CC.1	Distinguish between sex assigned at birth and gender identity and explain how they may or may not differ.
Session 3	Grades 3-5	GI.5.CC.2	Define and explain differences between cisgender, transgender, gender nonbinary, gender expansive, and gender identity.
Session 3	Grades 3-5	GI.5.CC.3	Explain that gender expression and gender identity exist along a spectrum.
Session 3	Grades 3-5	GI.5.CC.4	Describe gender-role stereotypes and their potential impact on self and others.
Session 3	Grades 3-5	SO.5.CC.1	Define sexual orientation.
Session 3	Grades 3-5	SO.5.CC.2	Differentiate between sexual orientation and gender identity.
Session 3	Grades 3-5	SO.5.AI.1	Identify trusted adult, including parents and caregivers, whom students can ask questions about sexual orientation.
Session 4-5	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 varies.
Sessions 4-5	Grades 3-5	PD.5.CC.2	Explain common sexual development and the role of hormones.
Session 1-5	Grades 3-5	PD.5.AI.1	Identify credible sources of information about puberty and personal hygiene.
Session 4-5	Grades 3-5	PD.5.CC.2	Describe how puberty prepares human bodies for the potential to reproduce and that some healthy people have conditions that impact the ability to reproduce.
Session 4-5	Grades 3-5	AP.5.CC.1	Recall the human reproductive systems, including the external and internal body parts and their functions, and that there are natural variations in human bodies
Session 5	Grades 3-5	SH.5.CC.1	Explain the relationship between sexual intercourse and human reproduction.
Session 5	Grades 3-5	SH.5.CC.2	Explain the range of ways pregnancy can occur (e.g. IVF, surrogacy).