


## Family Life and Comprehensive Sexual Health Education (2-3) Lesson Plan

	<p>Topic: I'm Unique – Part I</p>	<p>Date:</p>
<p>Objectives</p>	<ol style="list-style-type: none"> <li>1. Students will describe ways they are unique.</li> <li>2. Students will demonstrate ways to respect the uniqueness of others.</li> </ol>	
<p>State Standards</p>	<ul style="list-style-type: none"> <li>• Physical Development and Health             <ul style="list-style-type: none"> <li>○ Goal 23: Understand human body systems and factors that influence growth and development.</li> </ul> </li> </ul>	
<p>Content</p>	<p>How people change as they grow: physical, mental/emotional and social</p>	
<p>Time</p>	<p>Two to three 25-minute sessions for parts 1 and 2</p>	
<p>Materials</p>	<p>Copies of the student page "I Care for Myself" (one for each student).</p>	
<p>Learning Activities</p>	<ol style="list-style-type: none"> <li>1. Brainstorm unique qualities and abilities.             <ol style="list-style-type: none"> <li>a. Discuss uniqueness. Ask students to brainstorm some ways people are unique. Write student responses on the board.</li> </ol> </li> <li>2. Students identify their unique qualities.             <ol style="list-style-type: none"> <li>a. Have students write their names vertically on a piece of paper and for each letter of their name assign a unique quality they possess. When they are finished display their work around the room.</li> <li>b. Discuss:                 <ol style="list-style-type: none"> <li>1. How are boys unique and write responses on board?</li> <li>2. How are girls unique and write responses on board?</li> </ol> </li> <li>c. Discuss:                 <ol style="list-style-type: none"> <li>1. How does it make you feel to think about how special you are?</li> <li>2. What have you learned about yourself from this activity?</li> <li>3. As a special person, what can you do to take care of your health?</li> </ol> </li> </ol> </li> <li>3. Have students complete "I Care for Myself" student page.</li> </ol>	
<p>Concepts to Convey</p>	<ul style="list-style-type: none"> <li>• Everyone has different qualities and abilities that combine to make her or him a unique human being.</li> <li>• Unique abilities may include physical, social, artistic and emotional strengths.</li> <li>• Each person is unique, although people may share some special qualities.</li> <li>• People who feel good about themselves take care of their health.</li> <li>• We can learn from each other.</li> <li>• We can do group work where each person's special talents are used.</li> </ul>	