


## Family Life and Comprehensive Sexual Health Education (4-5) Lesson Plan

	Topic: I'm Unique – Part I	Date:
Objectives	<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>	
State Standards	<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>	
Content	How people change as they grow: physical, mental/emotional and social	
Time	Two 35-minute sessions	
Materials	Copies of the student page "I Care for Myself" (one for each student).	
Learning Activities	<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 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. Reflect, summarize and discuss.                         <ol style="list-style-type: none"> <li>a. Direct students' attention to the name sheets students completed (which you have posted around the room). Introduce the term <i>diversity</i>, explaining that it means that we are all different.</li> <li>b. Ask if it's good that there is diversity in the class. Why or why not?</li> </ol> </li> <li>4. Have students complete "I Care for Myself" student page.</li> </ol>	
Concepts to Convey	<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>	