

Family Life Materials and Resources K-5

Kindergarten Standards of Learning (SOL)	Materials/Resources
Kindergarten - SOL K.1: The student will experience success and positive feelings about self.	Book: I'm Like You, You're Like Me by Cindy Gainer Health textbook: <i>Your Health</i> Social studies textbook: <i>Our World: Our Community</i>
Kindergarten - SOL K.2: The student will experience respect from and for others.	Teachers will use teacher-created materials as well as available social studies and health resources. Health textbook: <i>Your Health</i> Social studies textbook: <i>Our World: Our Community</i>
Kindergarten - SOL K.3: The student will become aware of the effects of his or her behavior on others and the effects of others' behavior on himself or herself.	Book: Did You Hear? A Story About Gossip by Frank J. Sileo, PhD Social studies textbook: <i>Our World: Our Community</i> Teacher-created computer science resources.
Kindergarten - SOL K.4: The student will recognize that everyone is a member of a family and that families come in many forms.	Book: Who's in My Family? All About Our Families by Robie H. Harris Book: The Great Big Book of Families by Mary Hoffman
Kindergarten - SOL K.5: The student will identify members of his or her own family.	Book: Who's in My Family? All About Our Families by Robie H. Harris
Kindergarten - SOL K.6: The student will develop an awareness of positive ways in which family members show love, affection, respect, and appreciation for each other.	School counselors will utilize teacher-created materials to teach this standard.
Kindergarten - SOL K.7: The student will realize that physical affection can be an expression of friendship, of celebration, or of a loving family.	School counselors will utilize teacher-created materials to teach this standard.
Kindergarten - SOL K.8: The student will recognize the elements of good (positive or healthy) and bad (negative or unhealthy) touches by others.	Book: My Body Belongs to Me by Jill Starishevsky
Kindergarten - SOL K.9: The student will demonstrate how to say "no" to inappropriate approaches from family members, neighbors, strangers, and others.	Sunburst Media Video: It's Your Body: You're in Charge Video description: This video is designed

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	to help young children with the difference between “good” touches and “bad” touches. In a safe, age-appropriate way, the video offers how to prevent “bad” touches using specific language.
Kindergarten - SOL K.10: The student will identify "feeling good" and "feeling bad."	School counselors will utilize teacher-created materials to teach this standard.
Kindergarten - SOL K.11: The student will find help safely.	<p>Book: I Can Play It Safe by Alison Feigh Discovery Education Video Sound Clip: Police Pass By At Fast Speed With Siren Emergency Vehicle. Audio description: Sound effect of police siren.</p> <p>Health textbook: <i>Your Health</i></p>

1st Grade Standards of Learning (SOL)	Materials/Resources
1st Grade - SOL 1.1: The student will experience continuing success and positive feelings about self.	Book: I'm Gonna Like Me: Letting Off a Little Self-Esteem by Jamie Lee Curtis Social studies textbook: <i>Our World: Our State Virginia</i>
1st Grade - SOL 1.2: The student will experience continuing respect from others.	Social studies textbook: <i>Our World: Our State Virginia</i>
1st Grade - SOL 1.3: The student will become aware of the effects of his or her behavior on others and the effects of others' behavior on himself or herself.	Social studies textbook: <i>Our World: Our State Virginia</i>
1st Grade - SOL 1.4: The student will develop an understanding of the importance of a family and of different family patterns.	Book: The Family Book by Todd Parr
1st Grade - SOL 1.5: The student will identify family members and their responsibilities in contributing to the successful functioning of the family.	Teachers will utilize teacher-created materials to teach this standard.
1st Grade - SOL 1.6: The student will realize that human beings and other mammals have babies and that the babies can be breast fed.	Book: Dr. Seuss: Is a Camel a Mammal? by Tish Rabe Teachers will use teacher-created materials as well as available science resources.
1st Grade - SOL 1.7: The student will use correct terminology when talking about body parts and functions.	Teachers will use correct terminology when situations arise. No materials are used as this standard is not taught directly.
1st Grade - SOL 1.8: The student will express his or her feelings of happiness, sadness, and anger to the teacher.	Health textbook: <i>Your Health</i>
1st Grade - SOL 1.9: The student will become aware of appropriate behavior to use in dealing with his or her feelings.	School counselors will utilize teacher-created materials to teach this standard.
1st Grade - SOL 1.10: The student will experience the logical consequences of his or her behavior.	Social studies textbook: <i>Our World: Our State Virginia</i>
1st Grade - SOL 1.11: The student will realize that physical affection can be an expression of friendship, of celebration, or of	Teachers will utilize teacher-created materials to teach this standard.

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a loving family.	
<p>1st Grade - SOL 1.12: The student will demonstrate strategies for responses to inappropriate approaches from family members, neighbors, strangers, and others.</p>	<p>Sunburst Media Video: It's Your Body: You're in Charge</p> <p>Video description: This video is designed to help young children with the difference between "good" touches and "bad" touches. In a safe, age-appropriate way, the video offers how to prevent "bad" touches using specific language.</p> <p>Poster: The 3 Step Method</p> <p>ABCYA.com Online Video: CYBER-FIVE</p> <p>Video description: Cyber-Five is a short animation which introduces children to five helpful rules to be safer on the internet.</p>

2nd Grade Standards of Learning (SOL)	Materials/Resources
2nd Grade - SOL 2.1: The student will recognize that everyone has strengths and weaknesses and that all persons need to be accepted and appreciated as worthwhile.	Health textbook: <i>Your Health</i>
2nd Grade - SOL 2.2: The student will realize that adults other than parents also provide care and support for children.	School counselors will utilize teacher-created materials to teach this standard.
2nd Grade - SOL 2.3: The student will become aware that babies grow inside the mother's body in a special place called the uterus.	This standard will be taught in 3rd grade.
2nd Grade - SOL 2.4: The student will become aware of the need to take responsibility for the effects of his or her behavior on others.	Social studies textbook: <i>Our World: Our United States</i>
2nd Grade - SOL 2.5: The student will demonstrate appropriate ways of dealing with feelings.	School counselors will utilize teacher-created materials to teach this standard.
2nd Grade - SOL 2.6: The student will realize that physical affection can be an expression of friendship, of celebration, or of a loving family.	Book: Bobby and Mande's Good Touch/Bad Touch: Children's Safety Book by Robert Kahn
2nd Grade - SOL 2.7: The student will advance in readiness to say "no" and to tell a trusted adult, such as a parent, teacher, minister, grandparent, or guardian, in private about inappropriate approaches from family members, neighbors, strangers, and others.	<p>Book: I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private by Kimberly and Zach King</p> <p>ABCYA.com Online Video: CYBER-FIVE</p> <p>Video description: Cyber-Five is a short animation which introduces children to five helpful rules to be safer on the internet.</p>
2nd Grade - SOL 2.8: The student will be conscious of how commercials use our emotions to make us want products.	Health textbook: <i>Your Health</i>

3rd Grade Standards of Learning (SOL)	Materials/Resources
3rd Grade - SOL 3.1: The student will demonstrate a sense of belonging in group work and play.	Physical Education teachers will utilize teacher-created materials to teach this standard.
3rd Grade - SOL 3.2: The student will express what he or she likes about himself or herself to continue developing a positive self-image.	School counselors will utilize teacher-created materials to teach this standard.
3rd Grade - SOL 3.3: The student will become aware of the changes occurring in family life that affect daily living and produce strong feelings.	Book: The Tenth Good Thing about Barney by Judith Viorst Cafcass Online Activity Book: My family's changing
3rd Grade - SOL 3.4: The student will give examples of healthy coping strategies for dealing with the feelings produced by changes in the family.	School counselors will utilize teacher-created materials to teach this standard.
3rd Grade - SOL 3.5: The student will identify and use correct terms for external body parts associated with reproduction and elimination.	Book: Who Has What? By Robie Harris
3rd Grade - SOL 3.6: The student will recognize that while all human beings grow and develop in a given sequence, rates and patterns vary with individuals.	Teachers will use teacher-created materials.
3rd Grade - SOL 3.7: The student will become aware that both a male and a female are necessary to have a baby.	Book: What Makes a Baby by Cory Silverberg
3rd Grade - SOL 3.8: The student will comprehend that the baby grows inside the mother's body for nine months and then is born. 2nd Grade - SOL 2.3: The student will become aware that babies grow inside the mother's body in a special place called the uterus.	Book: What Makes a Baby by Cory Silverberg
3rd Grade - SOL 3.9: The student will describe the types of behavior that enable him or her to gain friends or to lose friends.	School counselors will utilize teacher-created materials to teach this standard.
3rd Grade - SOL 3.10: The student will practice safety rules in the home.	YouTube Online Video: Keeping Kids Safe on the Internet Video description: Keeping Kids Safe on the Internet is a film retelling the fable of "The Wolf in Sheep's Clothing." The

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	<p>animation teaches children that people online may not be who they seem. The project is intended to instill behaviors in children that will help prevent them from becoming victims of cyber predators.</p> <p>Superteacherworksheets.com Handout: Internet Safety Pledge</p>
<p>3rd Grade - SOL 3.11: The student will demonstrate to others how to respond appropriately to good touches and how to handle inappropriate approaches from relatives, neighbors, strangers, and others.</p>	<p>Book: I Said No! A Kid-to-kid Guide to Keeping Private Parts Private by Kimberly and Zach King</p>
<p>3rd Grade - SOL 3.12: The student will be conscious of how commercials use our emotions to make us want products.</p>	<p>YouTube Online Video: Bandwagon - Old Navy First Day of School</p> <p>Video description: Video of an Old Navy commercial with brand name clothes displayed by children going to school and a mother joining the bandwagon to obtain the same brand name clothes for her son.</p> <p>YouTube Online Video: Repetition - Subway</p> <p>Video description: Video of a Subway commercial with images and audio that repeats the phrase "five dollars" in an attempt to persuade the watcher to purchase Subway sandwiches.</p> <p>YouTube Online Video: Association - Gatorade</p> <p>Video description: Video of a Gatorade commercial with images and audio that encourages the viewer to purchase Gatorade products in order to make "be like Mike" creating an association with (Michael Jordan).</p>

4th Grade Standards of Learning (SOL)	Materials/Resources
<p>4th Grade - SOL 4.1: The student will be able to identify the human reproductive organs.</p>	<p>Discovery Education Video: The Reproductive System</p> <p>Video description: Profiles the male and female reproductive organs and reveals the main function of the reproductive system.</p> <p>Discovery Education Video: Hygiene: Avoiding Body Odor and Acne</p> <p>Video description: Proper hygiene during puberty is discussed. As adolescents go through puberty, acne may appear and a stronger body odor develops. Washing regularly and using deodorant or antiperspirant can help maintain healthy hygiene.</p>
<p>4th Grade - SOL 4.2: The student will identify physical changes that begin to occur during puberty. The following portion of this standard will be taught in fifth grade: The importance of postponing sexual activity is discussed as is the importance of delaying childbearing.</p>	<p>Discovery Education Video: The Reproductive System</p> <p>Video description: Profiles the male and female reproductive organs and reveals the main function of the reproductive system.</p> <p>Discovery Education Video: Hygiene: Avoiding Body Odor and Acne</p> <p>Video description: Proper hygiene during puberty is discussed. As adolescents go through puberty, acne may appear and a stronger body odor develops. Washing regularly and using deodorant or antiperspirant can help maintain healthy hygiene.</p>
<p>4th Grade - SOL 4.3: The student will develop an awareness of human fertilization and prenatal development. The process of fertilization will not be taught until sixth grade.</p>	<p>Discovery Education Video: From Fertilization to Birth</p> <p>Video description: Outlines each stage of a pregnancy from fertilization to birth.</p>
<p>4th Grade - SOL 4.4: The student will identify basic human emotions and effective ways of dealing with them.</p>	<p>Teacher-created materials will be used to teach this standard. Pre-made lesson from Scholastic.com</p>

4th Grade Standards of Learning (SOL)	Materials/Resources
4th Grade - SOL 4.5: The student will develop awareness and acceptance of his or her strengths and weaknesses.	School counselors will utilize teacher-created materials to teach this standard.
4th Grade - SOL 4.6: The student will become aware of the need to assume responsibility within the family and to function effectively as a family member.	Teachers will utilize teacher-created materials to teach this standard.
4th Grade - SOL 4.7: The student will describe the factors surrounding child abuse and child neglect.	<p>Cerebellum Corporation DVD: If It Happens to You: Dealing with Abuse</p> <p>DVD description: The DVD is comprised of three vignettes about three different young people who deal with different forms of child abuse: physical abuse, verbal abuse, and sexual abuse.</p>
4th Grade - SOL 4.8: The student will identify factors contributing to the use of drugs.	Health textbook: <i>Your Body</i>
4th Grade - SOL 4.9: The student will recognize the dangers of substance use and abuse.	Health textbook: <i>Your Body</i>

5th Grade Standards of Learning (SOL)	Materials/Resources
<p>5th Grade - SOL 5.1: The student will define the structure and function of the endocrine system.</p>	<p>Discovery Education Video: Puberty: A Boy's Journey Video description: Follows Matthew, a preteen boy with questions about puberty. Through his brother's guidance, Matthew learns about the physical, mental, and emotional changes of puberty.</p> <p>Discovery Education Video: Puberty: A Girl's Journey Video description: Follows Ella, a preteen with questions about puberty. Through her sister's guidance, Ella learns about the physical, mental, and emotional changes of puberty.</p>
<p>5th Grade - SOL 5.2: The student will identify the human reproductive organs in relation to the total anatomy.</p>	<p>Discovery Education Video: Puberty: A Boy's Journey Video description: Follows Matthew, a preteen boy with questions about puberty. Through his brother's guidance, Matthew learns about the physical, mental, and emotional changes of puberty.</p> <p>Discovery Education Video: Puberty: A Girl's Journey Video description: Follows Ella, a preteen with questions about puberty. Through her sister's guidance, Ella learns about the physical, mental, and emotional changes of puberty.</p>
<p>5th Grade - SOL 5.3: The student will explain how human beings reproduce.</p>	<p>Discovery Education Video: The Reproductive System Video description: The reproductive system is defined along with a description of how the reproductive organs in both males and females work.</p>
<p>5th Grade - SOL 5.4: The student will recognize the relationship between the physical changes that occur during puberty and the developing capacity for reproduction.</p>	<p>Discovery Education Video: Puberty: A Boy's Journey Video description: Follows Matthew, a preteen boy with questions about puberty. Through his brother's guidance, Matthew learns about the physical, mental, and emotional changes of puberty.</p>

5th Grade Standards of Learning (SOL)	Materials/Resources
	<p>Discovery Education Video: Puberty: A Girl's Journey Video description: Follows Ella, a preteen with questions about puberty. Through her sister's guidance, Ella learns about the physical, mental, and emotional changes of puberty.</p>
<p>5th Grade - SOL 5.5: The student will realize the importance of nutrition for himself or herself and for pregnant women who need to eat nutritious foods and avoid dangerous substances while the baby is growing inside the uterus.</p>	<p>Discovery Education Video: The Reproductive System Video description: Profiles the male and female reproductive organs and reveals the main function of the reproductive system. The process of fertilization to birth is explained. Health textbook: <i>Your Health</i></p>
<p>5th Grade - SOL 5.6: The student will identify reasons for avoiding sexual activity prior to marriage.</p>	<p>Discovery Education Video: The Reproductive System Video description: Profiles the male and female reproductive organs and reveals the main function of the reproductive system. The process of fertilization to birth is explained. Health textbook: <i>Your Health</i></p>
<p>5th Grade - SOL 5.7: The student will describe the effects of personal hygiene on one's self concept.</p>	<p>Discovery Education Video: Puberty: A Boy's Journey Video description: Follows Matthew, a preteen boy with questions about puberty. Through his brother's guidance, Matthew learns about the physical, mental, and emotional changes of puberty. Discovery Education Video: Puberty: A Girl's Journey Video description: Follows Ella, a preteen with questions about puberty. Through her sister's guidance, Ella learns about the physical, mental, and emotional changes of puberty.</p>
<p>5th Grade - SOL 5.8: The student will recognize the importance of contributing to a constructive group activity.</p>	<p>Book: Stone Soup by Jon Muth</p>
<p>5th Grade - SOL 5.9: The student will develop an increased understanding of the roles, duties, and responsibilities of family members.</p>	<p>Book: The Herd Boy by Niki Daly</p>

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<p>5th Grade - SOL 5.10: The student will examine the messages from mass media related to sexuality.</p>	<p>Discovery Education Video: Media Stereotypes and Magazines Video description: Reality programming and magazines often present situations that are not real, accurate, or honest, and may cause risk-taking behaviors in their viewers. This clip explains that, despite these pressures, you don't have to conform to media stereotypes. Some examples are the use of steroids to gain muscle mass and the use of technology to alter and perfect models' photographs.</p> <p>Discovery Education Video: Dove Real Beauty: Evolution: Teen Video description: The video shows a teenage girl's appearance changing with make-up, hair styling, and photo-shop. It is showing how media affects the way beauty is perceived.</p> <p>YouTube Online Video: Sexual Abuse - It's Not Your Fault Video description: Students learn what to do if they feel uncomfortable when someone else is touching them as well as someone taking pictures using an electronic device and sharing them without one's permission.</p>
<p>5th Grade - SOL 5.11: The student will develop skills in saying "no" to any social behavior or activity that he or she perceives as wrong for him or herself.</p>	<p>School counselors will utilize teacher-created materials to teach this standard.</p>
<p>5th Grade - SOL 5.12: The student will recognize threatening or uncomfortable situations and how to react to them.</p>	<p>Discovery Education Video: You Can Keep Yourself Safe: Touching Safety and Stranger Safety Video description: Teaches what to do about an unsafe touch, and provides example stories that inform viewers how to act in uncomfortable and unsafe situations. The program defines an unsafe touch as an unwanted touch, and helps provide a foundation for responding to unwanted scenarios.</p>
<p>5th Grade - SOL 5.13: The student will explain the effects of substance use and abuse on the body.</p>	<p>Health textbook: <i>Your Body</i> Resource: <i>KidsHealth.org</i></p>