*In a nutshell, this is basically what we cover.  Some lessons do overlap just a little.*

1.  Gender:  We just talk about things like how it is okay for girls to like football and boys to like dolls—in other words, we talk about stereotypes.  The private parts of the body are briefly mentioned. The lesson content is similar at all grade levels, but changes slightly for developmental appropriateness.

2.  Consent: We talk about how our bodies belong to us, and it is okay to say no respectfully to unwanted things, such as a hug we don't feel like.  The lesson content is similar at all grade levels, but changes slightly for developmental appropriateness. T

3.  Reproductive body parts:  We talk about how some parts of our bodies are private, and it is okay to say "no" to unsafe touches about those parts (rule: "it is not okay for someone to touch a private part of your body--the part covered by a bathing suit--unless it is to keep you clean or healthy.") We do briefly name the private body parts.

We don't talk about reproduction at all, or the function of the private parts.  We just name them, as there is research to show that using the biological names, rather than "silly" type names, helps normalize them for children and allows them to better verbalize should anything unsafe happen.

4.  Bodily Fluids:  For Grades K-2, this is really just a review of the COVID rules--how germs spread, washing our hands is important, covering our coughs, etc.  Grades 3-5 adds some basic information about HIV, along with other ways disease can be transmitted, such as sharp objects one might find.

5.  Support systems: We talk about how there are safe people that we can trust and talk with should we feel unsafe in any way.