

Grade 5 KNOW Standards Alignment

The entire KNOW Curriculum meets the following recommendations from the Washington State Guidelines for Sexual Health Information and Disease Prevention:

- Is age and culturally appropriate
- Uses information that is medically and scientifically appropriate
- Enlightens people to develop and apply health-promoting behaviors, including disease prevention and detection and accessing accurate health information that is age appropriate
- Stresses that abstinence from sexual activity is the only certain way to avoid pregnancy and to reduce the risk of STDs, including HIV
- Recognizes and respects people with differing personal and family values
- Teaches youth that learning about their sexuality will be a lifelong process as their needs and circumstances change

The following demonstrates how the KNOW Curriculum aligns with state and national standards and guidelines.

Grade 5 Lesson 5-1, HIV Overview: Immune System

Washington State Health and Fitness Standards Understands the structure and function of body systems (2.2.1)

Understands how to maintain sexual health throughout life (2.2.2)

Understands how to prevent or reduce the risk of contracting a communicable disease (2.3.1)

National Sexuality Education Standards Define HIV and identify age appropriate methods of transmission, as well as ways to prevent transmission (SH.5.CC.1)

Washington State Guidelines for Sexual Health Information and Disease Prevention. In addition to the points listed above, this lesson also:

- Provides accurate information about STDs including how STDs are and are not transmitted and the effectiveness of all FDA approved methods of reducing the risk of contracting STDs
- Encourages community support and reinforcement of key messages by other adults and information sources