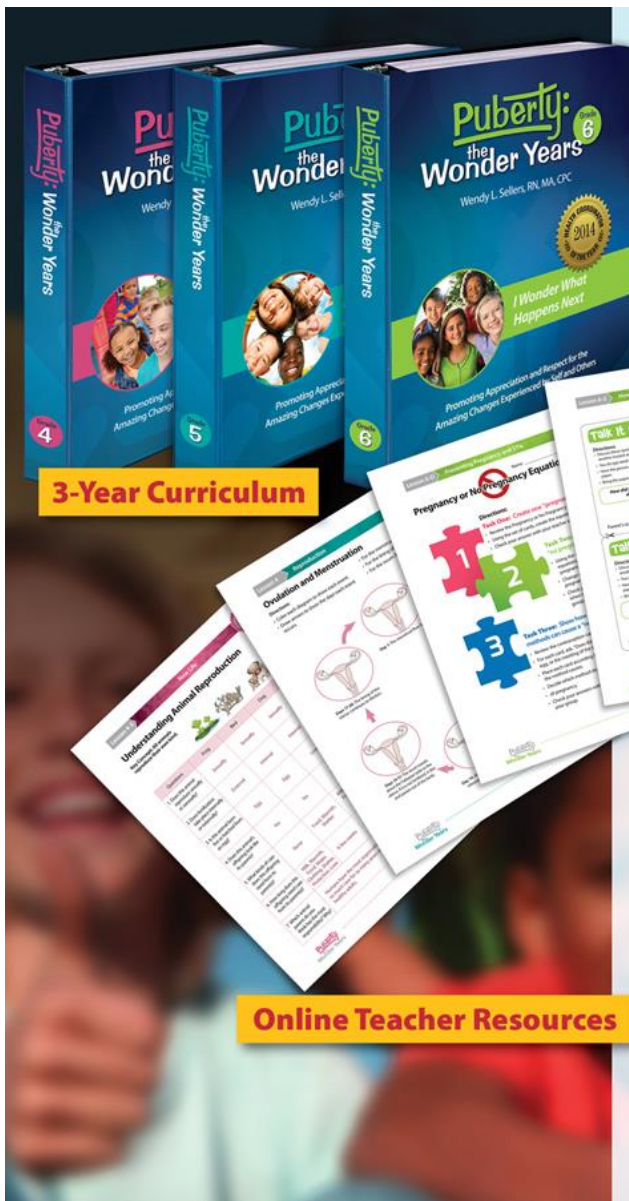


# Puberty: the Wonder Years

PubertyCurriculum.com



**3-Year Curriculum**

**Online Teacher Resources**

**Teacher-friendly** and youth-engaging curriculum for 3 consecutive years for 4th, 5th, and 6th grade students.

**Over 100 full-color, animated PowerPoint® slides** to use with the lessons.

**Over 100 pages of Online Teacher Resources, including:**

- Student Activity Sheets
- Answer Keys
- Assessment Rubrics
- Teacher Background Information
- Teacher Masters
- Family Engagement Fliers

**100+ PowerPoint® Slides**

**Guidelines for Discussion**

- ✓ Treat the subject seriously.
- ✓ Use humor appropriately.
- ✓ Use the correct terms for body parts and functions.
- ✓ Respect other people and their ideas.
- ✓ Avoid gossiping.
- ✓ Avoid personal questions and stories.
- ✓ Ask questions; questions are good.

**Puberty Pointers for Boys and Girls**

- ✓ Reduce body and foot odor.
- ✓ Care for skin.
- ✓ Keep hair healthy.
- ✓ Form healthy relationships.
- ✓ Anticipate crushes.
- ✓ Understand your curiosity.
- ✓ Decide to wait.

BOYS	GIRLS
✓ Expect nocturnal emissions.	✓ Prepare for menstruation.
✓ Know whether you are circumcised or uncircumcised.	✓ Know how to handle changes.
✓ Avoid jock itch.	✓ Recognize normal vaginal secretions.
✓ Wear an athletic supporter.	✓ Avoid vaginal infections.

**REFUSAL Strategy Toolbox**

- ✓ Say a direct "no."
- ✓ Repeat the refusal over and over.
- ✓ Suggest another activity.
- ✓ Say why not by giving an opinion or a reason.
- ✓ Walk away.

**Prescription for a Healthy Lifestyle for Pregnant Women**

- ✓ Eat nutritious meals.
- ✓ Take prenatal vitamins.
- ✓ Get plenty of rest.
- ✓ Exercise four times a week.
- ✓ Visit a doctor or clinic regularly, beginning at the very start of pregnancy.
- ✓ Avoid infections.
- ✓ Avoid using alcohol, tobacco, illegal drugs, and certain medicines.
- ✓ Avoid being in areas where people are smoking.
- ✓ Avoid breathing chemical fumes and polluted air, and drinking polluted water.

**Milestones of Fetal Growth and Development**

The mother can feel the baby move during the fourth or fifth month.



## Grade 4: I Wonder How Things Work (six lessons):

- Sets a safe classroom climate
- Focuses on family communication, roles, and importance of family for new life
- Introduces changes in puberty and new hygiene needs

## Grade 5: I Wonder What Is Happening to Me (seven lessons):

- Sets a safe classroom climate and encourages family communication
- Expands knowledge of changes in puberty, including social-emotional changes
- Develops media literacy and importance of accessing accurate information

## Grade 6: I Wonder What Happens Next (seven lessons):

- Sets a safe classroom climate and encourages family communication
- Introduces fetal development and reviews changes in puberty
- Explores relationships: healthy and unhealthy, friendships and romances
- Teaches risk avoidance, refusal skills, and decision-making skills
- Promotes peer advocacy to delay sex and child-rearing

## Companion Materials:

- Optional Lessons for Grade 6: heredity, genetics, refusal skills, and condom use (four additional lessons available)
- Student Assessment Surveys: pre- and post-tests
- Student Workbooks: optional, pre-printed materials for students and families
- Trainer's Toolkit: materials to support professional development facilitators in delivering a one-day training workshop

## More Resources and Information

Puberty: The Wonder Years can be found at [www.PubertyCurriculum.com](http://www.PubertyCurriculum.com).

