### Lesson 1: A Climate for Growth

**Objectives**

- Test what they already know about puberty.
- Propose guidelines for discussions during the puberty lessons.
- Plan ways to initiate communication with their parents regarding growing up.

### Lesson 2: Families and Roles

**Objectives**

- Relate positive qualities they admire in their families.
- Improve communication skills with their families.
- Examine gender, roles, expectations, stereotypes, and ways they can affect people.

### Lesson 3: New Life

**Objectives**

- Examine a variety of ways animals reproduce themselves.
- Explain that fertilization must occur for a new life to begin.
- Compare and contrast animal families and human families.
- Explain the reasons to wait until adulthood before having a baby and making a life-long commitment to being a parent.

### Lesson 4: Growing Up Male

**Objectives**

- Identify additional changes that occur in males during puberty.
- Define the structures and functions of the male reproductive system.
- Practice their communication skills by talking with their parents or other trusted adult about puberty.

### Lesson 5: Growing Up Female

**Objectives**

- Identify additional changes that occur in females during puberty.
- Define the structures and functions of the female reproductive system.
- Practice their communication skills by talking with their parents or other trusted adult about puberty.

### Lesson 6: Changes in the Skin

**Objectives**

- Summarize challenges in caring for their skin, hair, and nails during puberty.
- Propose ways to care for their skin, hair, and nails as they mature.

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