

## “I Wonder How Things Work” OUTLINE

### LESSON 1: A Climate for Growth

| Objectives   |
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| Students will:   |
| • 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   |
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| Students will:   |
| • 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  |
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| Students will:  |
| • 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  |
|---|
| Students will:  |
| • 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  |
|---|
| Students will:  |
| • 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   |
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| Students will:   |
| • 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.           |