What is Puberty: The Wonder Years?
- Puberty education for grades 4, 5 and 6
- Teacher resources
- Family engagement tools (English & Spanish)

What’s in It ... for Your School
✓ Deliver developmentally-appropriate sex education
  PWY delivers the first steps in sequential, comprehensive, researched-based sex education.

What’s in It ... for Your School
✓ Engage Families
  PWY includes many family engagement strategies in English and Spanish.

What’s in It ... for Your School
✓ Fill a gap
  PWY fills the gap in sex education for upper elementary.

What’s in It ... for Your School
✓ Create consistency
  PWY provides guidance for the implementation of sex education with consistency across the school district.
What's in It ... for Your School

✓ Align with national standards
  PWY aligns with National Sexuality Education Standards and Health Education Standards.

✓ Support Common Core Standards
  PWY supports the Common Core Standards for English Language Arts.

Puberty: The Wonder Years

➢ First published in 2002 (revised 2006 and 2010)
➢ Revised in 2015 based on recommendations
➢ Evaluation results show positive outcomes
➢ Purchased by 100’s of schools, implemented by 1,000’s of teachers across 28 states in US
➢ International use: Iran, South Africa, Indonesia

Puberty: The Wonder Years includes...

• Curriculum Guides: Lessons for Grades 4, 5, and 6
• Online Teacher Resources: PowerPoint slides, student activity sheets, teacher keys, teacher reference information, family resources (secure login credentials provided 1:1 with purchase of each guide)

Lesson Plans:

• "I Wonder How Things Work" for Grade 4: 8x lessons
• "I Wonder What Is Happening to Me" for Grade 5: Seven lessons
• "I Wonder What Happens Next" for Grade 6: Seven lessons, plus four optional lessons

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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.

"I Wonder How Things Work" for Grade 4:

- Safe classroom climate, parent communication, cells
- Families and roles, communicating appreciation
- Animal and human families, responsibilities of parenthood
- Growing up with a male body
- Growing up with a female body
- Caring for skin, hair and nails during puberty

Online Teacher Resources:

- Student Activity Sheets
- Answer Keys
- PowerPoint Slides
- Family Engagement Resources
- Teacher Reference Information

Family Engagement in PWY:

- Introductory letter and curriculum outline
- Optional preview event
- Family Partnership Flyers (English & Spanish)
- Homework assignments that prompt discussions (English & Spanish)

What Makes My Family Special?

3. Write one thing you like about the person.

<table>
<thead>
<tr>
<th>Family Member</th>
<th>What They Do for My Family</th>
<th>What I Like About This Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mother</td>
<td>Mother washes my clothes</td>
<td>I like the way Mother helps everybody.</td>
</tr>
<tr>
<td>Uncle</td>
<td>Uncle plays ball with me</td>
<td>I like the way Uncle tells funny stories.</td>
</tr>
<tr>
<td>Pet</td>
<td>My pet sits on my lap</td>
<td>I like the way my pet keeps me warm.</td>
</tr>
</tbody>
</table>
"I Wonder What Is Happening to Me" for Grade 5:
- Safe classroom climate, parent communication, growing up
- Changes in puberty for youth with male bodies
- Changes in puberty for youth with female bodies
- Reproductive system changes
- Personal hygiene and health habits, postponing sex
- Social and emotional changes, showing respect
- Media literacy

"I Wonder What Happens Next" for Grade 6:
- Safe classroom climate, parent communication, puberty review
- Fetal development
- Review of female and male reproductive systems, communication about sexual behavior
- Emotions and relationships
- Demonstrating respect, dealing with disrespect
- Making responsible decisions, delaying sex
- Peer refusal skills, avoiding sexual risk situations

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.

Companion Materials:
- Optional Lessons for Grade 6:
  6-A: Building Blocks of Life
  6-B: Genetics, Twins
  6-C: Skills: Trouble, Refusal
  6-D: Risk Reduction, Accurate Information

Companion Materials:
- Student Assessment Surveys:
  Pre- and post-surveys for grades 4, 5, and 6
- Student Workbooks
- Videos
- Trainer's Toolkit
Future Plans:
- Special Education Version
- Online Educator Training
- Curriculum and training adapted for educators in other countries

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- Certified Prevention Consultant
- Published author and editor
- Sex educator
- National trainer
- National Health Coordinator of the Year

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