A teacher-friendly and youth-engaging curriculum series for 4th through 6th graders, including: Lessons, teacher and family resources, workbooks, supplemental videos, assessments and more.

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WHY TEACH ABOUT PUBERTY?

Girls begin puberty as young as eight or nine years of age, and boys begin puberty between ages 10 and 14. When we teach children about puberty, we:

• Prevent them from being frightened by unexplained changes in their bodies and emotions.
• Promote positive attitudes toward relationships and sexuality.
• Equip young people to postpone sexual intercourse.

Introducing Puberty: The Wonder Years™
Our teacher-friendly and youth-engaging curriculum is organized into three grade levels with lessons that are designed to be taught for three consecutive years, but may also be taught individually. Teachers are provided with a variety of resources to implement the lessons, including:

• Teacher Background Information
• Teacher Masters
• PowerPoint Slides
• Answer Keys
• Assessment Rubrics
• Student Activity Sheets
• Family Engagement Resources (English and Spanish)

Optional Companion Materials
• Student Assessment Surveys: pre- and post-tests
• Student Workbooks: pre-printed materials for students and families
• Videos: for use with the lessons
• Trainer’s Toolkit: materials to support professional development facilitators in delivering a one-day training workshop

GRADE 4 "I Wonder How Things Work"
This 6-Lesson Series begins by reminding students how much they have grown and changed since they were born, and how much more growing and changing lies ahead.

• 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"
This 7-Lesson Series focuses on promoting respect for peers as they experience puberty, impressing young people with the awe and responsibility of becoming physically capable of reproduction, and the importance of postponing intercourse.

• 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"
This 7-Lesson Series focuses on motivating young people to make behavioral choices that will keep themselves healthy now and for future reproductive health.

• Introduces fetal development and reviews changes in puberty
• Explores relationships: healthy and unhealthy, friendships and romances
• Teaches risk avoidance, refusal skills, decision-making, and peer advocacy skills

*Four additional lessons are available for Grade 6 including: Heredity, Genetics, Refusal Skills, and Pregnancy & STD Prevention.