



## Lessons & Student Learning Objectives

### LESSON 1: A Climate for Growth

Objectives
Students will be able to:
<ul style="list-style-type: none"><li>• Participate in classroom discussions and related activities in a way that is respectful of themselves, their peers, teachers as demonstrated by active participation in community guideline creation and use of guidelines in discussions.</li></ul>
<ul style="list-style-type: none"><li>• Demonstrate preparation to have a conversation with a parent or other trusted adult about puberty by describing three strategies to prepare for the conversation.</li></ul>
<ul style="list-style-type: none"><li>• Demonstrate preparation to have a conversation with a parent or other trusted adult about puberty by identifying two adults they could engage in conversation.</li></ul>

### LESSON 2: Families and Roles

Objectives
Students will be able to:
<ul style="list-style-type: none"><li>• Demonstrate ways to promote dignity and respect for all types of families by listing at least four characteristics that can make family members unique.</li></ul>
<ul style="list-style-type: none"><li>• Demonstrate appreciation for family members and other trusted adults by listing at least four positive traits for each family member and communicating gratitude to two of these people.</li></ul>

### LESSON 4-3: Respecting Our Friends: Gender

Objectives
Students will be able to:
<ul style="list-style-type: none"><li>• Define at least three of five terms used to describe gender identity and gender expression during a matching game.</li></ul>
<ul style="list-style-type: none"><li>• Demonstrate the respectful use of at least two gender-related terms while discussing student scenarios that illustrate gender diversity with peers and include respectful body language, words, and tone of voice.</li></ul>

### LESSON 4: Puberty in Male-Bodied People

Objectives
Students will be able to:
<ul style="list-style-type: none"><li>• Describe at least five changes that typically occur in male-bodied people during puberty after viewing a video about puberty.</li></ul>
<ul style="list-style-type: none"><li>• Match at least four out of six terms for the anatomy of the male reproductive system by labeling a diagram.</li></ul>
<ul style="list-style-type: none"><li>• Display their communication skills by talking with a parent or other trusted adult about puberty using the second family activity sheet as evidenced by the adult's signature on the activity sheet.</li></ul>

## LESSON 5: Puberty in Female-Bodied People

Objectives
Students will be able to:
<ul style="list-style-type: none"><li>• Describe at least five changes that typically occur in female-bodied people during puberty after viewing a video about puberty.</li></ul>
<ul style="list-style-type: none"><li>• Match at least five out of seven terms for the anatomy of the female reproductive system by labeling a diagram.</li></ul>
<ul style="list-style-type: none"><li>• Display their communication skills by talking with a parent or other trusted adult about puberty using the second family activity sheet as evidenced by the adult's signature on the activity sheet.</li></ul>

## LESSON 6: Caring for the Changes

Objectives
Students will be able to:
<ul style="list-style-type: none"><li>• Explain ways to care for their bodies as they go through puberty by correctly identifying at least three challenges and solutions for personal hygiene.</li></ul>
<ul style="list-style-type: none"><li>• Make a plan for maintaining personal hygiene during puberty that includes at least four ways to care for their bodies.</li></ul>

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