



Lessons & Student Learning Objectives

LESSON 1: Ready, Set, Grow!

Objectives
Students will be able to:
<ul style="list-style-type: none">• 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.
<ul style="list-style-type: none">• Demonstrate preparation to have a conversation with a parent or other trusted adult about puberty by describing three strategies to prepare for the conversation.
<ul style="list-style-type: none">• Demonstrate preparation to have a conversation with a parent or other trusted adult about puberty by identifying two adults they could engage in conversation.

LESSON 2: Puberty and the Male Reproductive System

Objectives
Students will be able to:
<ul style="list-style-type: none">• 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.
<ul style="list-style-type: none">• Describe five changes that typically occur in people assigned male at birth during puberty after viewing a video about puberty.
<ul style="list-style-type: none">• Identify terms for the anatomy of the male reproductive system by labeling a diagram, matching at least four out of six terms.

LESSON 3: Puberty and the Female Reproductive System

Objectives
Students will be able to:
<ul style="list-style-type: none">• 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.
<ul style="list-style-type: none">• Describe five changes that typically occur in people assigned female at birth during puberty after viewing a video about puberty.
<ul style="list-style-type: none">• Identify terms for the anatomy of the female reproductive system by labeling a diagram, matching at least five out of seven terms.

LESSON 4: Reproduction

Objectives
Students will be able to:
<ul style="list-style-type: none">• Describe two key changes in puberty that indicate an individual is physically capable of becoming pregnant or getting someone pregnant.
<ul style="list-style-type: none">• Explain the roles of eggs, sperm, and sexual intercourse in reproduction.
<ul style="list-style-type: none">• List ways pregnancy can occur by giving three examples.

LESSON 5: Personal Hygiene and Healthy Habits

Objectives
Students will be able to:
<ul style="list-style-type: none">• Distinguish between accurate and inaccurate sources of information about puberty by listing five or more accurate sources.
<ul style="list-style-type: none">• Develop a personal puberty plan to show their intent to implement personal hygiene and healthy habits.
<ul style="list-style-type: none">• Identify benefits of delaying close sexual contact, including prevention of STIs and pregnancy by naming three benefits of waiting.

LESSON 6: Social and Emotional Changes

Objectives
Students will be able to:
<ul style="list-style-type: none">• Identify six social and emotional changes and the role of hormones during puberty.
<ul style="list-style-type: none">• Demonstrate respectful communication and boundaries when responding to biographies about peers who are going through puberty.

LESSON 7: Consent

Objectives
Students will be able to:
<ul style="list-style-type: none">• Explain consent, personal boundaries, and bodily autonomy by identifying their presence in scenarios and creating two cartoons to illustrate consent.
<ul style="list-style-type: none">• Identify situations where consent is violated and strategies for responding to uncomfortable or dangerous situations, including sexual harassment, by analyzing scenarios and naming three actions to take.