

JOIN YOUR COLLEAGUES ACROSS THE COUNTRY WHO ARE
CHANGING THE WAY STUDENTS IN GRADES 4, 5 AND 6 LEARN
ABOUT THEIR CHANGING BODIES AND RELATIONSHIPS.

LESS SHAME. MORE WONDER.

TESTIMONIALS

"My students had lots of questions! They thanked me for being willing to teach them about what is happening to them."

Mike B., Lansing School District

"*Puberty: The Wonder Years* doesn't just stick to puberty. The curriculum also includes lessons on topics that I think are necessary, such as bullying and social-emotional components. There's also a lot of scripting for really good conversation and prompts for the teachers."

*Tim Kordic, Project Advisor for Sexual Health & HIV Prevention,
Los Angeles Unified School District*

844.782.3789 | PubertyCurriculum.com



Puberty:
the
Wonder Years

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A teacher-friendly and youth-engaging digital curriculum for 4th through 6th graders, including: Lessons, teacher and family resources, interactive strategies, assessments, and more.

PubertyCurriculum.com

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WHY TEACH ABOUT PUBERTY?



Less Shame. More Wonder.

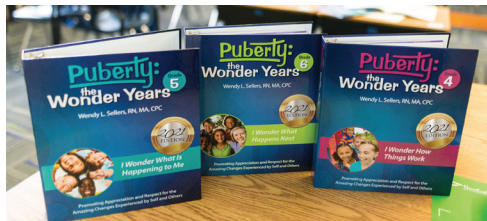
Girls begin puberty as young as eight or nine years of age, and boys begin puberty between ages 10 and 14. When we teach children about puberty, we:

- **Prevent** them from being frightened by unexplained changes in their bodies and emotions.
- **Promote** positive attitudes toward relationships and sexuality.
- **Protect** them from victimization and exploitation.
- **Equip** them to postpone sexual intercourse.

Introducing *Puberty: The Wonder Years™* 2021 Edition

Your 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. You are provided with a variety of resources to implement the lessons, including:

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



Optional Companion Materials

- **Add-on Lessons:** to address current topics
- **Online Training Course:** for educators
- **“Preparing Parents for Puberty”:** an online parent course

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 the importance of family and community support
- Introduces changes during 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
- Teaches consent and respect for boundaries

GRADE 6 “I Wonder What Happens Next”

This **10-Lesson Series** focuses on motivating young people to make behavioral choices that will keep themselves healthy now and for future sexual health.

- Reviews physical, social, emotional, and cognitive changes in puberty
- Explores relationships: healthy versus unhealthy friendships and romances
- Teaches consent, respect, decision-making, and advocacy skills
- Practices identifying accurate sources of information