

Add-On Lessons

Student Learning Objectives

Want to extend the learning? These easy-to-use Add-On Lessons provide everything you need to teach, including scripted lesson plans with engaging student activities; full-color, animated slides; student worksheets; and answer keys. These lessons are only to be used as supplements to Puberty: The Wonder Years, not as stand-alone lessons. They extend the learning in the core lessons by teaching about the following topics:

- **Lesson A:** Building Blocks of Life
- **Lesson B:** Dominant or Recessive? Identical or Fraternal?
- **Lesson C:** Fetal Development
- **Lesson D:** New Life
- **Lesson E:** Understanding Ourselves and Others
- **Lesson F:** Safe and Nurturing Touches Only
- **Lesson G:** Preventing Pregnancy and STIs
- **Lesson H:** HIV and STIs

LESSON A: Building Blocks of Life

Objectives
Students will be able to:
• Describe prenatal development from a single cell to a complex organism.
• Review the anatomy of human body cells and the roles of chromosomes, DNA, and genes as the basic units of heredity.
• Compare and contrast human body cells with reproductive cells.
• Explain how sex is determined by the X and Y chromosomes received from the egg and sperm cells.
• Assess themselves for the presence of inherited traits.

LESSON B: Dominant or Recessive? Identical or Fraternal?

Objectives
Students will be able to:
<ul style="list-style-type: none">• Explain the difference between dominant and recessive traits.
<ul style="list-style-type: none">• Draw diagrams that illustrate possible combinations of dominant and recessive traits in offspring.
<ul style="list-style-type: none">• Compare and contrast identical twins and fraternal twins.
<ul style="list-style-type: none">• Distinguish between the roles of heredity, environment, and lifestyle on their health by making a personal commitment to a healthy lifestyle choice.

LESSON C: Fetal Development

Objectives
Students will be able to:
<ul style="list-style-type: none">• Explain how heredity and environment impact fetal development.
<ul style="list-style-type: none">• Describe the developmental milestones of a developing fetus.
<ul style="list-style-type: none">• List factors that increase the likelihood of being able to bear healthy children in the future.
<ul style="list-style-type: none">• Recommend lifestyle choices that will favorably affect a developing fetus.

LESSON D: New Life

Objectives
Students will be able to:
<ul style="list-style-type: none">• Compare and contrast reproduction in four types of animals by comparing how they are born, their gestation period, and resemblance to parents through large group reports and collaborative completion of a guided worksheet
<ul style="list-style-type: none">• Describe three resources human parents and caregivers need in order to provide the care needed by human offspring.

LESSON E: Understanding Ourselves and Others: Gender and Sexual Orientation

Objectives
Students will be able to:
<ul style="list-style-type: none">• Define and differentiate between gender identity and sexual orientation.
<ul style="list-style-type: none">• Identify credible sources of information, including trusted adults, whom students can ask questions about sexual orientation.

LESSON F: Safe and Nurturing Touches Only

Objectives
Students will be able to:
<ul style="list-style-type: none">• Describe the ways personal boundaries, bodily autonomy, and consent relate to touch after watching a video.
<ul style="list-style-type: none">• Define sexual abuse and factors that can affect a person's ability to give or perceive consent to sexual activity.
<ul style="list-style-type: none">• Identify strategies a person could use to get help or leave a situation involving unwelcome touch, including continuing to tell trusted adults.
<ul style="list-style-type: none">• Explain why a person who has been the target of unwelcome touch, including sexual abuse, is never to blame for the actions of the perpetrator.

LESSON G: Preventing Pregnancy and STIs

Objectives
Students will be able to:
<ul style="list-style-type: none">• Compare and contrast behaviors, including abstinence, to determine the potential risk of pregnancy and/or STI transmission.
<ul style="list-style-type: none">• List at least four methods of contraception that are safe and effective.
<ul style="list-style-type: none">• Explain ways to eliminate or reduce the risk of unintended pregnancy and sexually transmitted infections.

LESSON H: HIV and STIs

Objectives
Students will be able to:
<ul style="list-style-type: none">• Describe sexually transmitted infections (STIs), including HIV, and how they are and are not transmitted.
<ul style="list-style-type: none">• Describe the signs and symptoms, or lack thereof, of STIs.
<ul style="list-style-type: none">• Discuss current biomedical approaches to prevent and treat STIs and HIV and why HIV can now be considered a chronic condition.