

Scope and Sequence for *Puberty: The Wonder Years* 2021 edition¹

Overarching Goals

Promoting appreciation and respect for the amazing changes experienced by self and others
Equipping young people to postpone sexual intercourse

Topics ²	Grade 4	Grade 5	Grade 6	Add-On Lessons
Anatomy & Physiology	<ul style="list-style-type: none"> • Introduction to the reproductive system anatomy and physiology 	<ul style="list-style-type: none"> • Reproductive system anatomy and physiology • Patterns, not rules • Signs of reproductive capacity, fertilization 	<ul style="list-style-type: none"> • Reproductive anatomy review • Role of hormones • Variations in development 	<ul style="list-style-type: none"> • A: Genes, Heredity • B: Inherited traits, twins • C: Fetal genital development
Puberty & Adolescent Sexual Development	<ul style="list-style-type: none"> • Physical, emotional, and social changes during puberty 	<ul style="list-style-type: none"> • Physical, emotional, and social changes during puberty • Human reproduction, pregnancy 	<ul style="list-style-type: none"> • Physical, emotional, social, and cognitive changes during puberty • Social-emotional competencies • Accurate sources of information about puberty 	<ul style="list-style-type: none"> • D: Animal and human reproduction
Consent & Healthy Relationships	<ul style="list-style-type: none"> • Conversations with parents and other trusted adults • Respect and appreciation for variety of families and trusted adults • Respectful communication with peers 	<ul style="list-style-type: none"> • Conversations with parents and other trusted adults • Consent, boundaries, bodily autonomy • Responses to violation of boundaries 	<ul style="list-style-type: none"> • Conversations with parents and other trusted adults • Characteristics of health relationship • Friendships and romantic relationships • Elements of consent • Ways to communicate and honor boundaries 	<ul style="list-style-type: none"> • F: Bodily autonomy and consent

¹ [Puberty: The Wonder Years, 2021 ed](#)

² [National Sex Education Standards, 2nd ed, 2020](#)

Gender Identity & Expression	<ul style="list-style-type: none"> • Five gender-related terms • Respectful communication with all genders 	<ul style="list-style-type: none"> • Respect for peers of all identities 	<ul style="list-style-type: none"> • Responses to gender-based violence 	<ul style="list-style-type: none"> • E: Gender identity and reliable sources of information
Sexual Orientation & Identity	<ul style="list-style-type: none"> • Respect for all types of families 	<ul style="list-style-type: none"> • Respect for peers of all identities 	<ul style="list-style-type: none"> • Responses to orientation-based violence 	<ul style="list-style-type: none"> • E: Sexual orientation and reliable sources of information
Sexual Health	<ul style="list-style-type: none"> • Personal hygiene during puberty 	<ul style="list-style-type: none"> • Personal hygiene and healthy habits for puberty • Benefits of delaying close sexual contact 	<ul style="list-style-type: none"> • Abstinence, sexual intercourse, and reproduction • Ways pregnancy occurs • Prevent, test, treat STIs • Impact of media on sexual health • Plan for future sexual health 	<ul style="list-style-type: none"> • F: Safe and nurturing touch • G: Methods of contraception • G: Prevention of pregnancy and STIs • H: Prevent, test, treat STIs
Interpersonal Violence	<ul style="list-style-type: none"> • Group guidelines for positive classroom climate • Respect for peers of all genders 	<ul style="list-style-type: none"> • Group guidelines for positive classroom climate • Respectful communication for all peers 	<ul style="list-style-type: none"> • Group guidelines for positive classroom climate • Forms of interpersonal and sexual violence • Responses to violation of boundaries • Refusal and reporting skills • Racism and intersectionality 	<ul style="list-style-type: none"> • F: Strategies to use in situations involving unwelcome touch

For more details, read:

- [Synopsis of Puberty: The Wonder Years](#)
- [National Sex Education Standards & Puberty: The Wonder Years](#)