



Videos and Materials List

This list includes videos and materials that have been curated for use with the reproductive system anatomy and physiology lessons in *Puberty: The Wonder Years* 2021 edition.

Videos are not included with *Puberty: The Wonder Years* but are needed to teach the anatomy and physiology of the reproductive system at each grade.

- Commercially produced videos can be purchased from the producer. Video producers allow free online previews if you contact them. Please use the contact information provided to request previews or make your purchase.
- Free video options are provided whenever possible. Typically, the quality of the free options is lacking, or they include product advertisements. In addition, the free options can become unavailable without notice.

Offering several video options allows schools the flexibility to select the resources that best meet the needs of the local community. Of course, the anatomy and physiology can be taught without a video, but most teachers prefer that the information be taught using a video. This also ensures consistency of delivery.

Other *Puberty: The Wonder Years* lessons utilize free, short videos to introduce topics. These free videos are streamed via the internet. The links are provided in the lessons. These free videos do not need to be acquired, but good internet access will be important.

NOTE: Make sure any media and materials are approved prior to use as required by state law or district policy.



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Grade 4

- Lesson 4 utilizes a video on the male reproductive system.
 - Lesson 5 utilizes a video on the female reproductive system.
- (Select one video about the male reproductive system and one for the female reproductive system OR one for both.)

Always Changing Puberty Program

2016

15-26 minutes each (varies)

Procter and Gamble

Free online or from company

These free, educational videos are available in three versions:

- *Always Changing and Growing Up – Boys Puberty Education* (16:45 mins)
- *Always Changing and Growing Up – Girls Puberty Education* (14:30 mins, 4 mins outtakes at end)
- *Always Changing and Growing Up – Co-ed Puberty Education* (26:00 mins)

The videos can be streamed via YouTube for free at times but are taken down other times Do a search for the titles in YouTube or order them from the producer. However, they include several branded products. Each video explains the changes to expect during puberty. They encourage talking to a trusted adult when questions or concerns arise.

Howcast videos

Date unknown

6 minutes total

Free online at www.howcast.com/

Show this set of three videos: *What is Puberty?* *What Are the Ages & Stages of Puberty for Boys?* and *What Are the Ages & Stages of Puberty for Girls?* for a brief overview of puberty. It does not include the anatomy and physiology of the reproductive system. The videos can be streamed for free at times, but are taken down other times Do a search for the titles.

Just Around the Corner for Boys

2000, updated 2011

12 minutes

MarshMedia, 800-821-3303, www.marshmedia.com

DVD, Flash drive, or streamed rental, CC, Spanish

A teen narrator tells what to expect in puberty. The approach is upbeat, but honest in reassuring about the normalcy of changes. The video is live action, except for cartoon drawings that illustrate the changes of puberty. It includes male information only. *We're Just Around the Corner* is the version that includes information for male and female bodies.

Just Around the Corner for Girls

2000, updated 2011

15 minutes

MarshMedia, 800-821-3303, www.marshmedia.com

DVD, Flash drive, or streamed rental, CC, Spanish

A teen narrator tells what to expect in puberty using simple terms. The approach is upbeat, but honest in reassuring about the normalcy of changes. The video is live action, except for cartoon drawings that illustrate the changes of puberty. It includes female information only. *We're Just Around the Corner* is the version that includes information for male and female bodies.

Grade 4 (continued)
<p><i>Meet the New You! for Boys</i> 2013 19 minutes MarshMedia, 800-821-3303, www.marshmedia.com DVD, Flash drive, or streamed rental, CC This introduction to puberty includes new music and a fresh new take on the changes coming soon for boys. Designed for your youngest students who are not quite ready to learn about reproduction, but need to know about body changes, hygiene, and emotional changes unique to boys. Topics include the following: When to expect the onset of puberty, Physical and emotional changes, Importance of good hygiene, exercise and nutrition, Self-esteem, and Body image.</p>
<p><i>Meet the New You! for Girls</i> 2013 18 minutes MarshMedia, 800-821-3303, www.marshmedia.com DVD, Flash drive, or streamed rental, CC This introduction to puberty includes new music, new information and a fresh new take on the changes coming soon for girls. Designed for your youngest students who are not quite ready to learn about reproduction, but need to know about body changes, hygiene, and emotional changes unique to girls. Topics include the following topics: When to expect the onset of puberty, Physical and emotional changes, Menstruation, Importance of good hygiene, exercise, nutrition and sleep, Self-esteem.</p>
<p><i>Puberty: A Boy's Journey</i> 2016 20 minutes MarshMedia, 800-821-3303, www.marshmedia.com Flash drive, DVD, or Streamed rental, CC This video has two parts. Part 1 explains the changes boys experience as they go through puberty using a fast- paced and positive delivery. An older brother tells his younger brother what he learned about puberty and encourages him to talk to his dad or school nurse. Emphasis is placed on being respectful of everyone's unique pace of development. It is just like the version for girls except where it discusses male changes and anatomy. Part 2 focuses on the social and emotional changes experienced by all young people during puberty, including body image, peer pressure, awkwardness and more. Part 2 is the same in both the boys' and girls' version of this video.</p>
<p><i>Puberty: A Girl's Journey</i> 2016 25 minutes MarshMedia, 800-821-3303, www.marshmedia.com Flash drive, DVD, or Streamed rental, CC This video has two parts. Part 1 explains the changes girls experience as they go through puberty using a fast- paced and positive delivery. An older sister tells her younger sister what she learned about puberty and encourages her to talk to her mom or school nurse. Emphasis is placed on being respectful of everyone's unique pace of development. It is just like the version for boys except where it discusses female changes and anatomy. Part 2 focuses on the social and emotional changes experienced by all young people during puberty, including body image, peer pressure, awkwardness and more. Part 2 is the same in both versions.</p>

Grade 4 (continued)

Puberty for Boys: Top Ten Things to Expect

2011

11 minutes

Harmony Square, 866-386-0253

Online free at <https://youtu.be/z8qcV6cid5U>

This program is especially designed to introduce preteen boys to the changes that accompany adolescence. Through live-action and animation, students will learn about the physical and emotional changes that come with puberty. Questions about puberty are raised by preteen boys and are answered in a simple and direct manner. The program explains to viewers that sometimes puberty can be confusing and that it's normal to have many questions. Students will come to understand the changes they can expect to happen during puberty. In the end, viewers will come to appreciate that puberty is a normal part of growing up, there is no right or wrong schedule for development and the timetable is different for everyone.

Puberty for Girls: Top Ten Things to Expect

2011

14 minutes

Harmony Square, 866-386-0253

Streamed free at <https://youtu.be/zbcYNuGYGq0>

This video is especially designed to introduce preteen girls to the changes that accompany adolescence. Questions about puberty are raised by preteen girls and are answered in a simple and direct manner. Through live-action and animation, students will learn about the physical and emotional changes that come with puberty. The program explains to viewers that sometimes puberty can be confusing and that it's normal to have many questions. Students will come to understand the changes they can expect to happen during puberty. In the end, viewers will come to appreciate that puberty is a normal part of growing up, there is no right or wrong schedule for development and the timetable is different for everyone.

We're Just Around the Corner

2005, updated 2011

15 minutes

MarshMedia, 800-821-3303, www.marshmedia.com

DVD or Streamed rental, CC

This video is the combined version of *Just Around the Corner for Boys* and *Just Around the Corner for Girls* all in one video. A teen narrator tells what to expect in puberty using simple terms. The approach is upbeat, but honest in reassuring about the normalcy of changes. The video is live action, except for cartoon drawings that illustrate the changes of puberty. It includes information for male and female bodies.

<h2 style="text-align: center;">Grade 5</h2>	<ul style="list-style-type: none"> • Lesson 2 utilizes a video on the male reproductive system. • Lesson 3 utilizes a video on the female reproductive system. <p style="text-align: center;">(Select one about the male reproductive system and one for the female reproductive system OR one for both)</p>
<p>Amaze videos 2017-2021 variable minutes Free online at Amaze.org By using an assortment of the free online videos created by Amaze, experienced puberty educators can teach the changes of puberty. However, they will need to teach the anatomy of the reproductive systems without the benefit of a video. Appendices A, C, and D of <i>Puberty: The Wonder Years</i> can be used as resources.</p>	
<p><i>Growing Up! for Boys</i> 2010 12 minutes Marsh Media, 800-821-3303, www.marshmedia.com DVD or Streamed rental, CC This program promotes self-confidence as boys try to cope with the physical and psychological changes that are a normal part of growing up. It encourages boys to take pride in their uniqueness while realizing that people are all reassuringly alike. It provides useful advice on health, hygiene and good grooming; fosters the self-esteem that comes with accepting new responsibilities, and points to reliable sources for information during these sometimes-difficult times.</p>	
<p><i>Growing Up! for Girls</i> 2010 14 minutes Marsh Media, 800-821-3303, www.marshmedia.com DVD or Streamed rental, CC This program details the emotional and physical transformations of puberty as it promotes self-confidence as girls face the challenges of change and growth. It takes a candid look at the basics of anatomy and development and provides authoritative information about the female reproductive system. It provides useful advice on health, hygiene, and nutrition, and it encourages a positive body image and sense of personal worth. The female narrator helps girls take a realistic look at the responsibilities of adulthood and promotes dialog with trusted adults.</p>	
<p>Howcast videos Date unknown 6 minutes total Free online at www.howcast.com/ Show this set of three videos: <i>What is Puberty?</i> <i>What Are the Ages & Stages of Puberty for Boys?</i> and <i>What Are the Ages & Stages of Puberty for Girls?</i> for a brief overview of puberty. It does not include the anatomy and physiology of the reproductive system. The videos can be streamed for free at times, but are taken down other times. Do a search for the titles.</p>	

Grade 5 (continued)
<p><i>Puberty: A Boy's Journey</i> 2016 20 minutes MarshMedia, 800-821-3303, www.marshmedia.com Flash drive, DVD, or Streamed rental, CC This video has two parts. Part 1 explains the changes boys experience as they go through puberty using a fast- paced and positive delivery. An older brother tells his younger brother what he learned about puberty and encourages him to talk to his dad or school nurse. Emphasis is placed on being respectful of everyone's unique pace of development. It is just like the version for girls except where it discusses male changes and anatomy. Part2 focuses on the social and emotional changes experienced by all young people during puberty, including body image, peer pressure, awkwardness and more. Part 2 is the same in both the boys' and girls' version of this video.</p>
<p><i>Puberty: A Girl's Journey</i> 2016 25 minutes MarshMedia, 800-821-3303, www.marshmedia.com Flash drive, DVD, or Streamed rental, CC This video has two parts. Part 1 explains the changes girls experience as they go through puberty using a fast- paced and positive delivery. An older sister tells her younger sister what she learned about puberty and encourages him to talk to her mom or school nurse. Emphasis is placed on being respectful of everyone's unique pace of development. It is just like the version for boys except where it discusses female changes and anatomy. Part2 focuses on the social and emotional changes experienced by all young people during puberty, including body image, peer pressure, awkwardness and more. Part 2 is the same in both the boys' and girls' version of this video.</p>
<p><i>Puberty and You</i> 2020 13 minutes Seattle Public Schools TV, https://www.youtube.com/watch?v=eHGhCoquwY0 Free online This video addresses the physical, social, and emotional changes of puberty in a very inclusive manner. Using gender-neutral terms, it emphasizes the changes that all people experience. The narrator encourages viewers to pay attention to their bodies and feelings and explains the role of the brain and hormones.</p>
<p><i>You, Your Body, and Puberty</i> 2004 24 minutes Human Relations Media (HRM),800-431-2050, www.hrmvideo.com DVD or streamed rental, CC, Spanish This video includes a version for young people with male bodies and female bodies in a single positive presentation. It also includes two additional versions: one that includes only information about males and one that includes only information about females. A group of four friends learn about the anatomy and physiology of the male and female reproductive systems, changes that occur during puberty, emotional and relationship changes, and some basic hygiene from dad, grandma, and teacher. Masturbation is not mentioned. It is available in English or Spanish.</p>

Grade 6

- Lesson 2 utilizes a video on puberty and the reproductive system.
(Select one video that explains puberty and the male and female reproductive systems.)

Amaze videos

2017-2021

variable minutes

Free online at [Amaze.org](https://www.amaze.org)

By using an assortment of the free online videos created by Amaze, experienced puberty educators can teach the changes of puberty. However, they will need to teach the anatomy of the reproductive systems without the benefit of a video. Appendices A, C, and D of Puberty: The Wonder Years can be used as resources.

Highs, Lows, and In-Betweens of Puberty

2016

16 minutes

Human Relations Media (HRM), 800-431-2050, www.hrmvideo.com

DVD or streamed rental, CC

This video, two young people have their questions about puberty answered by a physician and a psychologist. They discuss the role of hormones, feelings, crushes, physical changes, relationships with parents. Good health habits are explained. Young people are encouraged to develop support systems

Puberty and You

2020

13 minutes

Seattle Public Schools TV, <https://www.youtube.com/watch?v=eHGhCoquwY0>

Free online

This video addresses the physical, social, and emotional changes of puberty in a very inclusive manner. Using gender-neutral terms, it emphasizes the changes that all people experience. The narrator encourages viewers to pay attention to their bodies and feelings and explains the role of the brain and hormones.

Puberty: The Great Adventure for Guys and Girls, 7th edition

2018

32 minutes

World Educational Media, 412-489-7047, www.worldeducationalmedia.com/

DVD or download

This video uses an MTV style to keep students' attention as they hear teen interviews about the changes in puberty from their perspective. The adult narrators are positive and appealing as they provide reliable information about the issues that concern adolescents and reassure students that they are normal. It addresses the changes and challenges of puberty using a positive tone and includes candid interviews with teens.

Grade 6 (continued)
<p><i>Straight Talk About Puberty for Boys</i> 2012 18 minutes Marsh Media, 800-821-3303, www.marshmedia.com DVD, Flash drive, or Streamed rental, CC This video provides the answers to questions boys have about their growing bodies during puberty with a fresh, modern take. Filmed with new 3D rendered anatomy illustrations, this program is for students who are ready to learn more about puberty. Students learn about: The male reproductive system, Hygiene and good grooming, The dangers of alcohol, tobacco, and other drugs to growing bodies, Emotional and physical changes of puberty, Importance of exercise and good nutrition, Self- Esteem.</p>
<p><i>Straight Talk About Puberty for Girls</i> 2012 21 minutes Marsh Media, 800-821-3303, www.marshmedia.com DVD, Flash drive, or Streamed rental, CC This video provides the answers to questions girls have about their growing bodies during puberty with a fresh, modern take. Filmed with new 3D rendered anatomy illustrations, this program is for students who are ready to learn more about puberty. Students learn about: The female reproductive system, Hygiene and good grooming, The dangers of alcohol, tobacco, and other drugs to growing bodies, Emotional and physical changes of puberty, Importance of exercise and good nutrition, Body Image.</p>
<p><i>We're Growing Up</i> 2010 11 minutes Marsh Media, 800-821-3303, www.marshmedia.com DVD, Flash drive, or Streamed rental, CC This reassuring program presents facts about puberty in a context of self-respect and self-confidence. The narratortalks comfortably and matter-of-factly about human growth patterns (starting with a baby's rapid growth in the womb) and moves quickly through to the subject at hand — adolescence. It describes the growth spurts, glands, cells, and reproductive organs that begin to change during puberty. As adolescents grow and change, they begin to mature both physically and emotionally. A review of male and female anatomy and sexual development and anemphasis on responsible choices will be starting points for classroom discussion. A lively cast of young teenagers and sensitive artwork round out this production. This video is designed for a combined audience of boys and girls.</p>

Supplemental Topical Videos

Boundaries

Seattle Public Schools

<https://vimeo.com/seattlepublicschoolstv/boundaries>

2:30 minutes

Grade 4

This video provides a simple explanation about boundaries, who sets them, how to honor others' boundaries, what to do if you violate someone else's boundaries, what to do if someone violates your boundaries, and how to get adult help if needed.

Handling Rejections: When Someone Says No

Seattle Public Schools

<https://vimeo.com/657623351>

2:10 minutes

Grade 4

This video explains that rejection is part of life. It describes situations when you can keep trying to be accepted and other situations involving consent when you need to stop trying to change someone's mind. It explains how to manage the feelings that can result from rejection and how to respond respectfully. It encourages talking to a trusted adult about feelings of rejection.

Videos for Grade 4 – Wendy's My Amaze List

Amaze

<https://amaze.org/myamaze/puberty-the-wonder-years-for-grade-4-292/>

2 to 4 minutes

Grade 4

This video list includes the Amaze videos that Wendy Sellers, author of Puberty: The Wonder Years, has reviewed and considers helpful for teaching puberty education at grade 4. These videos address a variety of topics that go well with the Puberty: The Wonder Years lessons.

Videos for Grade 5 – Wendy’s My Amaze List

Amaze

<https://amaze.org/myamaze/puberty-the-wonder-years-for-grade-5-292/>

2 to 4 minutes

Grade 5

This video list includes the Amaze videos that Wendy Sellers, author of Puberty: The Wonder Years, has reviewed and considers helpful for teaching puberty education at grade 5. These videos address a variety of topics that go well with the Puberty: The Wonder Years lessons.

Videos for Grade 6 – Wendy’s My Amaze List

Amaze

<https://amaze.org/myamaze/puberty-the-wonder-years-for-grade-6-292/>

2 to 4 minutes

Grade 6

This video list includes the Amaze videos that Wendy Sellers, author of Puberty: The Wonder Years, has reviewed and considers helpful for teaching puberty education at grade 6. These videos address a variety of topics that go well with the Puberty: The Wonder Years lessons.

Videos for Optional Topics – Wendy’s My Amaze List

Amaze

<https://amaze.org/myamaze/puberty-the-wonder-years-for-optional-topics-292/>

2 to 4 minutes

Grades 4, 5, 6

This video list includes the Amaze videos that Wendy Sellers, author of Puberty: The Wonder Years, has reviewed and considers helpful for teaching optional topics as part of puberty education.

Videos for STIs and HIV – Wendy’s My Amaze List

Amaze

<https://amaze.org/myamaze/stis-and-hiv-292/>

2 to 4 minutes

Grades 4, 5, 6

This video list includes the Amaze videos that Wendy Sellers, author of Puberty: The Wonder Years, has reviewed and considers helpful for teaching STIs and HIV prevention as part of puberty education.

Videos for Gender – Wendy’s My Amaze List

Amaze

<https://amaze.org/myamaze/gender-292/>

2 to 4 minutes

Grades 4, 5, 6

This video list includes the Amaze videos that Wendy Sellers, author of *Puberty: The Wonder Years*, has reviewed and considers helpful for teaching about gender as part of puberty education.

Teaching Materials

Anatomical Models (recommended, but optional for grades 4, 5, 6)

Torso: Dual Sex Full-sized Torso (with interchangeable male and female reproductive systems)

Amazon, [amazon.com](https://www.amazon.com)

Shop Anatomical, shopanatomical.com

Universal Medical, [universalmedicalinc.com](https://www.universalmedicalinc.com)

Grades 4, 5 and 6

This adult-sized, anatomical model promotes understanding of the appearance of the reproductive system and its relationship to the other body systems and organs. Internal organs are removable and are labeled with numbers that are coded to a teacher guide. It is available with black, Asian, or Caucasian skin tones.

Torso: Dual Sex Mini-Torso (with interchangeable male and female reproductive systems)

Anatomy Warehouse, <https://anatomywarehouse.com/search-results-page?q=axis+scientific+mini-torso>

Grades 4, 5 and 6

This economy-sized, anatomical model promotes understanding of the appearance of the reproductive system and its relationship to the other body systems and organs. Internal organs are removable and are labeled with numbers that are coded to a teacher guide. It is the Axis Scientific 16-Part Mini-Torso.

Menstrual Product Samples (optional for grades 4 & 5)

Always Changing Puberty Program: Starter kit

Procter and Gamble, <https://www.pgschoolprograms.com/>

Grades 4 & 5

This free program must be ordered each fall. Register to receive their annual program enrollment card. It provides menstrual products starter kits that are useful as a classroom resource to familiarize students with the variety of pads and tampons available on the market; then, students may take them home. The program includes additional components, including a kit for boys with deodorant. It includes advertisements for their branded products.

Etsy: First Period Kits

Variety of vendors, https://www.etsy.com/market/first_period_kit

Grades 4 & 5

The Etsy marketplace offers many options for purchasing a "first period kit" to prepare young people for the onset of menstruation. Educators could purchase a kit to keep in the classroom as a sample.

Poise: Free samples

Poise, <https://www.poise.com/en-us/samples-and-offers/free-samples>

Grades 4 & 5

This free program allows individuals to select a menstrual product and receive a free sample pack that includes a liner, regular pad, and heavy pad. Educators can request samples to keep in the classroom to demonstrate a variety of menstrual products. This program does not provide samples of tampons or menstrual cups.

Ubykotex Products: Free samples

Kotex, [Free Samples \(ubykotex.com.au\)](https://www.ubykotex.com.au)

Grades 4 & 5

This free program allows individuals to select a menstrual product and receive a free sample of a liner, pad, and/or disposable brief. Educators can request samples to keep in the classroom to demonstrate a variety of menstrual products. This program does not provide samples of tampons or menstrual cups.

Pamphlets (optional for grades 4, 5, 6)

Always Changing Puberty Program pamphlets

Procter and Gamble, <https://www.pgschoolprograms.com/Educators>

Free, downloadable pamphlets for boys and girls are provided. They include advertisements for their branded products