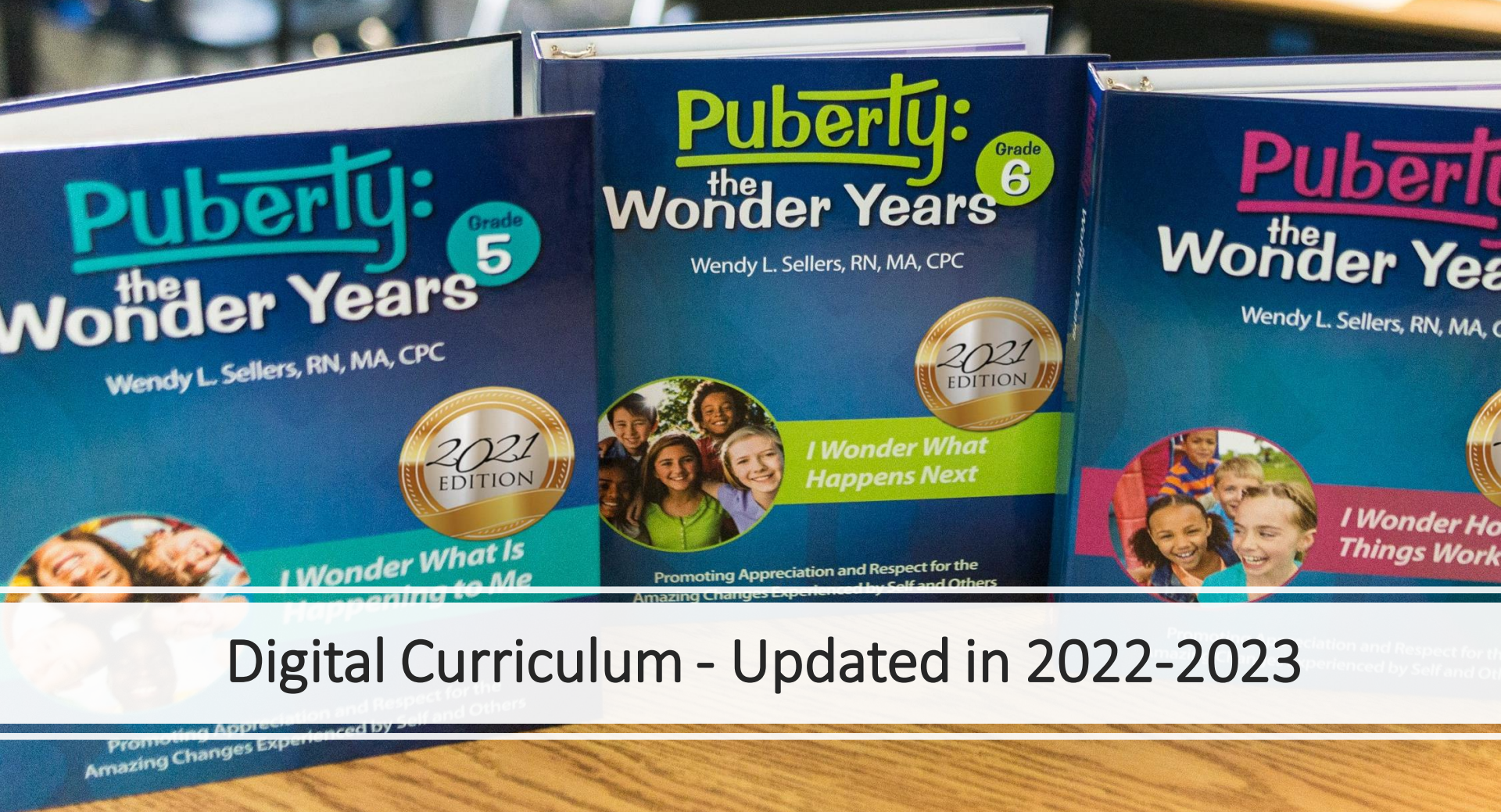


Puberty: The Wonder Years

Puberty Education for Grades 4, 5 and 6

#LessShameMoreWonder



Curriculum with Lesson Plans:

- Grade 4: 6 lessons
- Grade 5: 7 lessons
- Grade 6: 10 lessons

8 Add-On Lessons (any grade)

Synopsis of lessons

Puberty: the Wonder Years ^{Grade 5}

Lesson 1
Ready, Set, Grow!
50 Minutes

Lesson Synopsis
Students work in pairs as they list human body systems and identify ways they have changed since infancy and ways they will change into adults. Guidelines for a safe classroom climate are adopted for use throughout this curriculum, and the question box is introduced as a method for asking question anonymously. Students take a brief pretest on their knowledge about puberty. Strategies for communicating with parents and other trusted adults are generated, then implemented as the students do their homework.

Student Learning Objectives
Students will:
• List changes that will occur as they grow and mature.
• Formulate guidelines for discussions during the puberty lessons.
• Assess what they already know about puberty.
• Develop a plan for improving communication with their parents or other trusted adults regarding changes in puberty.

Preparation

Plan
• Review Appendix A, "Puberty: Time of Wonder."
• Decide whether to use the PowerPoint slide or make a poster of the "Guidelines for Discussion" for Activity 1.
• Decide how to grade or award points for completed homework.
• Decide whether to use the rubric to assess student learning.

Prepare
• Make a question box out of a box or can.
• Cut slips of paper for questions, one per student per lesson.
• Prepare the PowerPoint slide titled "Guidelines for Discussion" or prepare a poster using the guidelines in Activity 1.

Duplicate
• Family Partnership Flier, one per student
• Student Activity Sheet, one per student
• Family Activity Sheet, one per two students, cut in half

Teaching Materials

Provided on Website www.PubertyCurriculum.com
• Appendix A: "Puberty: Time of Wonder"
• PowerPoint Slides: "Guidelines for Discussion," "Changes in Life," and "As You Grow..."
• Student Activity Sheet: "As You Grow..."
• Answer Key: "As You Grow..."
• Rubric: "Communicating With a Parent or Other Trusted Adult About Puberty"
• Family Partnership Flier: "Growing and Changing"
• Family Activity Sheet: "Let's Talk: I Wonder What It Was Like for You"

To Be Gathered
• Computer, projector, and screen
• Pencils
• Question box
• Slips of paper, 3 by 5 inches, one per student
• Writing paper
• Marker (optional)
• Chart paper (optional)

Puberty: the Wonder Years 35

Puberty: the Wonder Years

Wendy L. Sellers, RN, MA, CSE, FASHA



*I Wonder How
Things Work*

Promoting Appreciation
Amazing Changes Experi

Grade 4: “I Wonder How Things Work”

1. Safe classroom climate, parent communication, cells
2. Families and roles, communicating appreciation
3. Showing respect for peers of any gender
4. Puberty in male-bodied people
5. Puberty in female-bodied people
6. Caring for skin, hair and nails during puberty

Student Learning Objectives: English, Spanish

Puberty: the Wonder Years

Wendy L. Sellers, RN, MA, CSE, FASHA



*I Wonder
What's Happening*

Promoting Appreciation
Amazing Changes Experi

English & Spanish

Grade 5: “I Wonder What Is Happening to Me”

1. Safe classroom climate, parent communication, growing up
2. Changes in puberty with a male reproductive system
3. Changes in puberty with a female reproductive system
4. Reproductive system changes
5. Personal hygiene and health habits, postponing sex
6. Social and emotional changes, showing respect
7. Respecting our peers focusing on consent

Student Learning Objectives: English, Spanish

Puberty: the Wonder Years

Wendy L. Sellers, RN, MA, CSE, FASHA



*I Wonder What
Happens Next*

Promoting Appreciation
Amazing Changes Experience

Grade 6: “I Wonder What Happens Next”

1. Safe classroom climate, parent communication, puberty review
2. Review of female and male reproductive systems, communication about sexual behavior
3. Hormones, brains, and social-emotional development
4. Healthy relationships with consent and respect
5. Relationship challenges and what to do
6. Making responsible decisions about sexual behavior
7. Sexually transmitted infections: prevent and treat
8. Refuse or report: responses to violence
9. Accurate information: Be a CRAB
10. Advocating for future me

Student Learning Objectives: English, Spanish

English & Spanish

Add-On Lessons

- A: Building Blocks of Life
- B: Genetics, Twins
- C: Fetal Development
- D: New Life
- E: Understanding Ourselves and Others (SOGI)
- F: Safe and Nurturing Touches Only
- G: Preventing Pregnancy and STIs
- H: HIV and STIs

Student Learning Objectives: English, Spanish



Online Teacher Resources

- Slides
- Student Activity Sheets
- Answer Keys
- Family Engagement Resources
- Teacher Reference Information
- Parent Presentation Slides
- Social Media Toolkit

Guidelines for Discussion

- ✓ Treat the subject seriously.
- ✓ Use humor appropriately.
- ✓ Use the correct terms for body parts and functions.
- ✓ Respect other people and their ideas.
- ✓ Avoid gossiping.
- ✓ Avoid personal questions and stories.
- ✓ Ask questions; questions are good.



Lesson 4.2 Families and Roles

What Makes My Family Special?

Directions:

1. List each member of your family.
2. Write what each member does for your family.
3. Write one thing you like about each person.
4. Circle the names of the family members to whom you will talk or write.
5. Thank them for what they do for your family and tell them what you like about them.
6. After you have thanked your family members, sign the bottom of the Activity Sheet and show it to your teacher.

Family Member	What They Do for My Family	What I Like About This Person

Show that list of my family members.

Puberty: What We Know

Appendix B: Answering Student Questions and Typical Student Questions

Many people can very accurately identify their bodies, particularly during the years of rapid change called puberty when a child becomes a teen. Students will ask many questions during puberty.

Emphasize Core Principles

Answering student questions is an excellent opportunity for teachers to communicate several principles:

- everyone grows through, or skips through, puberty
- it is a body – acceptable, appropriate, and normal – and it is about sex and the changes that occur when we reach puberty
- sexuality is part of each individual's life and development
- sex is not the same as gender
- all these questions are good
- reliable sources of information about puberty, sex, and related topics are available
- adult roles can show young people how to deal with them about puberty, sex, and relationships
- young people do not get ready for the responsibility that comes with being sexually active.

Communicate Consistent Verbal and Nonverbal Messages

In order to communicate a consistent message, adults must be clear about puberty and related topics. It is not enough to say many words of the message for it to be heard or understood. Their messages are not reliable, especially when the message is one of the child's body being normal as they grow up. These – religious, cultural, and non-verbal messages include body language. Give appropriate, positive, and consistent.

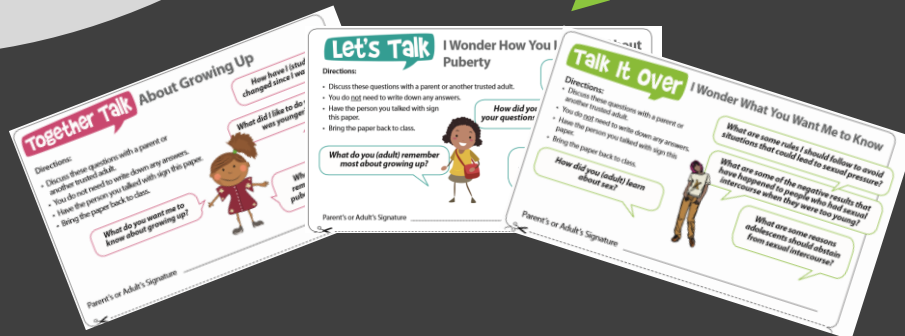
When verbal messages are inconsistent with nonverbal messages, the children will follow the nonverbal messages. Adults, therefore, when presenting verbal messages, it is particularly important that verbal and nonverbal messages are consistent, and that they are useful for messages intended.

Puberty: What We Know

English & Spanish

Family Engagement

- Introductory letter curriculum outline
- Parent presentation slides
- Family Partnership Flyers
- Homework assignments that prompt discussions



NEW! Parent Previews

English & Spanish

Parent previews of *Puberty: The Wonder Years* include the following:

- ✓ Student learning objectives
- ✓ Curriculum guides with lessons
- ✓ Slides
- ✓ All in English and Spanish

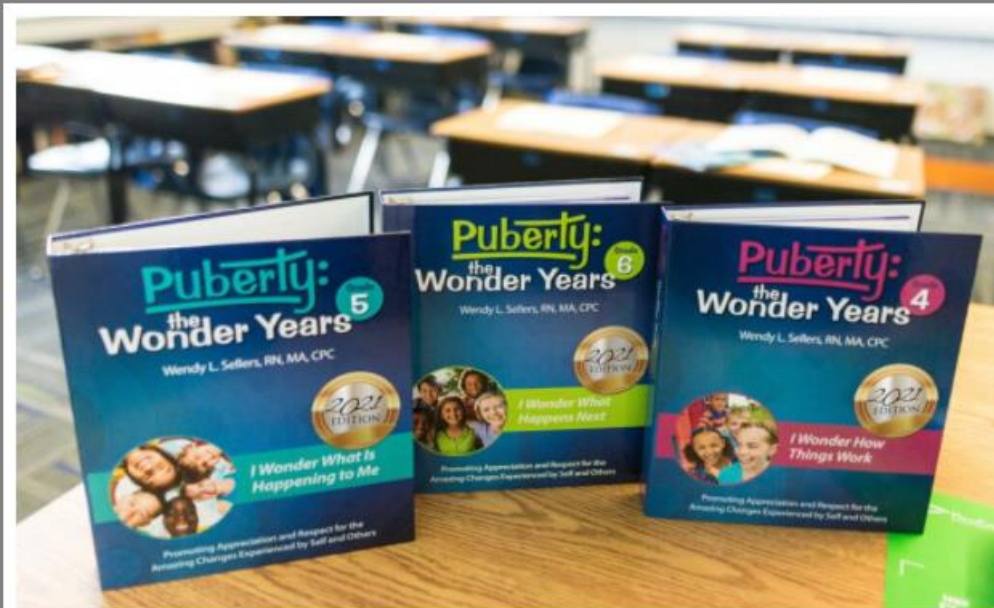
The curriculum also includes the following resources that are not included in the parent preview:

- ✓ Student worksheets and answer keys
- ✓ Family engagement resources



By special arrangement

Get Your Free 5th Grade Lesson!



Teaching puberty is tough.

See how we make it easy!

Try out a free lesson.

Get immediate access to the first lesson of *Puberty: The Wonder Years* for grade five. Fill out this form and create your own password to access this free lesson for 10 days.

Price: Free for 10 Days

[Get the free lesson](#)

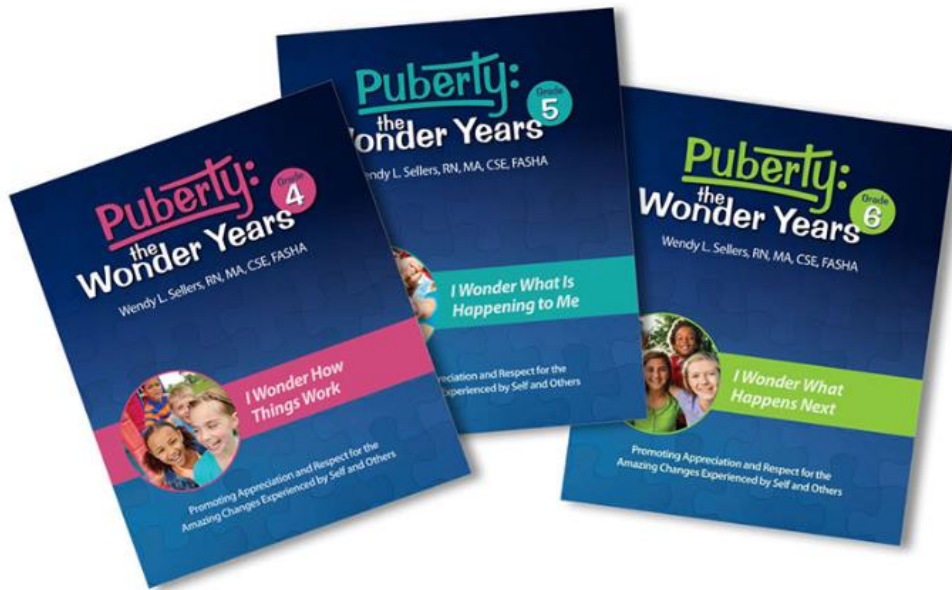
Need to know more about our curriculum first? [Click here](#)

[Get your free sample lesson here.](#)

60-Day Preview for Curriculum Committees

Preview Puberty: The Wonder Years

See the 2021 edition of *Puberty: The Wonder Years* and find out why it will be perfect for you!



You'll have access to preview:

- A digital edition of all three years of curriculum.
- All the support YOU need to teach puberty — yes, YOU!

If you are part of a curriculum selection committee, this offer is for you.

Just fill in the information below, and an administrator will contact you with your login credentials for your 60-day preview.

Price: Free for 60 Days

First Name:*

[Request Your Preview Here](#)

Professional Development Options

Option 1: Hybrid



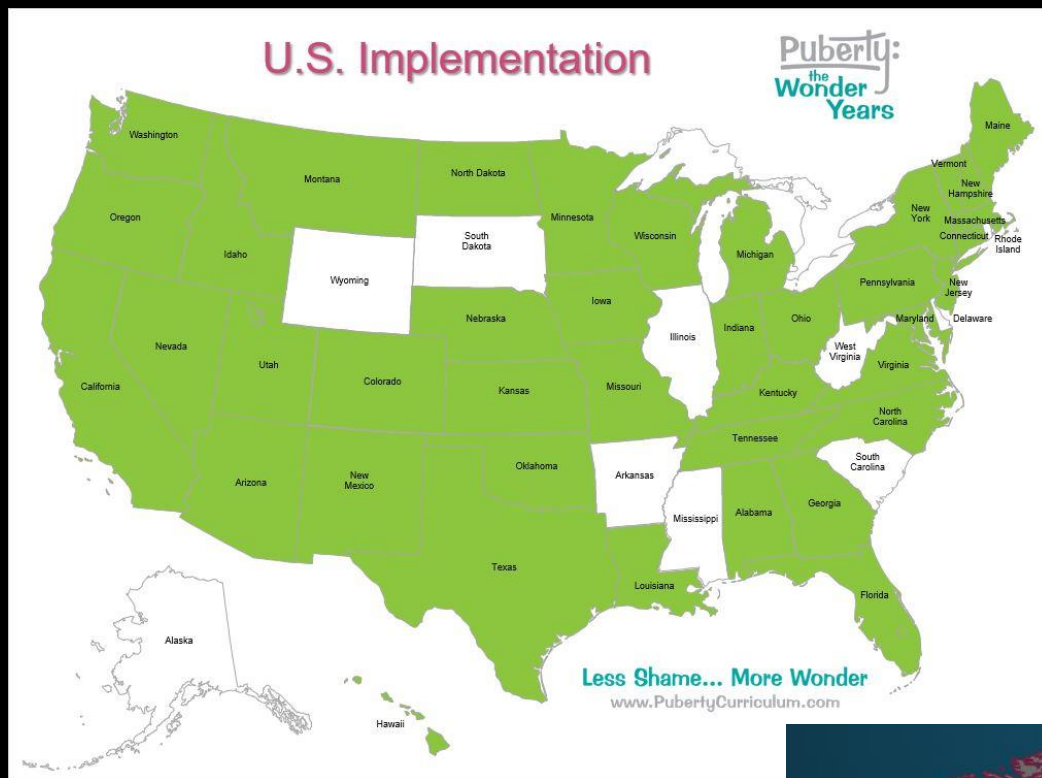
Option 2: Online





Online Parent
Course

I want to learn more...



Puberty: The Wonder Years
Is Widely Used in 2023



Reasons to Use *Puberty: The Wonder Years*

- You asked. We listened.
- You want to engage parents & caregivers.
- You want a turnkey, digital curriculum.
- You want to empower teachers.
- You want to avoid controversy.
- You want kids to develop into sexually healthy adults.



...advocating for dignity, respect, and sexual health for self and others

Puberty: The Wonder Years

#LessShameMoreWonder



Curriculum:

- [Puberty education curriculum](#) for grades 4, 5, and/or 6
 - Lesson Plans
 - Teaching Resources
 - Parent presentations & previews
 - Social media toolkit
 - Ongoing updates

Training:

- [Teacher Training Options](#)
- [Online Parent Course](#)

Ongoing Supports:

- [Blog posts](#)
- [Newsletter](#)

Puberty: The Wonder Years

#LessShameMoreWonder



Documents:

- Puberty: The Wonder Years Curriculum [Brochure](#)
- Online Training Course for Educators [Brochure](#)
- [Synopsis](#) of *Puberty: The Wonder Years* lessons
- [Features](#) of *Puberty: The Wonder Years*
- Evaluation of *Puberty: The Wonder Years* [Infogram](#)

Websites:

- Puberty: The Wonder Years [website](#)
- Online Training Course for Educators [website](#)
- Online Parent Course [website](#)
- Distance Learning Guidance [blog and videos](#)
- How to Teach Puberty at Home [blog and videos](#)
- Parent Resources [website](#)
- State-specific resources [website](#)



Author Background: Wendy L. Sellers

- ✓ Registered nurse
- ✓ AASECT Certified Sexuality Educator
- ✓ Published author and editor
- ✓ National trainer
- ✓ National Health Coordinator of the Year

Contact Us!