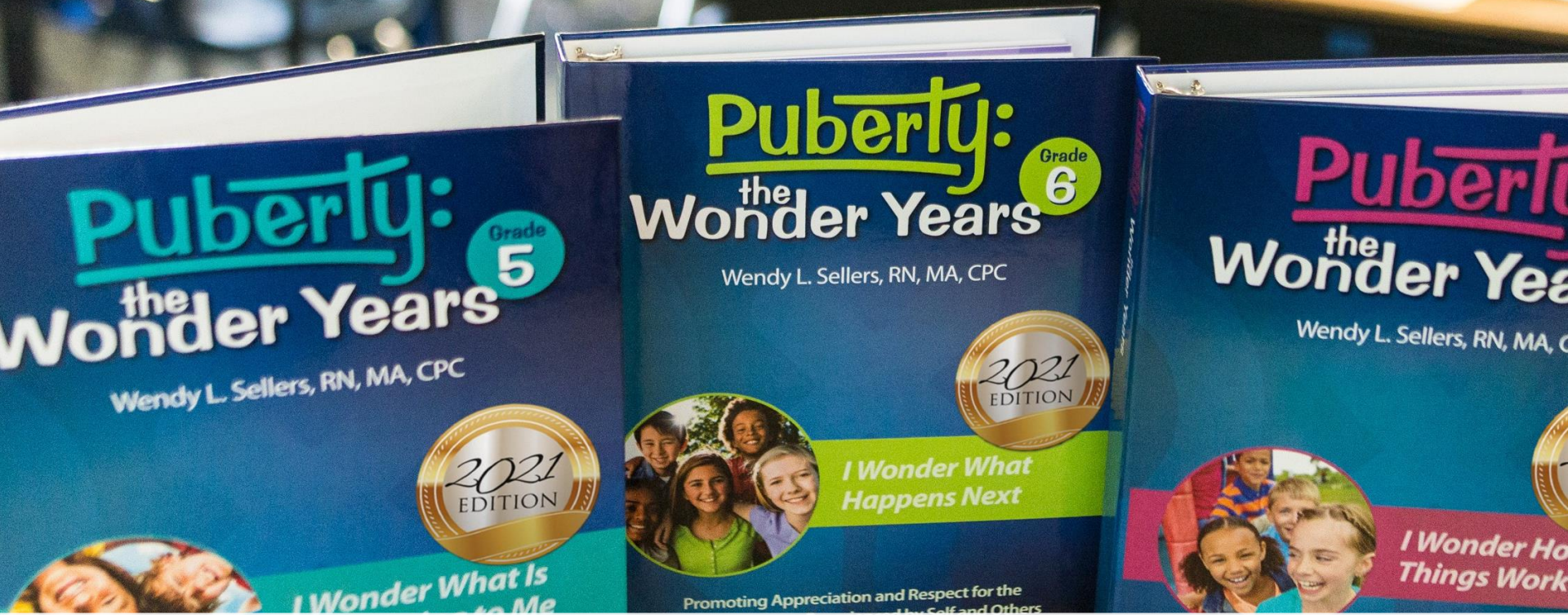


Puberty: The Wonder Years: Comparison of 2021-23 Edition to Legacy 2015-17 Edition

Puberty Education for Grades 4, 5 and 6

#LessShameMoreWonder

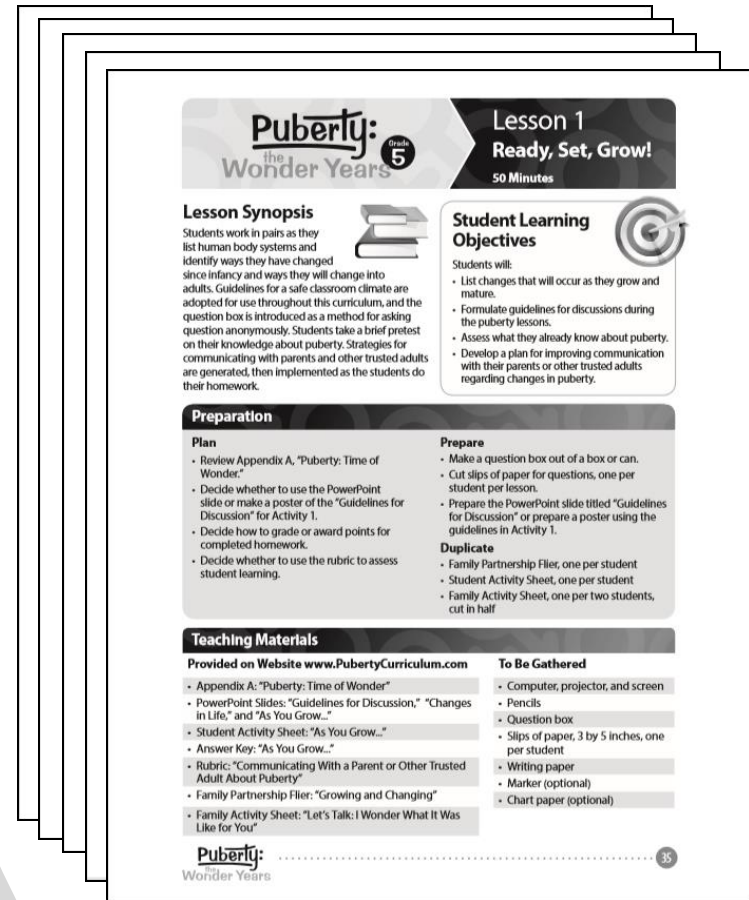


Digital Puberty Education Curriculum
Easy to Use Virtually, In-Person, or Hybrid

2021 Curriculum:

- Grade 4: 6 lessons (same number)
- Grade 5: 7 lessons (same number)
- Grade 6: 10 lessons (3 more)
- 8 Add-On Lessons (for any grade) (4 more)

Synopsis of lessons
Summary of changes



Puberty: the Wonder Years

Grade
4

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 (new)
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

Grade
5

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



*I Wonder
What's Happening*

Promoting Appreciation
Amazing Changes Experi

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 (new)

Student Learning Objectives: English, Spanish

Puberty: the Wonder Years

Grade
6

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



*I Wonder What
Happens Next*

Promoting Appreciation
Amazing Changes Experiences

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 (was 6-3)
3. Hormones, brains, and social-emotional development (expands 6-3 to add social, emotional, cognitive changes)
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 (new)
8. Refuse or report: responses to violence (was Optional C)
9. Accurate information: Be a CRAB (was 5-7 and Optional D)
10. Advocating for future me (new)

Student Learning Objectives: English, Spanish

Add-On Lessons

- A: Building Blocks of Life (same)
- B: Genetics, Twins (same)
- C: Fetal Development (was 6-2)
- D: New Life (was 4-3)
- E: Understanding Ourselves and Others (new lesson on gender and sexual orientation)
- F: Safe and Nurturing Touches Only (new lesson on abuse prevention)
- G: Preventing Pregnancy and STIs (modified from Optional Lesson D)
- H: HIV and STIs

Student Learning Objectives: English, Spanish



English & Spanish

Online Teacher Resources

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

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 this Activity Sheet and show it to your teacher.

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

Show/Thank one 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 period of rapid change called puberty, when a child becomes a teen. Students will ask many questions during puberty class.

Emphasize Core Principles

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

- everyone grows through, or skips through, puberty
- it is safe, acceptable, appropriate, and normal
- it is about you, and it is for you, about what you want
- it is about each individual's rate of development
- it is not a race
- all these questions are good
- reliable sources of information about puberty, sex, and related topics are available
- adults who can answer young people's questions are willing to talk 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 consistent messages, both verbal and nonverbal, it is critical that teachers be very aware of the messages that their words and actions send. Their messages are not only verbal, but also nonverbal, and these messages can be very powerful, even if they are not intended. Verbal, written, and nonverbal messages include body language. Give respectful, positive, and supportive.

When verbal messages are inconsistent with nonverbal messages, the behavior will follow the nonverbal message. Often, when people are not fully aware of the messages they are sending, they are sending mixed messages, and that they are sending the messages intended.

Puberty: What We Know

Overarching Changes: Teacher Requests

Teachers' wish lists have been incorporated:

- Additional supports and guidance to make it even easier for teachers to implement the lessons
- More streaming videos have been included
- Digital format makes it easy to teach virtually or face-to-face
- All lessons, student, and family resources are in English and Spanish





Overarching Changes: Inclusivity

Lessons are more inclusive of all students:

- Inclusive language has been integrated
- Judgmental language has been removed
- Trauma-informed approach applied
- Content warnings included
- Inclusive student scenarios provided

Overarching Changes: Cutting Edge

Current issues, information, and strategies are included:

- Lessons are closely aligned to the National Sex Education Standards, 2nd ed, 2020
- Biological terms are used for anatomy and behavior, not gendered terms
- Consent is emphasized across all grades
- Interpersonal and sexual violence prevention and response is stressed
- Porn is addressed
- Media literacy is taught
- Sex positive approach replaces negative messaging
- Is updated and disseminated quickly



Reasons to Use *Puberty: The Wonder Years 2021*

- 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



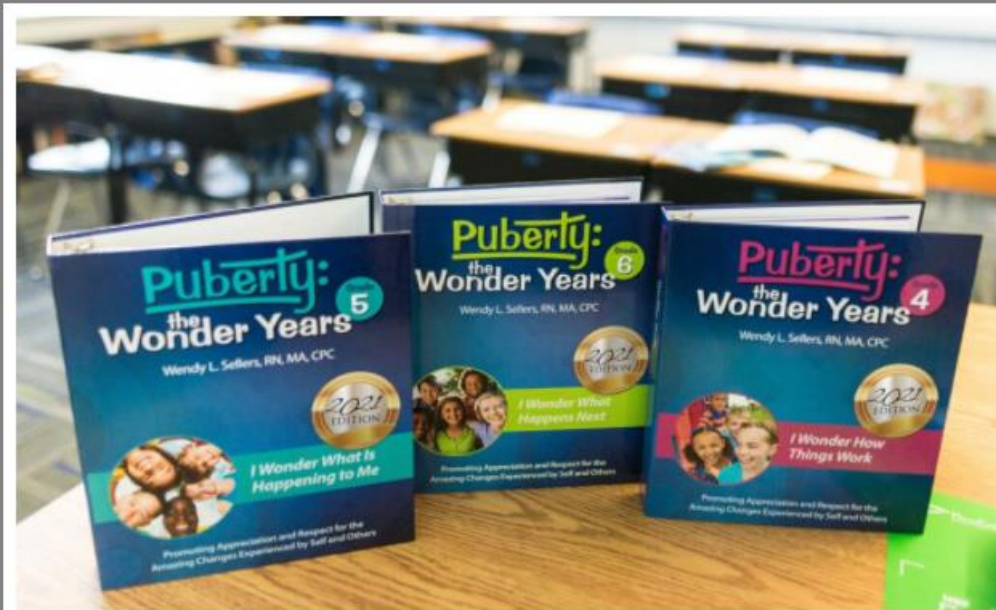
Documents:

- 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](#)

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](#)

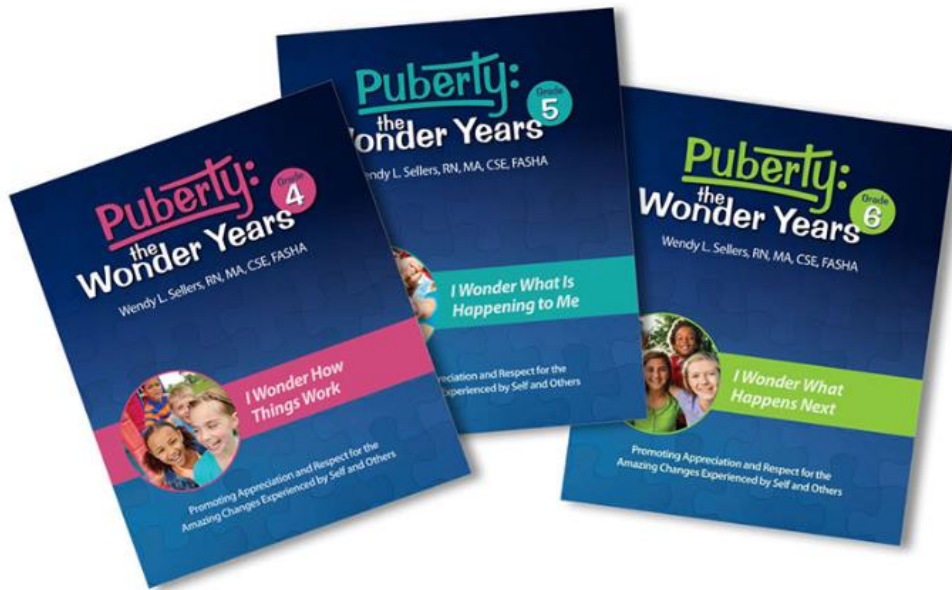
Need to know more about our curriculum first? [Click here](#)

[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!

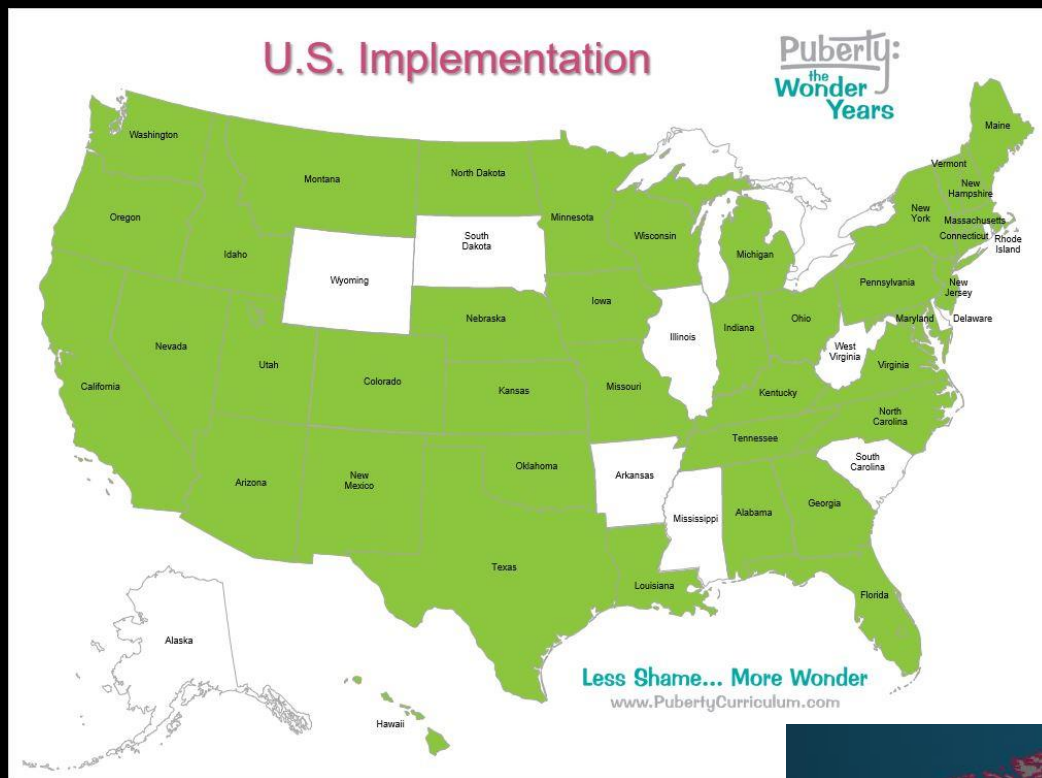
If you are part of a curriculum selection committee, this offer is for you.

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Puberty: The Wonder Years
Is Widely Used in 2023





Author Background: Wendy L. Sellers

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

Contact Us!