

# Puberty: The Wonder Years - 5 day paced schedule (CHYA)

Grade 5

Monday

Lesson 1  
**Ready, Set, Grow!**

~50 min

Tuesday

Lesson 2  
**Puberty and the Male Reproductive System**

*\*1 combined video for Male & Female*

~60 min

Wednesday

Lesson 4  
**Reproduction**

Lesson 5  
**Personal Hygiene and Healthy Habits**

*\*Shortened to Activity 3 (delaying sexual contact)*

~60 min

Thursday

Lesson 6  
**Social and Emotional Changes**

Lesson E  
**Understanding Ourselves and Others (SOGI)**

~90 min

Friday

Lesson 7  
**Respecting our Friends (Consent)**

Lesson F  
**Safe and Nurturing Touches Only**

~90 min

- Adapted for a 5-day paced schedule for California schools to align with CHYA & California Health Education Standards.
- 5-6 hours of engaging lessons, content and student & family activities. Student discussion time can further reduce lesson time.