

## **UNIT 6:** Family Life and Human Sexuality

### **LESSON TITLE:** Puberty

### **HEALTH LITERACY SKILL:** Core Concepts

#### **MSDE Performance Indicators:**

**1c.5.3:** Describe the physical, social, and emotional changes that occur during puberty.

**1c.5.4:** Summarize that the onset and progression of puberty varies considerably.

**1c.5.6:** Describe how puberty prepares human bodies for the potential to reproduce.

**OBJECTIVE:** Students will describe how the changes during puberty prepare the body for reproduction.

#### **TEACHER NOTES:**

1. Teachers are encouraged to use best practices when presenting material to students.
2. Prior to starting the lesson, review class expectations and Family Life guidelines with the class.
3. Remind students of anonymous question procedures.
- a. **Teacher Suggestion:** Question Box and/or Anonymous Question Padlet Page  
Anonymous Question Padlet Page for students to use throughout the Family Life Unit and/or Quarter. This should be added to each lesson. Be sure to review the settings:
  - Attribution should be **OFF**
  - Require approval should be **ON**

#### **Teachers should review Family Life Teacher Resources:**

- a. Secondary Family Life Teacher Vocabulary Resource
- b. Answering Difficult Questions Document
- c. Teaching Sensitive Topics in Health Education Document

#### **MATERIALS:**

Puberty PPT

Is Jordan a Boy or Girl handout

Puberty Changes handout

**VOCABULARY:** Puberty, Adolescence, Hygiene

#### **MOTIVATION : Warm-Up**

Ask students the following question: What are some changes that take place during puberty? Have students share a few responses.

#### **Lesson Procedures:**

1. **Discussion:** Share the definitions for puberty, adolescence, and hygiene.
2. **Activity: Is Jordan a Boy or a Girl:** Students will complete the worksheet Is Jordan a Boy or a Girl? Students should decide on a gender and then explain why they chose that gender. Students should use information from the text to support their answer in the Once complete, have students share their response with their supporting detail.
3. **Activity: Puberty Checklist:** Provide students with the Puberty Checklist. Student can choose to work individually or work with a partner to determine which changes occur during puberty for

males, females or both genders. Students are not expected to know all this information, as they have not yet learned it this year.

4. **Student Puberty Checklist Review: Turn and Learn:** If students feel comfortable, have them share their responses with other students in the class.
5. **Discussion: Puberty Checklist:** Have students share their response with the class as you discuss the changes that take place in puberty. Have students make changes to their responses if necessary.
  - a. The PowerPoint is interactive, and each “x” will pop up in the correct column when clicked to move forward

**CLOSURE:**

How do the changes during puberty prepare the body for reproduction?

**FORMATIVE ASSESSMENT:**

Puberty Changes Checklist

**EXTENSION ACTIVITIES:**

- Hygiene PSA
- **Always Changing and Growing up Co-ed Puberty Education Video.**  
(This video is 25 minutes) <https://youtu.be/Bw1N06PKhu4>
- **BrainPOP Videos:** Teachers may use the following videos if school has subscription:
  - Puberty
  - Hygiene