

**CURRICULUM UNIT 6:** Family Life and Human Sexuality**LESSON TITLE:** Puberty**Health Literacy Skill:**

- Interpersonal Communication

**MSDE Performance Indicator:**

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

**OBJECTIVE:**

1. Students will comprehend concepts related to the physical, emotional, and social changes that occur during puberty.

**TEACHER NOTES :**

1. Teachers are encouraged to use best practices when presenting material to students.
2. Before starting the lesson, review class expectations and Family Life guidelines with the class.
3. **Remind students of anonymous question protocol.**
  1. Teacher Suggestion: Question box and/or Anonymous Padlet Page.
  2. 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.
4. **Teachers should review Family Life Teacher Resources:**
  1. Secondary Family Life Teacher Vocabulary Resource
  2. Answering Difficult Question Document
  3. Teaching Sensitive Topics in Health Education

**MATERIALS:**

Puberty PowerPoint  
Puberty Changes Student Worksheet  
Puberty Categorizing Cards  
3-2-1 Exit Ticket

**VOCABULARY:**

Adolescence	Hormones	Progesterone
Puberty	Estrogen	Testosterone
Endocrine System		

**MOTIVATION:** Warm up- Teacher may choose to have students complete the warm-up using any instructional strategy best suits the needs of their class. Ask students to brainstorm some of the physical changes that will occur during puberty.

**LESSON PROCEDURES:**

1. **Teacher-led Discussion- Vocabulary:** Use the PPT to review vocabulary terms. (Teacher Choice- if using the blank Family Life vocabulary resources, students should complete the Puberty section). Discuss physical changes that

happen to both boys and girls during puberty. Discuss vocabulary terms that are associated with puberty.

- Adolescence: The stage of life between childhood and adulthood when puberty begins.
- Puberty: The life development stage when sex organs mature into adulthood
- Hormones: are chemical substances made and released in one part of the body that cause a change in another part of the body
- Testosterone: A male hormone that is released into the blood stream from the testes and causes the male secondary sex characteristics to develop during puberty
- Estrogen: A female sex hormone that produces female secondary sex characteristics and effects the menstrual cycle
- Progesterone: A hormone that prepares the uterus for the fertilized ovum and maintains pregnancy.

3. **Teacher-led Discussion- Puberty Changes:** Use the PPT slides to discuss and have students write down physical, mental, emotional and social changes that happen within boys and girls during puberty.
4. **Student Activity : Puberty Changes Activity:** Each student will be given a "Puberty Changes Card." Students will work within a small group to put the Puberty Changes Cards in the correct category (Social/Emotional, Physical (Male, Female, or Both), or Myth). Brainstorm any additional changes that might occur in each category.
  - Provide students with completed notes if necessary.

**CLOSURE:**

Students will answer discussion questions and complete the 3-2-1 Ticket

Students will list: 3 changes that occur during puberty, 2 misunderstandings associated with sexual development, and 1 source of good information and support to cope with puberty.

**FORMATIVE ASSESSMENT:**

Puberty Changes Activity  
Discussion Questions & 3-2-1 Ticket

**EXTENSION ACTIVITIES:**

Vocabulary Resource

**USEFUL RESOURCES:**

BrainPop:

Adolescence

<http://www.brainpop.com/health/geneticsgrowthanddevelopment/adolescence/>