

Making Sense of Puberty

A Lesson Plan from *Rights, Respect, Responsibility: A K-12 Curriculum*

Fostering respect and responsibility through age-appropriate sexuality education.

NSES ALIGNMENT:

By the end of 5th grade, students will be able to:

PD.5.CC.1 – Students will be able to explain the physical, social, and emotional changes that occur during puberty and adolescence.

PD.5.SM.1 – Students will be able to explain ways to manage the physical and emotional changes associated with puberty.

PD.5.CC.2 – Students will be able to explain how the timing of puberty and adolescent development varies considerably and can still be healthy.

PD.5.AI.1 – Identify medically-accurate information and resources about puberty and personal hygiene.

PD.5.AI.2 – Identify parents or other trusted adults of whom students can ask questions about puberty and adolescent health issues.

PD.5.INF.1 – Describe how friends, family, media, society and culture can influence ideas about body image.

TARGET GRADE: Grade 4 Lesson 1

TIME: 40 Minutes

MATERIALS NEEDED:

- 3 Pre-titled newsprint sheets as described
- Teacher's Guide: "Changes of Puberty" – one copy
- Answer Key: "Changes of Puberty" – one per student (to be distributed at the end of class)
- Homework: "Remaining Questions" – one per student
- Handout: "Learning About Puberty Resources" – one per student
- Markers/chalk
- Flipchart paper or chalkboard/dry erase board
- Masking tape
- Extra pencils in case students do not have their own
- "Changes of Puberty" - one copy cut into strips

ADVANCE PREPARATION FOR LESSON:

Take three sheets of newsprint paper. On the top of the first write, "Physical," on the top of the second write, "Social," and on the top of the third write, "Emotional." Post these at the front of the room with another blank sheet over each to hide what is written there.

Have approximately 30 one-inch pieces of masking tape pre-torn and partially stuck to the board or a desk at the front of the room to save time during the activity. Cut the "Changes of Puberty" sheet along dotted lines to form strips.

LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. Describe at least three changes that take place during puberty. [Knowledge]
2. Differentiate between what could be considered physical, social and emotional changes of puberty. [Knowledge, Skill]
3. Explain one thing they can do to manage a physical, emotional and a social change of puberty. [Knowledge, Skill]
4. Identify at least one reliable, accurate source of information about puberty. [Knowledge, Skill]

PROCEDURE:

STEP 1: Tell the class that you are going to be talking about puberty today. Say, "Puberty is something everyone goes through starting at around your age and over their teen years. It has to do with all the ways our bodies change to prepare us for becoming adults. This includes how we change emotionally – and socially – as well as physically."

Reveal the three flipchart sheets and say, "Most people know something about the physical changes of puberty – what our bodies go through. But there are also emotional changes – ways in which we change that has to do with our feelings. And there are also social changes – ways in which we change based on the people we spend the most time with. We are going to do an activity now that looks at these changes."

The book "It's Perfectly Normal" is recommended and is inappropriate for 9-year-olds. See attached photos.

Learning about Puberty

Handout

These recommendations are a part of lesson 1 for 4th grade. "Making Sense of Puberty."

Note to Parents/Caregivers: *These resources all provide important, age-appropriate information about puberty and how our bodies change during this time. Please review these before sharing with your child so you feel ready to answer any questions they may have.*

This book is pornographic with gratuitous pictures of nudity. It goes beyond education.

BOOKS

The "What's Happening to My Body?" Book for Girls – Lynda Madaras

The "What's Happening to My Body?" Book for Boys – Lynda Madaras

It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health – Robie H. Harris

The Amazing Life of Birds: The Twenty Day Puberty Journal of Duane Homer Leech – Gary Paulsen

American Girl: The Care & Keeping of You: The Body Book for Younger Girls

The Boys Body Book: Everything You Need to Know For Growing Up You

WEBSITES

PBS Kids: It's My Life: Puberty – <http://pbskids.org/itsmylife/body/puberty/>

Healthy Kids from the American Psychological Association – <https://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/Whats-Happening-to-my-Body.aspx>

Kids Health from Nemours – http://kidshealth.org/kid/grow/body_stuff/puberty.html



**PARENTAL
ADVISORY
EXPLICIT CONTENT**

The following pages contain examples of what Comprehensive Sexuality Education (CSE) advocates consider "developmentally appropriate" programmatic information for children. These examples were generated from the book, It's Perfectly Normal, and may be subject to change over time.

This edition is available in print and digital formats. Allowing Parental Advisory labels and the book to be seen without being subjected to Parental Advisory.

Edgewood High School, Edgewood, Missouri

It's Perfectly Normal is a book that is both informative and fun. It's a great resource for parents and children alike. The book is written in a simple, easy-to-understand language that is accessible to all ages. It covers a wide range of topics, from basic anatomy to more complex issues like consent and safe sex. The book is a valuable tool for parents and educators alike, and it's a must-read for anyone who wants to help their children understand their bodies and their relationships.



FIGURE 15.1: INTERCOURSE Page 34

"Sexual intercourse usually begins with the people touching, caressing, kissing, and hugging each other."

"After that, the female's vagina becomes moist and slippery, her clitoris becomes rigid, and her vaginal area becomes erect, and she urges the female and the male begin to feel excited about each other."

"It is now possible for the male's erect penis to go inside the female's vagina."



"At the time, the female moves back and forth in rhythm, the movement of the penis inside the vagina can feel very good. The female and male may tug and jerk, and both individuals may cry out as a result of this going on and feeling more and more excited."



“Sexual intercourse - ‘having sex’
- can involve the penis and the
vagina, or the mouth and the
genitals, or the penis and
the anus.”

