

Puberty and Adolescent Development – Grade 6

Provides a foundation for understanding the human reproductive system and the physical, social, emotional, and cognitive changes of puberty.

Learning Objective	Lesson Ideas and Additional Resources	Suggested Assessment
<p>Describe the reproductive systems, including body parts and their functions.</p>	<p>Lesson Plan Puberty Happens (Changing Bodies-Unit 2) - This lesson introduces the reproductive systems, including male and female anatomy. Through diagrams, worksheets, and discussion, students identify the names and functions of these body parts; learn about the path of the egg and the sperm; and gain an understanding of ovulation, menstruation, and how pregnancy can happen. or Teaching Sexual Health, Female and Male Reproductive Systems (Gr 5) - These lessons use vocabulary matching games, diagrams, discussion, and Kahoot quizzes to learn about male and female anatomy, as well as the journey of the egg and sperm.</p> <p>Additional Resources KidsHealth.org- KidsHealth in the classroom provides health related lessons. Each teacher’s guide includes discussion questions, activities, handouts, and quizzes. Female Reproductive System and Male Reproductive System</p> <p>*If the reproductive system has been taught prior to 6th grade, a review is recommended by using the handouts from the lesson plans and additional resources above.*</p>	<p>Have students complete the worksheets for the male and female reproductive anatomy, and ovulation and menstruation to demonstrate their knowledge of the reproductive system.</p> <p>Have students complete the anatomy & physiology worksheets or Kahoot questions to assess knowledge.</p> <p>Have students complete the quiz that follows the KidsHealth lessons to determine students’ knowledge of the male and female reproductive anatomy systems.</p>
<p>Describe the physical, social, emotional, and cognitive changes of puberty.</p>	<p>Lesson Plan Advocates for Youth 3 R’s, Change is Good (Gr 6) - In this lesson, students brainstorm the physical, social, cognitive, and emotional changes of puberty and work in small groups to match specific changes under each of these four categories, sharing their findings with the larger group. A homework assignment helps students identify trusted sources of information online.</p> <p>Supplemental Video Amaze.org - Amaze has animated 2-5 minute videos for adolescents ages 10 to 14, with Dig Deeper processing questions and additional resources for educators and parents. Puberty</p>	<p>Ask students to write down 2-3 examples of each of type of change they may go through during puberty-- physical, social, emotional, and cognitive.</p> <p>Have students complete and hand in the <i>Where Can I Learn More about Me?</i> worksheet.</p>

Puberty and Adolescent Development – Grade 7

Provides a foundation for understanding the human reproductive system and the physical, social, emotional, and cognitive changes of puberty.

Learning Objective	Lesson Ideas and Additional Resources	Suggested Assessment
<p>Describe reproductive systems, including body parts and their functions.</p>	<p>Lesson Plan Teaching Sexual Health, Reproduction (Gr 7) - This lesson provides worksheets for students to identify male and female reproductive body parts and their function. Students arrange reproduction cards in their proper order. Slides are available for educators to show on a projector. or Advocates for Youth 3 R's, Reproduction Basics (Gr 7) - This lesson begins with a carousel activity to introduce reproduction concepts, including sexual intercourse and pregnancy. Discussion provides correct definitions for key terms and students are introduced to information about fertility, the menstrual cycle, facts about sperm, pregnancy, and birth control to prevent pregnancy. Slides are available for the educator to show.</p> <p>Additional Resources KidsHealth.org - KidsHealth in the classroom provides health related lessons. Each teacher's guide includes discussion questions, activities, handouts, and quizzes. Male Reproductive System and Female Reproductive System</p> <p>*If the reproductive system has been taught in 6th grade, a review is recommended by using the handouts from the lesson plans and additional resources above.*</p>	<p>Have students complete the anatomy worksheets or place the reproduction cards in correct order to demonstrate learning of the reproductive system.</p> <p>Ask students to complete the homework assignment, <i>Reproduction Myth vs. Fact</i> to assess their learning.</p> <p>Have students complete the quiz in the KidsHealth lessons to assess students' knowledge of the male and female reproductive anatomy systems.</p>
<p>Describe the physical, social, emotional, and cognitive changes of puberty.</p>	<p>Lesson Plan Teaching Sexual Health, Sexual Development Quick Lesson (Gr 8) - In this lesson, students review puberty changes by arranging specific puberty changes under the appropriate headings- physical, social, and emotional. Students brainstorm misunderstandings people have around puberty and in small groups complete a handout about the easiest and hardest parts of growing up.</p> <p>Supplemental Video Amaze.org- Amaze has animated 2-5 minute videos for adolescents ages 10 to 14, with Dig Deeper processing questions and additional resources for educators and parents. Puberty and Pregnancy and Reproduction</p>	<p>Have students list 2-3 examples of the physical, social, and emotional changes of puberty.</p> <p>Students can complete the handout <i>Easiest/Hardest Things About Growing Up</i> to demonstrate how they have applied their learning of the changes of puberty to their own lives.</p>

Puberty and Adolescent Development – Grade 8

Provides a foundation for understanding the human reproductive system and the physical, social, emotional, and cognitive changes of puberty.

Learning Objective	Lesson Ideas and Additional Resources	Suggested Assessment
<p>Describe the reproductive system, including body parts, functions and how a pregnancy happens.</p>	<p>Lesson Plan Advocates for Youth 3 R’s Everybody's Got Body Parts, 1 and 2 (Gr 7) - In these lessons, students work in small groups to review the female (part 1) and male (part 2) sexual and reproductive systems. Links to websites provide the educator with slides and a video to help explain the systems. or Best Practices Supplemental Sexual Anatomy Review - This review of the sexual anatomy provides the educator with options for students to fill in diagrams or worksheet of the anatomy. A mini-lecture includes slides a teacher can project and students can also complete a research project.</p> <p>Additional Resources KidsHealth.org - KidsHealth in the classroom provides health related lessons. Each teacher’s guide includes discussion questions, activities, handouts, and quizzes. Male Reproductive System and Female Reproductive System</p> <p>Supplemental Video Amaze.org- Amaze has animated 2-5 minute videos for adolescents ages 10 to 14, with Dig Deeper processing questions and additional resources for educators and parents. Pregnancy and Reproduction</p>	<p>Students can complete the Sexual and Reproductive Systems worksheets or crossword puzzles to assess knowledge of the reproductive system.</p> <p>Students can complete the worksheet, diagrams or research project to assess learning.</p> <p>Have students complete an exit slip using the reflection questions in this lesson.</p> <p>Have students complete the quiz in the KidsHealth lessons to assess students’ knowledge of the male and female reproductive anatomy systems.</p>
<p>Describe how the adolescent brain can affect sexual decision making.</p>	<p>Lesson Plan Best Practices The Developing Brain (Lesson 2, Supplemental Activity) - This lesson includes information that helps students understand how their brain is changing during and after puberty and how that can impact their decision-making. Educators can use a video and a mini-lecture with a diagram of the Developing Brain.</p>	<p>Have students fill out the diagrams or complete an exit slip or reflection piece noting three things they learned from the lesson about how the brain changes during adolescence and the impact on decision-making.</p>