

Lesson Topic: Change is Good! -Puberty

Objectives:

- Name at least two physical, social, cognitive and emotional changes young people go through during adolescence.

Activities:

Video: Sex Education for MS: Puberty (stop at 14:57) <https://youtu.be/A6ngtbdh0Po>

Change is Good sorting activity: www.classtools.net/vortex/202012-h3bBha

Activity is also included at the end of the packet in case you'd like to make copies and cut out instead of going to the website.

Lesson Intro:

- SHARE is important for everyone in the class.
- The goal is for every one of you to feel that these classes relate to you and your life.
- This curriculum and resulting class discussions are intended to be respectful and inclusive of many perspectives and allow all students to see themselves and understand their own health and sexuality.
- The purpose of SHARE is to assist you in making informed choices and avoid behaviors that put you at risk.
- All questions are welcome. If you don't feel comfortable asking in class, I've provided paper for anonymous questions or you may talk with me later.

Slide 1:



CHANGE IS GOOD!
PUBERTY

6TH GRADE SHARE

Slide 2-3:

Step 1: Introduce the class to *puberty*

WHAT IS PUBERTY?

- Your body goes through some amazing changes.
 - Physical, social, emotional and cognitive
- All genders experience puberty and it can begin at any time; usually between the ages of 8-15.
- You might feel excited at times and weird at others...like your body is out of control.

WHY IS PUBERTY IMPORTANT?

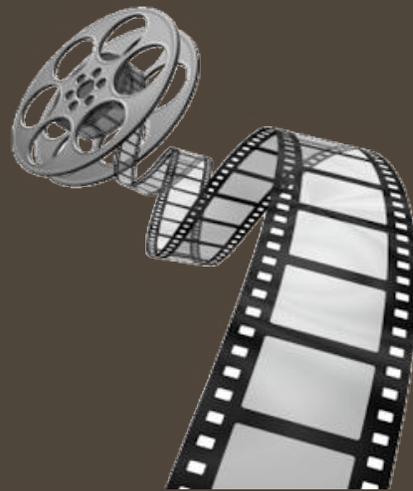
- All of these changes and feelings are **NORMAL** and it's important to recognize and understand what your classmates might be experiencing.
- Puberty is started by the natural chemicals in our bodies, called *hormones*.

- You are all at a time in your lives where your body is going through some amazing changes.
- For some, this may have started already; for others, these changes may not start for a few years yet.
- Some of these changes may make you feel really good about yourselves; it's exciting to see yourself growing up!
- Other changes may feel weird, like your body's a bit out of control at times.
- As we go through the lesson, and as you experience these changes, try to always remember that all of these changes are normal.
 - They are all important parts of growing up that all genders experience.
 - This time of growth is called 'puberty' and that it's started by the natural chemicals in our bodies, called 'hormones.'"

Step 2: Video: Sex Education for MS: Puberty (stop at 14:57) <https://youtu.be/A6ngtbdh0Po>

Slide 4:

SEX EDUCATION FOR MIDDLE SCHOOL: PUBERTY



Step 3: Although a great deal of emphasis tends to be placed on the physical changes of puberty, the changes we go through during this time are not simply physical, they are also social, cognitive and emotional. These changes (social, cognitive, emotional and physical) may present at any time. There is no particular order and everybody is different.

Slide 5:

CHANGES DURING PUBERTY

- **SOCIAL**- how we interact with others
- **COGNITIVE**- how we think, process information and learn
- **EMOTIONAL**- feelings and our awareness of what may or may not cause us to feel certain things
- **PHYSICAL**- how our body is changing

- Social changes have to do with how we interact with others.
- Cognitive changes have to do with how we think, process information and learn.
- Emotional changes have to do with feelings, and our awareness of what may or may not cause us to feel certain things.
- Physical changes have to do with how our body is changing.

On the board, write the words, physical, emotional, social and cognitive (add student input beneath each heading).

- Ask for examples of a physical change of puberty.
- Ask what they think might change socially when you start adolescence/going through puberty.
 - If they cannot think of one, say, “You may end up spending – or wanting to spend – more time with your friends than with your family.”
- Ask for an example of an emotional change.
 - If they cannot think of one, tell them that they may end up feeling very strong emotions out of nowhere, both positive and negative.
 - While there’s a stereotype that only girls feel these strong emotions, students of all genders

usually experience this at different times during adolescence

- Ask what they think might change cognitively when they start adolescence/going through puberty.
 - If they cannot think of an example, an example of a cognitive change might be some temporary fogginess in how they think – followed by a clearing of that fogginess as they get older.
 - Explain that an example of this fogginess might include forgetting to bring things with them when they go to or from school.

Step 4: Change is Good! Activity

Slide 6:



ACTIVITY: CHANGE IS GOOD

WWW.CLASSTOOLS.NET/VORTEX/202012-H3BBHA

- This can be done individually using this link: www.classtools.net/vortex/202012-h3bBha
- Or students can work individually or as partners to complete the activity sort that's included at the end of this lesson.
 - Each group will get an envelope containing a complete set of "Change is Good" cards.
 - In each set will be four header sheets: physical, social, cognitive and emotional.
 - Ask the students to spread the header sheets on the desk space (or floor) in front of them.
 - Take out the remaining cards, read through them together and decide which kind of change each is.
 - Once they all agree, they should wait for the other groups to finish.
 - Remind them to look up at the board if they forget the definitions of any of the header terms.
 - Go over the group sorts.

- As students finish, have groups share what they had included in each column.
- Step5: In closing, remind students that if they have other questions to ask...

Slide 7:

**IF YOU HAVE MORE QUESTIONS ABOUT WHAT IS OR ISN'T
HAPPENING TO YOUR BODY
ASK YOUR...**

Parent or
Guardian

Trusted
adult

School
Counselor

School
Nurse

Teacher

Faith based
leader

Health
Clinic

Health care
provider

PHYSICAL	COGNITIVE
EMOTIONAL	SOCIAL
Voice deepens	Sweat starts to smell
Menstruation/get your period	Feel kind of clumsy/trip over your own feet sometimes
Voice cracks	Anxiety and stress can increase
Muscle growth	Experience more intense feelings-happy one minute, upset the next
Feel like – “Everyone’s looking at/talking about me!”	May want to try different sometimes risky things
May feel really strong/powerful because of how your body looks	Might have a hard time making up your mind/feel unsure
Peer pressure increases	Might have a hard time understanding instructions

	the first time they're told to you
More interested in being with friends	Feel like you forget things people told you just a few minutes before
Start to become interested in others as more than friends/finding a boyfriend or girlfriend	May have more conflict with parents
Might start thinking, "Who Am I?" – try to start defining yourself as a person	Feel self-conscious about how your body looks
Grow taller (growth spurt)	Grow hair under arms, on legs, around genitals
Feel hungrier/eat more	Get acne
Hair texture may change	Wet dreams
Hormone Surges can make your moods go up and down	Hips widen
Grow breasts	Weight gain

Change is Good! Activity Answer keyPHYSICAL

- Grow taller (growth spurt)
- Grow hair under arms, on legs, around genitals
- Feel hungrier/eat more
- Get acne
- Hair texture may change
- Hormone surges can make your moods go up and down
- Wet dreams
- Hips widen
- Grow breasts
- Weight gain
- Voice deepens
- Menstruation
- Voice cracks
- Muscle growth
- Sweat starts to smell
- Feel kind of clumsy/trip over your own feet sometimes

EMOTIONAL

- Anxiety and stress can increase
- Feel self-conscious about how your body looks
- Experience more intense feelings-happy one minute, upset the next
- May feel really strong/powerful because of how your body looks

COGNITIVE

- May want to try different, sometimes risky things
- Might have a hard time making up your mind/feel unsure
- Might have a hard time understanding instructions the first time they're told to you
- Feel like you forget things people told you just a few minutes before
- Feel like – “Everyone’s looking at/talking about me!”

SOCIAL

- Peer pressure increases
- More interested in being with friends
- Start to become interested in others as more than friends/finding a boyfriend or girlfriend
- May have more conflict with parents
- Might start thinking, “Who am I?” – try to start defining yourself as a person

