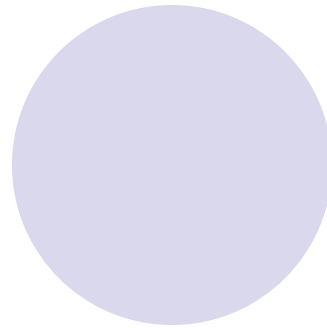
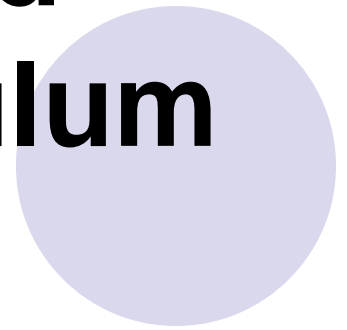
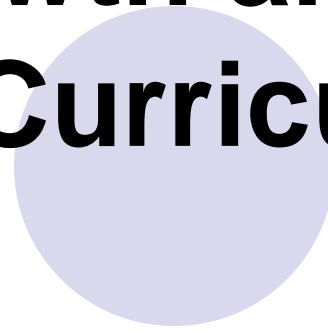


Human Growth and Development Curriculum



Ground Rules for Lessons

1. Any question is a good question.
2. Protect people's privacy- Never use names.
3. It's **OK NOT** to ask questions or share personal beliefs.
4. It's **OK NOT** to answer a question.
5. Be considerate of other people's feelings.





Tone of the Lesson

- It will be stressed that the topics are very personal and require maturity in understanding the importance of the lessons.
- **Anonymous question box-** this will be used as an alternative to asking questions aloud. Questions will be reviewed by the teacher and addressed in the following lesson.

Lesson 1: Introduction to Human Growth and Development

Length: 45-50 min (during physical education class time) Boys and girls will be separated by gender for the lesson.

Objectives (students will be able to...)

1. Understand the physical, emotional, and social changes they experience during puberty and acknowledged these changes as a normal part of growth and development.



Objectives continued...

2. Distinguish between the changes that occur during puberty for boys, for girls and for both genders.
3. Learn the physiology and correct terminology for parts of the reproductive system.
4. Anticipate puberty with positive feelings, recognizing that each individual is unique.



Lesson Plan #1

1. **Define** puberty, causes of changes, examples of changes.
2. **Pre-Test:** Students will be given a written pre-assessment of their knowledge of puberty and human growth and development.
3. **Video/DVD – Always Changing** (Girls Only or Boys Only)
Video Link for review: [Proctor and Gamble "Always Changing" video](#)
4. **Question/Answers:** Following the video, students will be able to distinguish between facts and myths about puberty.

Lesson #2 – Human Growth and Development

Length: 45-50 min (during physical education class time)
Boys and girls will be separated by gender for the lesson

Objectives:

1. Recognize the medical terms, locations and functions of the structures of the male/female reproductive system.
2. Distinguish between reproductive system myth and facts.
3. Understand the process of the menstrual cycle or sperm production/ejaculation.
4. Recognize the importance of decision making due to physical, emotional and social changes during puberty.



Lesson Plan #2

1. Review ground rules.
2. Students will have the opportunity to ask questions and anonymous questions will be answered.
3. Teacher will review the male/female reproductive system and reinforce proper terminology.
4. Students will use the puberty changes checklist as a review.
5. Students will feel more comfortable asking trusted adults about their concerns during puberty, as well as making good decisions as they become a young adult.

Resources for Parents:

- *A guidance document for achieving the new York state standards in Health Education.* The University of the State of New York: The State Education Department, 2005.
- *Always Changing-About You Fifth Grade Puberty Education Program.* Rochester, NY: Proctor & Gamble, 2008. www.pgschoolprograms.com/puberty
- *The Great Body Shop: A Comprehensive Health and Substance Abuse Program for k-6.* Wilton, CT: The Children's Health Market, Inc., 1999.
- *My Little Red Book.* Rachel Kauder Nalebuff, 2009
- *Growing Up – It's a Girl Thing,* Mavis Jukes, Alfred A. Knopf, Inc., 1998
- *The What's Happening to My Body? Book for Boys: A Growing-up Guide for Parents and Sons,* Lynda Madaras and Area Madaras, Newmarket Press, 2000
- *The What's Happening to My Body? Book for Girls: A Growing-up Guide for Parents and Daughters,* Lynda Madaras and Area Madaras, Newmarket Press, 2000
- www.kidshealth.org
- www.beinggirl.com
- www.always.com
- www.nih.gov