
OUTLINE

LESSON 1: STARTING THE JOURNEY

Learning Objectives

- Define puberty as a temporary life stage of social, physical, and emotional development
- Review the elements for a safe and supportive learning environment
- Consider characteristics of trust and identify at least one trusted adult
- Identify emotions and practice language skills for processing physical and emotional responses

Activities

1.1 Welcome & Introductions

- Intro to Puberty
- Group Agreements

1.2 Emotions

- What are Emotions
- Naming and Mapping Emotions

1.3 Trusted Adult Connection

- Adults in Our Lives
- Green Flags Activity

1.4 Closeout

- Question Box

LESSON 2: BOUNDARIES & RESPECT

Learning Objectives

- Develop communication skills around values, emotions, and boundaries
- Understand qualities of healthy and unhealthy relationships
- Identify boundaries in different types of relationships
- Understand rejection and how to manage it

Activities

2.1 Welcome Back

2.2 Introducing Relationships & Boundaries

- Healthy Relationships

2.3 Relationships and Boundaries

- River and Justice
- Identifying Boundaries

2.4 Rejection

- Rejection and Boundaries

2.5 Closeout

- Question Box

LESSON 3: PUBERTY & THE BODY

Learning Objectives

- Identify anatomy as it relates to physical changes and reproduction
- Examine the relationship between physical, emotional, and social changes during puberty
- Consider how body image impacts how we relate to and interact with others
- Outline healthy hygiene habits, including menstrual management

Activities

3.1 Physical Changes

- Body Image

3.2 Hormones & The Body

- Inside of the Body
- Cells
- Glands
- Hormones

3.3 The Body & Anatomy

- Outside of the Body
- Penises
- Vulvas
- Calling Them By Their Name

3.4 Reproduction

- Reproductive Organs During Puberty
- Fertilization & the Journey of the Egg & the Sperm
- Sex & Masturbation

3.5 Menstruation

- Menstrual Health

3.6 Hygiene

- Increase in Oils
- Body Odor & Deodorant

3.7 Closeout

- Question Box

LESSON 4: ON MY WAY

Learning Objectives

- Understand strategies for managing all the changes that occur in puberty
- Identify a plan for how to care for yourself socially, emotionally, and physically

Activities

4.1 Welcome Back

4.2 Puberty

Review Game

4.3 Puberty Plan

4.4 Q&A Closeout

- Question Box