

talk about **it** Texas presents

on my way



puberty curriculum

FIRST EDITION

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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

2.1

WELCOME BACK

- DO** *Welcome students back to class.*
- ASK** Who can remind us what we talked about last class?
- DO** *Thank students.*
- SAY** To add to our discussion on emotional changes, today we're going to consider how our feelings help us understand and make decisions in our relationships.

Today is all about social changes.

Remember to keep our group agreements in mind.
- DO** *Ensure group agreements are posted for everyone to see.*

2.2

INTRODUCING RELATIONSHIPS & BOUNDARIES

RELATIONSHIPS

- ASK** Who can tell us what a relationship is?
- DO** *Solicit answers from students.*
- SAY** Relationships are a connection between two people.
- ASK** What are some examples of relationships people your age might have?
- SAY** Relationships can be anything: friendships, romantic relationships, family, classmates, teacher and student relationships, coach and athlete.

What we should all strive for is relationships that are healthy. Striving for something means continuing to try until we are successful.

It can take time to build healthy relationships, but everyone can do it.
- DO** *Write on the white board "Healthy" on one side and "Unhealthy" on the other.*

DO Let the students know you'll be sorting the following words into categories, then read the words and sort them with the class.

- Respectful
- Rude
- Honest
- Equal
- Mean
- Judgmental
- Disrespectful
- Fun
- Kind
- Dishonest
- Supportive

Correct sorting order:

- | | |
|--------------|-----------------|
| Healthy | Unhealthy |
| • Respectful | • Rude |
| • Honest | • Mean |
| • Equal | • Judgmental |
| • Fun | • Disrespectful |
| • Kind | • Dishonest |
| • Supportive | |

Thank the class for their participation. Erase the words when you're done.

SAY A big part of having a healthy relationship is understanding and respecting each other's boundaries.

To explore boundaries, we are going to read a story together.

3.1

PHYSICAL CHANGES

DO Welcome students back to class.

SAY In today's lesson we are going to learn about the physical changes that come with puberty.

BODY IMAGE

ASK What are some physical changes that happen during puberty?

DO List on the board as they suggest changes.

Thank the students, and explain that you'll go through the changes today and explain more about why they happen and how to get through them.

SAY You may notice that you or your classmates have started to physically change.

This could look like getting hair in new places, having deeper or cracking voices, or growing breasts.

Every young person experiences these changes differently, and that's okay.

Today we're going to talk about the changes and try to make them as easy as possible for you.

There are several things that are very important for us to agree on today.

It is important to know that all bodies are normal and come in many different shapes and sizes.

That means we should be respectful of everyone around us, just like we agreed to in our group agreements.

It's not okay to say mean things about other people's bodies.

ASK Can you give me a thumbs up if you agree to be respectful to each other?

SAY It's also important that we respect our own bodies.

Everyone has things that they might want to change about themselves. Maybe you wish you had curly hair, or you wish you were taller, or you wish you were stronger. All of these feelings are okay, but it's important that we are nice to ourselves, too.

ASK Can you give me a thumbs up if you agree to respect ourselves?

SAY Many people in a young person's life can influence how a person thinks about themselves.

In this class today, we are going to try to be as respectful and positive as possible.

Even though puberty is awkward sometimes, we can make it easier for everyone if we agree to be nice to each other.

ASK Can you give me a thumbs up if you agree to do your best today, even when it's awkward?

