

Essential Standard	Clarifying Objective
4.ICR.2 Understand the changes that occur during puberty and adolescence.	4.ICR.2.1 Summarize the physical and emotional changes during puberty.

Teacher should discuss the “Health and Puberty Classroom Guidelines” and send home to be discussed and signed by a parent prior to starting instruction.

Materials Needed:

- Copies of “Health and Puberty Classroom Guidelines” to be sent home
- Appendix 1- Copies of “A Brand New You”
- Appendix 2- “They Tell Me I’m Going Through Puberty”
- Appendix 3- Copies of “Body, Mind, and Feelings”
- Appendix 4- Copies of “ My Personal Puberty Plan”
- Boys Introduction to Puberty Presentation
- Girls Introduction to Puberty Presentation
- Blank paper for writing

Statement of Objectives:

Today we will begin to talk about changes that happen as a part of growth and development. These changes are called puberty, and all boys and girls experience it as they become men and women. By the end of the lessons, you will be able to identify physical and emotional changes that happen as a part of puberty.

Setting the Focus:

Provide copies of “ A Brand New You” (Appendix 1) so students can read along with you. Read the poem and ask how they feel about the changes they are experiencing or will experience during puberty.

Teacher Input:

How many of you have older brothers and sisters? Have you notices that they have experienced changes in the way they look? They have begun to look more like young men and women and less like children. These changes may have already started for you OR they may be beginning within the next several years.

It is fairly common for children to feel a little awkward during this time. Just as the physical changes occur over several years, so might those feelings of being uncertain and uncomfortable.

Sometimes children (and adults) feel uncomfortable talking about puberty. It is natural for folks to feel a little embarrassed, especially if they have not talked about these topics before. They may feel silly and may giggle, or get quiet. That’s to be expected.

Just realize that as a child’s body changes and matures, so does his/her feelings about growing up.

Focus Activity:

- Have students listen to “They Tell Me I’m Going Through Puberty” (Appendix 2) as you read Chris’s story aloud.
- When you are done, ask students this question:
 - Do you think Chris is a boy or a girl, or are you unsure?
- Have students share their answers with a nearby classmate and discuss their reasons for choosing boy, girl, unsure.

Teacher Input:

- Depending on the gender of the group you are teaching, use the corresponding Puberty Presentation (with detailed talking notes) to teach the class about the characteristics of puberty. Students will learn about both genders, with the bulk of the presentation focusing on the audience’s gender.
- Throughout the presentation, pause for reflection and any necessary discussion.

Practice and Assessment:

- Ask students to complete “Body, Mind, and Feelings” (Appendix 3)
- In a small group, students should list as many changes as they can that girls and boys experience during puberty.
- When students are finished, the group should discuss their thoughts with another group.

Personal Reflection Activity:

- As a personal reflection, ask students to complete an individual “My Personal Puberty Plan” (Appendix 4) to process the information gained from this lesson.

A Brand New You!

In fourth grade, kids try to be **normal**.
It seems like the thing to do.
They're starting to go through **puberty**.
It all seems so **brand new**.

The girls are getting taller:
And boys will catch up before long.
The girls are getting wider hips.
Boys' shoulders become broad and strong.

The growth spurt sometimes feels awkward.
With arms and legs feeling "dangly."
It's hard to coordinate movement
When your feet are suddenly "tangly."

Girls develop a more shapely figure
And hair in several new places.
Boys start to have deeper voices
And "peach fuzz" on their faces.

It's all a part of growing up
And adults will be there for you.
So ask your questions so you get the answers
To why these changes seem so **Brand New**.



Appendix 2

“They Tell Me I’m Going Through Puberty”

Hi, I’m Chris and I’d like to tell you about what’s happening to me. It seems that every day brings a new change. It’s almost like I’m getting a new body! They tell me I’m going through puberty.

One thing that’s happening is this new hair that’s growing in places it’s never been before. Like under my arms. I know this is normal and all, but it still takes getting used to.

I don’t mind some of the changes I’m seeing. In fact, some things I even like. I’m taller than I was last year. I know I’m smarter just because I’m able to think and write about what I’m going through now.

But then, there are some changes that aren’t so good. Like B.O., body odor. The first time I noticed it, I thought I had some kind of disease or something. Now I realize it’s not too bad if I wash or use deodorant.

A really dirty trick though, is acne. I remember I was getting ready to go to a party, washing up and stuff, when I looked in the mirror and saw this big zit staring back at me. I held hot wash-cloths on it for a long time. It went down, but not the whole way. I went to the party anyway. I noticed that many other kids had the same or worse luck with their zits. I wonder how common this is.

There’s one thing I get a little embarrassed about. It’s even hard for me to say this. When I was at the party the other night, I was with someone I like (and I’m not mentioning any names). I got this new feeling. It was strange but kind of nice. They tell me it’s normal. Is it?

They tell me I’m going through puberty. That means I have to go to school with my zits and my B.O. But, I’m taller and smarter. I think I’ll survive.
Do you think Chris is a boy or a girl, or are you unsure?

Body, Mind and Feelings

Directions: List as many changes as you can that girls and boys experience during puberty. When you are finished, discuss your thoughts with another group.

	Physical Changes	Emotional Changes
Girls		
Boys		

My Personal Puberty Plan

During puberty, I might face these challenges: • • • • •	I can take good care of myself by doing these things:
I know I can talk to these people if I have questions: 1. 2. 3.	