Essential Standard	Clarifying Objective
5.ICR.2 **Analyze the changes and influences that occur during puberty and adolescence.**	**5.ICR.2.1** **Recall that puberty is characterized by the development of secondary sex characteristics and the onset of reproductive capacity.**

Materials Needed:

- Appendix 1- Background Content for Facilitating Our Changing Body
- Appendix 2 – Strips of paper with the physical signs of puberty and three heading strips
- Baggies or envelopes
- Appendix 3a and 3b – Student copies of male and female reproductive organs diagrams
- Appendix 4a and 4b –Teacher key of male and female reproductive organs diagrams
- Appendix 5 – Planning for Puberty handout

Focus:
Students will recall the outward physical characteristics associated with puberty for both males and females. Prior to the lesson, the teacher will need to cut apart the strips and place them into envelopes or baggies preparing enough for partner work. During this opening activity, the teacher will clarify any misconceptions and mispronunciations.

Statement of Objectives:
By the end of today's class, you will be able to understand the body changes one undergoes during puberty and that puberty is the start of the ability to reproduce.

Focus Activity: Provide students with the strips of physical signs of puberty and three headings. Student will work with a partner to sort the strips into three categories – male, female, and both.
After students have an opportunity to sort, the teacher will share the answers with the whole group and background content (using the Background Content for Facilitating Our Changing Body) for the sort.

Females – ovulation/menstruation,–ovaries, breasts, hips
Males – Testicles, penis, facial hair, voice, shoulders, nocturnal emissions
Both – height, weight gain, sweat glands, oil glands/acne, body hair

Some tips for puberty:

- Care for your body and foot odor
- Wear deodorant
- Skin Care

- Wash hair frequently
- Its normal to have frequent mood changes
- Its normal to have crushes
- Choose your friends wisely

Teacher Input: Discuss with students the changes we just discussed are a result of the hormones in your body which are beginning to function as you grow during puberty. Now we will understand the external and internal organs of our reproductive system, which is also developing during puberty like your hormones. Our bodies have several systems such as digestive, respiratory, circulatory etc. Our body also has a reproductive system, which is a very complex and also very private system of our body. This system is how human life begins. It is important that you know the medical, scientific terms for your body.

The teacher will provide each student with a copy of the diagrams of the male and female reproductive systems (Appendix 3a and 3b). Using the teacher key of male and female diagrams (Appendix 4a and 4b), each diagram will be discussed with the students.

Some of these parts are inside your body (internal) and others are outside your body (external).

For the female:

Fallopian tube – a tube between the vagina and ovaries in which fertilization takes place
Ovaries – organs that produce female hormones and produce and release ova (or eggs) in the female
Uterus or womb – the organ is which the fetus develops into a baby
Cervix – opening of the uterus; menstrual blood passes through
Vagina – The tube-shaped part of the reproductive tract in female mammals that is connected to the uterus at one end and opens to the outside of the body on the other end. The fully developed fetus passes through the vagina during birth.

For the male:

Vas deferens – tube that carries sperm from the testes to the penis
Epididymis – where sperm are stored before they mature and are released
Prostate gland – gland that produces fluid to help sperm move
Seminal vesicles – two glands that produce and secrete most of the seminal fluid
Urethra – tube in the penis that carries sperm and urine (pee) out of the
(not at the same time)
Testicles – gland behind the penis that produce male hormones and sperm (contained in a sac called the scrotum)
Sperm – male reproductive cells

Students will label their diagrams.

Assessment: Instruct students to complete Planning for Puberty handout (Appendix 5).