Essential Standard	Clarifying Objective
5.ICR.2 **Analyze the changes and influences that occur during puberty and adolescence.**	**5.ICR.2.2** **Differentiate between accurate and inaccurate sources about puberty and development.**

Materials Needed:
Appendix 1 – teacher copy of Healthy-Unhealthy Quiz
Appendix 2a and 2b – cards printed on two different colors and cut apart (each student gets one "healthy" card and one "unhealthy" card).
Powerpoint: Good Sources of Puberty Information

Statement of Objectives:
We have been studying puberty and the changes one goes through as they mature. Today we will look at the sources of our information. By the end of the lesson, you will be able to know whether a source of information is reliable or not.

Focus Activity:
Use the Healthy-Unhealthy Quiz (Appendix 1) to see if students know accurate information about puberty. Before class, copy onto two different colors and cut apart the healthy/unhealthy cards for each student. Read each statement from Appendix 1, and ask students to hold up the appropriate card. Clarify any incorrect beliefs using the information provided.

Teacher Input:
Show "Good Sources of Puberty Information" Powerpoint
See talking notes within the slides

Closure:
Ask students how finding accurate answers to their questions will help them as they go through puberty. Encourage them to ask trusted adults that have been identified as good sources of information or who will help get the correct answer if they don't know it.