Note: The following three lessons are alternatives for Grade 5 Lessons 5.ICR.2.1, 5ICR.2.2, 5.ICR.2.3.

Essential Standard	Clarifying Objective
5.ICR.2 Analyze the changes and influences that occur during puberty and adolescence.	5.ICR.2.4 Illustrate how societal influences can impact behavioral choices and one's reproductive health.

Lesson 1:

CONCEPT: Knowledge about emotional changes associated with puberty enhances self-esteem.

Materials Needed:
"Growth and Development Stats" information sheet
"How Would You Feel? What Would You Do?" Activity Sheet - Evaluation sheet

CONTENT: Transitions in puberty will result in a wide array of emotional experiences. It is common for students to have difficulty processing emotions regarding:
1. Accepting oneself
2. Body changes
3. Changing family relationships
4. Maintaining different kinds of friendships
5. Masculinity and femininity 6. Maturation stages
7. Maintaining good health habits

Focus Activity:
Supportive Data – Distribute to the students the information sheet "Growth and Development Stats." Students will consider potential emotional changes suggested by the data points on the information sheet "Growth and Development Stats". Students should understand the link to these reports and the emotional and development changes they are facing during the next few years.

Teacher Input:
Humans are very complex, we have emotional, social, mental and moral sides that continue to grow and develop throughout our entire lives. You might be feeling happy one moment and sad the next. You might have worried feelings that seem to come out of nowhere. You might feel secure with your family and friends one day, then insecure the next. This is a normal part of growing up. As you continue to grow, you will learn appropriate ways of handling your changing feelings. Ask and discuss: