

SIXTH GRADE: GROWTH & DEVELOPMENT BOYS AND GIRLS

OBJECTIVES: The Growth and Development class will assist the students in better understanding:

The physical and emotional changes associated with puberty in both males and females.

The association of the male and female physiology.

Ways of coping with emerging developmental changes.

Responsibilities of mature adolescent behavior.

SESSION: 50 minutes

1. Introduce the lesson topic and show videos relating to both male and female puberty that reinforce the curriculum
2. Review topics and terminology covered in the video
3. Briefly discuss some high risk behavior concerns such as pregnancy and sexually transmitted diseases
4. Discuss refusal skills applicable to many situations
5. Answer previously written questions and encourage the students to continue to use their parents/guardians as a source of information regarding puberty