

Progression/Sequence of Learning Tasks:

Lesson 1: Self-Esteem

Learning Goal: Students will learn what self esteem is and how it will help them as they go through puberty.
Family Life Topics are very personal and should be discussed with family or a trusted adult.

Activities	Time
<ol style="list-style-type: none">1. Start to build a rapport with the students so they feel more comfortable.<ul style="list-style-type: none">-Talk to the students about who you are and that they will see you for two days this year and again in middle school in 7th and 8th grade.-Explain to the students that in the next few years they will go through many changes, not just physical but also emotional, mental and social changes.-Let students know they are not on an island by themselves. That all kids will go through puberty and some kids start sooner or later and not compare themselves to other kids their age.2. Ask the students "What does self-esteem mean? Have the students raise their hands and listen to what they say. Explain the definition of self-esteem. Video: What is Self-Esteem: How to Feel Awesome About You<ul style="list-style-type: none">-What can happen to a person's self-esteem during puberty? Does it tend to go up or down? What are some things that would make a person's self-esteem go down?3. Pass out the students folders and the self esteem book. https://www.channingbete.com/health-care/mental-health/self-esteem/who-knew-the-self-esteem-issue/p-CBC03014. Have the students turn to page 3 in the self esteem book.<ul style="list-style-type: none">-explain the assignment. Students will choose A, B or C whether they are usually, sometimes or never to the questions that are listed on page 3.- tell the students that if they find that for example, that they have only been "sometimes" happy lately, what in their life is causing them to not always be happy and what can they do to change that? Even if you're not happy all the time, it's ok that sometimes things in life may cause you to not always be happy.5. Ask for volunteers to read the passage on page 4 about things that they like and are good at. Have the students list 6 things in their life that they feel happy about or things that they are good at. Ex.<ul style="list-style-type: none">- being a good friend- drawing- playing basketball- math- being kind to peopleGo around the room and let the students that want to share three things they wrote down.6. Goal Setting page 5. Students will start at the bottom of the page with the question what is their goal for today? and then move up the page to the top question: what do they want to be when they grow up.<ul style="list-style-type: none">-explain to them the importance of setting goals, even achieving a small goal can make them feel happy.7. Closure: Ask students if they have any questions. Remind students topics in family life are	

very personal and should be discussed with parents/guardians or other trusted adults .

Day 2: Puberty

Learning Goal: Students will learn what puberty is along with the changes they will go through in puberty.
Family Life Topics are very personal and should be discussed with family or a trusted adult.

Activities	Time
<ol style="list-style-type: none">1. Opener - Explain that we will be talking about puberty today and some of them might be embarrassed or uncomfortable with what we will be discussing. Let them know that this is ok and a safe place to ask questions and no one is going to be judging them2. Define what puberty is : Physical, emotional, social and mental changes that kids will go through during the ages of somewhere between 9-16. Ask them if they know what causes puberty? -hormones. Do they know what the female and male hormones are called? <p>The following will only be taught to the Girls</p> <ol style="list-style-type: none">1. Handout the booklet “The growing up for Girls” https://www.channingbete.com/schools-prek-12/student-health-and-well-being/sexual-health-and-development/who-knew-the-growing-up-issue-for-girls/p-CBC01372. Show them and discuss the list of the physical changes that girls will go through during puberty” Ex: -Height -Pimples, acne, body order -Breast development -Menstruation3. Hand out the “Period Facts” pamphlet https://www.etr.org/store/product/period-facts/ -Read and discuss each topic -When will I get my period -What does your period feel like -What should I do if I am not home when I get my period -What are pads, tampons, and period cups and how do you use them?4. Watch the video “Just around the corner” https://marshmedia.com/products/just-around-the-corner-for-girls-dvd <p>Closure: Ask students if they have any questions. Remind students topics in family life are very personal and should be discussed with parents/guardians or other trusted adults .</p>	

The following will be taught to the Boys only:

1. Hand out booklet "The Growing up for Boys!"
<https://www.channingbete.com/health-care/disease-management/mens-health-concerns/who-knew-the-growing-up-issue-for-boys/p-CBC0162>
2. Complete the True/False questions on page 2. Explain and Discuss.
Have the students complete these questions on their own and then review them together.
3. Explain and discuss the changes that occur during male puberty from page 3.

Ex.
-testosterone
-height
-voice changes
-Acne
-body odor
-Hygiene
4. Briefly explain page 4. The Male Reproductive System.
During Puberty the male reproductive system will begin to mature.
5. Watch the video "Just around the corner" for Boys
<https://marshmedia.com/collections/puberty-dvds/products/just-around-the-corner-for-boys-dvd>

Closure: Ask students if they have any questions. Remind students topics in family life are very personal and should be discussed with parents/guardians or other trusted adults .

