

Middle School Puberty Lesson

Time: 45-60 mins

This presentation is designed to help participants gain a better understanding of puberty and how puberty can begin and end at different times for different people. Participants will learn about the different changes that people go through during puberty and how those changes can affect them physically and emotionally. They will discuss with their peers about different ways that they can take care of themselves during this time of changes.

Outline

- Introduction (2 mins)
- Activity One: Puberty Finding Out Who You Are Video (5 mins)
- Activity Two: Puberty Brainstorm (25 mins)
- Activity Three: Social and Emotional Support Scenarios (11 mins)
- Conclusion (2 mins)



National Sexuality Education Standards

- PD.8.AI.1 Define medical accuracy and analyze medically accurate sources of information about puberty, adolescent development, and sexual health.
- SH.8.CC.12 Explain the impact that media, including sexually explicit media, can have on one's body image and self esteem.



Colorado Comprehensive Health Standards

Sixth Grade

- 2.2 Identify valid and reliable resources regarding qualities of healthy family and peer relationships.
 - Describe how peer and family relationships may change during adolescence.
- 2.3 Comprehend the relationship between feelings and actions during adolescence.
 - Identify sexual feelings common to young adolescents, and differentiate between having sexual feelings and acting on them.
- 3.2 Apply effective verbal and nonverbal communication skills to enhance health.
 - Identify ways to advocate for self and others to enhance health and safety.

Seventh Grade

- 3.1 Demonstrate effective communication skills to express thoughts and feelings appropriately.
 - Advocate for self and others to increase the safety of school community.

Eighth Grade

- 3.2 Analyze internal and external factors that influence mental and emotional health.
 - Analyze how culture, media, and others influence personal feelings and behaviors.



New Mexico Health Education Standards

C1 Students will comprehend concepts related to health promotion and disease prevention.

- B2: describe the interrelationship of mental, emotional, social, and physical health during adolescence (PS3 partially met).
- B3: explain how health is influenced by the interaction of body systems (PS1 partially met).
- B4: describe how family and peers influence the health of adolescents (PS1 partially met).
- B5: analyze how environments and personal health are interrelated (PS2 partially met).

C2 Students will demonstrate the ability to access valid health information and health promoting products and services.

- B1: analyze the availability and validity of health information, products and services (PS1-2 fully met).
- B2: demonstrate the ability to evaluate and utilize resources from home, school and community that provide valid health information. (PS1 partially met).
- B4: demonstrate ability to locate health products and services (PS1 fully met).
- B6: describe situations requiring professional health services (PS2 partially met).

C3 Student will demonstrate the ability to practice health-enhancing behaviors and reduce health risk.

- B1: explain the importance of assuming responsibility for personal health behaviors (PS1 fully met).

C5 Students will demonstrate the ability to use interpersonal communication skills to enhance health.

- B3: demonstrate positive ways to express needs, wants, and feelings (PS1-3 partially met).
- B4: demonstrate ways to communicate care, consideration and respect of self and others (PS1 fully met).

C7 Students will demonstrate the ability to advocate for personal, family, peer, and community health

- B4: demonstrate the ability to influence and support others in making health-enhancing choices (PS1 partially met).
- B5: demonstrate the ability to work cooperatively when advocating for healthy individuals, families and schools (PS1 partially met).

