

**THREE VILLAGE CENTRAL SCHOOL DISTRICT
SETAUKET, NEW YORK**

Department of Health, Physical Education, Recreation and Athletics

SIXTH GRADE PUBERTY PROGRAM

OVERVIEW

Session 1	Introduction To Puberty Education
Session 2	Introduction To Anatomy Terminology
Session 3	"They Tell Me I'm Going Through Puberty"
Session 4	Let's Talk About Being A Boy - Part I
Session 5	Let's Talk About Being A Boy - Part II
Session 6	Let's Talk About Being A Girl - Part I
Session 7	Let's Talk About Being A Girl - Part II
Session 8	Similarities And Differences
Session 9	Pregnancy And Childbirth
Session 10	Pregnancy And Childbirth (Continued)
Session 11	Conception, Heredity, Growth And Development Review
Session 12	Puberty Situations: Same Gender Session (Female Only/Male Only)
Session 13	Closure And Evaluation

District Elementary Health Staff:

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Minnesauke: Kristina Fiore-Rosenfeld

Mount: Cynthia Howard

Nassakeag: Kerry Diana

Setauket: Heather Esnes

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INTRODUCTION TO PUBERTY EDUCATION

SESSION 1

Objectives:

1. To provide an opportunity for students to express their feelings and opinions about participating in this puberty education program.
2. To discuss the ground rules for classroom discussions.
3. To provide an opportunity for students to learn how to secure information about puberty and/or growing and changing body related topics.

In Class Process:

1. Introduce the topic of puberty education and overview of complete program.
2. Distribute Worksheet #1 - Opinion survey and discussion of results.
3. Develop ground rules based on Worksheets #2 & 3
4. Distribute and discuss Worksheet #4 - Growing and changing body information sources.

Homework #1 (see end of student puberty packet):

- "Interview With A Grown-Up"

INTRODUCTION TO ANATOMY TERMINOLOGY

SESSION 2

Objective:

1. To stress the need for appropriate vocabulary; to provide an opportunity to distinguish appropriate vocabulary from slang.

In Class Process:

1. Review homework - "Interview With A Grown-Up".
 2. Worksheet #5A & 5B - ANATOMY ALPHABET
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"THEY TELL ME I'M GOING THROUGH PUBERTY"

SESSION 3

Objectives:

1. To define puberty as a time between childhood and adolescence.
2. To discuss feelings and emotions during puberty.

In Class Process:

1. Worksheet #6 - They Tell Me I'm Going Through Puberty
2. Use of popcorn popper to illustrate variation of change.
3. Worksheet #7 - How is Puberty Like Popcorn?

LET'S TALK ABOUT BEING A BOY - PART I

SESSION 4

Objectives:

1. To identify the parts of the male anatomy. Discuss the parts of the male reproductive system.
2. To explain the physiological process of sperm production, ejaculation and erection.
3. To identify the physical changes of puberty and their suggested chronological order.

In Class Process:

1. Worksheet #8 - Male Anatomy
2. Discuss male body parts, ejaculation, and erection.
3. Worksheets #9 - The Male Body Clock
4. Worksheet #10 - Male Reproductive Organ Definitions Review
5. Distribute index cards.

LET'S TALK ABOUT BEING A BOY - PART II

SESSION 5

Objective:

1. To review male anatomy and physiology.

In Class Process:

1. Answer questions from index cards.
2. Go over Worksheet #11 - Male Myths and Facts
3. Show video - "Just Around the Corner", Male
4. Discuss video and distribute index cards.

LETS' TALK ABOUT BEING A GIRL - PART I

SESSION 6

Objectives:

1. To identify the parts of the female anatomy.
2. To discuss the processes of menstruation and ovulation.
3. To identify the physical changes of puberty and their suggested chronological order

In Class Process:

1. Answer questions from index cards.
2. Using Worksheet #12A & 12B - Female Anatomy. Discuss the parts of the female reproductive system.
3. Worksheets #13 - The Female Body Clock
4. Worksheet #14 - Female Reproductive Organ Definitions Review
5. Distribute index cards.

LET'S TALK ABOUT BEING A GIRL - PART II

SESSION 7

Objective:

1. To review female anatomy and physiology.

In Class Process:

1. Answer questions from index cards.
 2. Go over Worksheet #15 - Female Myths or Facts
 3. Show video - Just Around the Corner, Female
 4. Discuss video and distribute index cards.
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SIMILARITIES AND DIFFERENCES

SESSION 8

Objective:

1. To indicate the similarities and differences between boys and girls going through puberty.

In Class Process:

1. Answer questions from index cards.
2. Worksheet #16 - Boys and Girls: Similarities and Differences

PREGNANCY AND CHILDBIRTH

SESSION 9

Objectives:

1. To familiarize the students with the basic knowledge about the physiological process of human conception.
2. To explain how twins and other multiple births occur.
3. To correctly identify the anatomical relationship of a fetus to its mother.
4. To identify health practices which have an influence on the fetus.

In Class Process:

1. Discussion on how conception takes place - Worksheet #17
2. Discuss twins and other multiple births.
3. Discuss a developing fetus - Worksheet #18
4. Distribute index cards.

Homework #2 (see end of student puberty packet):

- "The Story of Me"
(Bring in a picture of yourself either as a baby or younger child)

PREGNANCY AND CHILDBIRTH (CONTINUED)

SESSION 10

Objectives:

1. To identify vocabulary for pregnancy terminology.
2. To review pregnancy and birth vocabulary.

In Class Process:

1. Answer questions from index cards.
2. Share "Story of Me" and pictures.
3. Go over Worksheet #19 - Vocabulary: Pregnancy Terminology
4. Go over Worksheet #20 - Pregnancy and Birth Vocabulary

CONCEPTION, HEREDITY, GROWTH AND DEVELOPMENT REVIEW

SESSION 11

Objectives:

1. To determine our genetic characteristics.
2. To discuss recessive and dominant traits.
3. To review growth and development vocabulary.

In Class Process:

1. Illustrate some inherited traits - Worksheet #21
2. Discussion about what we inherit from our parents and what we acquire from our environment.
3. Complete Growth and Development Crossword - Worksheets #22A & 22B

PUBERTY SITUATIONS: SAME GENDER SESSION

SESSION 12

Objectives:

1. To provide an opportunity to share information and ask questions in a same gender setting.
2. To provide hygiene information.

In Class Process:

1. Worksheets #23A & 23B - Take Good Care of Yourself
2. Suggested Activities for Boys:
 - Distribute index cards.
 - Questions/answers
3. Suggested Activities for Girls:
 - Demonstrate sanitary/hygiene products
 - Distribute index cards.
 - Questions/answers

CLOSURE AND EVALUATION

SESSION 13

Objectives:

1. To evaluate the puberty program.
2. To provide closure for the puberty program.

In Class Process:

1. Review Worksheets #22A & 22B (from Session 11).
2. Conclude with asking each student to complete the following sentence:

"One thing I really liked about puberty education was _____."

3. Distribute Puberty Education certificates.

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