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| **Essential Understandings** | * Personal needs are different in each stage of life
* People develop physical, emotionally, mentally, and socially at different rates
* A wide range of development is normal during puberty
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| **Essential****Questions** | * Where can students acquire accurate information about puberty?
* Why are personal hygiene practices important for promoting good health?
* What bodily changes occur during puberty?
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| **Essential Knowledge** | * Personal body care is a responsibility through-out the stages of life
* There are major components of the male and female reproductive systems
* The puberty experience includes changes in many areas.
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| **Vocabulary/Content** | Puberty, estrogen, testosterone, menstruation, hormones, pituitary gland, hygiene, sweat, deodorant |
| **Essential** **Skills** | * Know where to find further information
* Manage personal hygiene
* Personalize and utilize information from the lesson
 |
| **Related****Maine Learning****Results** | A5: Growth and Development : Students identify the general characteristics of human growth and development |
| **Sample****Lessons****And****Activities** | * View an appropriate video
* Participate in group and individual discussion after viewing
 |
| **Sample****Classroom****Assessment****Methods** | * Students will take a pre and post test
* Student feedback with questions
* Teacher Observation
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| **Sample****Resources** | * Publications:
* *The Care and Keeping of You,(* American Girl) by Valorie Schaefer and Norm Bendell 1988
* *The Feelings Book, The Care and Keeping of Your Emotions*
* ( American Girl) by Dr. Lynda Madison and Norm Bendell, 2002
* *The Boys Body Book Everything You Need to Know for Growing Up You* ( Boys World Books, by Kelli Dunham and Steven Bjorkman, 2007
* Videos: *Always Changing* website: http://pgschoolprograms,com/parents.php
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