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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 |
| **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? |
| **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. |
| **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 |
| **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 |