

Health/Guidance
Unit 13: Human Growth and Development

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| Essential Understandings | <ul style="list-style-type: none"> ▪ 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 | <ul style="list-style-type: none"> ▪ 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 | <ul style="list-style-type: none"> ▪ 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 | <p>Puberty, estrogen, testosterone, menstruation, hormones, pituitary gland, hygiene, sweat, deodorant</p> |
| Essential Skills | <ul style="list-style-type: none"> ▪ Know where to find further information ▪ Manage personal hygiene ▪ Personalize and utilize information from the lesson |
| Related Maine Learning Results | <p>Health A5: Growth and Development : Students identify the general characteristics of human growth and development</p> |
| Sample Lessons And Activities | <ul style="list-style-type: none"> ▪ View an appropriate video ▪ Participate in group and individual discussion after viewing |
| Sample Classroom Assessment Methods | <ul style="list-style-type: none"> ▪ Students will take a pre and post test ▪ Student feedback with questions ▪ Teacher Observation |
| Sample Resources | <ul style="list-style-type: none"> ▪ <u>Publications:</u> ▪ <i>The Care and Keeping of You,</i>(American Girl) by Valorie Schaefer and Norm Bendell 1988 ▪ <i>The Feelings Book, The Care and Keeping of Your Emotions</i> (American Girl) by Dr. Lynda Madison and Norm Bendell, 2002 ▪ <i>The Boys Body Book Everything You Need to Know for Growing Up You,</i> (Boys World Books, by Kelli Dunham and Steven Bjorkman, 2007) <li style="padding-left: 20px;">○ ▪ <u>Videos: Always Changing website:</u> http://pgschoolprograms.com/parents.php <li style="padding-left: 20px;">○ |