

7th Grade Health
Unit: Sexual Health
Lesson: Puberty and Development

Days or Dates:

Previous Lesson:	Next Lesson: Anatomy and Reproduction
Essential Standard(s):	
H1.Se2.7: Recognize that there are individual difference in growth. (Important)	
Learning Targets:	
<ol style="list-style-type: none">1. Name at least 1 physical, social, cognitive & emotional change young people go through during adolescence.2. Name at least 1 physical, social, cognitive, & emotional change that the opposite sex is going through.	
Academic Vocabulary:	
<ul style="list-style-type: none">• Physical• Social• Cognitive• Puberty• Hormones• Adolescence	
Instructional Materials Needed:	
<ul style="list-style-type: none">• Any PowerPoints, handouts, graphic organizers, websites, etc.	
Change is Good	
How will you assess that the standards are being learned?	
<ul style="list-style-type: none">• Please list any projects, assignments, formative assessments and cumulative assessments	
Formative Assessment Exit Ticket	

Snohomish School District Sexual Health Curriculum 7th Grade

Target Grade: 7th grade

Topic: Puberty & Development

Washington State Standard: Recognize that there are individual differences in growth and development. H1.Se2.7

Learning Objectives:

1. Name at least 1 physical, social, cognitive, and emotional change young people go through during adolescence.
2. Name at least 1 physical social, cognitive, and emotional change that the opposite sex is going through.

Time: 50 minutes

Materials Needed:

- "7th grade introduction to Sexual Education" worksheet
- Physical, Social, Emotional, & Cognitive place cards. 1 set of place cards per group of 4.
- https://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain#t-24437 (Optional)

Procedure:

Step 1: Pass out "7th grade introduction to sexual education" worksheet. On this worksheet, students will see the main topics we will be discussing during the sexual health unit. They will be asked to write down as much information as they know about any of the topics listed above. This will give the teacher a clear understanding of what students know prior to teaching each lesson.


Step 2: Optional- show Ted Talk on puberty.

Step 3: Talk with students about the differences between social, emotional, physical and cognitive. Ask them for examples of what could go within each section during puberty. Help give them leading examples if they are struggling.

Step 4: Divide students into groups of 4. Allow them to choose their own groups that they feel comfortable with.

Step 5: Each group will receive a physical, social, emotional and cognitive category titles with additional cards that state different changes that occur during puberty.

Step 6: Students will work together to put the cards under the correct category title. Example: the card could say- "get acne", students would place this card under the physical place card.



Step 7: Once students are done, we will go over what items should be under each category titles. This will be a large group discussion.

Step 8: Answer any questions students have about the place card and where they were placed.

Step 9: Exit ticket- have students write down at least 1 physical, social, emotional & cognitive change for yourself and that you have learned about the opposite sex.

Assessing understanding of learning target through formative assessment of group discussion and exit tickets.



Introduction to sexual education

We will begin our first of six lessons for sexual health education today. The following topics will be covered:

- ☺ Puberty
- ☺ Reproductive system
- ☺ Dating and healthy relationships
- ☺ STD's AKA STI's, including HIV/AIDS
- ☺ Birth control
- ☺ Sexting, values and boundaries

I hope this unit is helpful and interesting for everyone!

Write any facts you know about regarding any one of the topics written above. It is possible that you have learned about one or more of these topics from your family, guardian, doctor, television, friends or written materials.

Physical	Emotional	Cognitive	Social
<ul style="list-style-type: none"> - Grow Taller - Grow hair under arms, on legs, around genitals - Feel hungrier/eat more - Get acne - Hair texture may change - Hormone surges can make your moods go up and down - Wet dreams - Hip widen - Grow breasts - Weight gain - Voice deepens - Menstruation - Voice cracks - Muscle growth - Sweat starts to smell - Feel kind of clumsy/trip over you own feet sometimes. 	<ul style="list-style-type: none"> - Anxiety and stress can increase - Feel self-conscious about how your body looks - Experience more intense feelings- happy one minute upset the next - Feel "paranoid" - "everyone is looking at me" - May feel really strong/powerful because of how your body looks. 	<ul style="list-style-type: none"> - May want to try <u>different</u> sometimes risky things. - Might have a hard time making up your mind/feel unsure. - Might have a hard time understanding instructions the first time they're told to you. - Feel like you forget things people told you just a few minutes before. 	<ul style="list-style-type: none"> - Peer pressure increases - More interested in being with friends - Start to become interested in others as more than friends/finding a boyfriend or girlfriend - May have more conflict with parents - Might start thinking- who am I? try to start defining yourself.

Voice cracks

Peer pressure increases

Muscle growth

**More interested in being
with friends**

**Start to become interested
in others more than friends/
finding a boyfriend or
girlfriend**

Sweat starts to smell

**May want to try different,
sometimes risky things**

**May have more conflict
with parents/caregiver**

**Anxiety and stress
can increase**

**May feel self-conscious
about how your
body looks**

**Grow taller
(growth spurt)**

**Grow hair under arms, on
legs, around genitals**

**Feel hungrier/
Eat more**

Get acne

Grow breasts

Hair texture may change

Voice deepens

**Hormone surges can
make your moods go
up and down**

Menstruation

Hips widen

Cognitive

Emotional

Social

Physical

Exit Ticket

Name: _____

Write down one physical, emotional, social and cognitive change that occurs for you and one for someone of the opposite sex.

Please write down one for you in each category:

- Physical-
- Emotional-
- Social-
- Cognitive-

Please write down one for somebody of the opposite sex in each category:

- Physical
- Emotional
- Social
- Cognitive