

Puberty Education Curriculum

for students in upper elementary
and early middle school

There are 20 lessons in this curriculum, organized into three clusters of lessons, called tiers. Each tier is designed to be a unit for students in one grade; thus, there are lessons for three consecutive years. However, because each community is unique, the lessons can be reorganized and taught as each school district chooses.

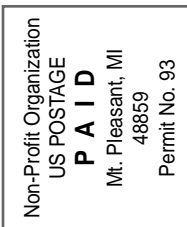
Puberty: The Wonder Years is designed for the school setting, but it also includes activities that involve parents and other family members with their children. It encourages children to talk with their parents about their spiritual beliefs and family values. It develops health skills children need to behave in a manner that is consistent with those beliefs and values:

- Communication
- Limit setting
- Refusal
- Getting help
- Friendship
- Analyzing media messages
- Distinguishing between reliable and unreliable sources of information

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Promoting Appreciation & Respect for
the Amazing Changes Experienced by
Self and Others

PUBERTY: The Wonder Years

Puberty: The Wonder Years is a puberty education curriculum for upper elementary and early middle school students. New in 2001, it was developed in response to requests from schools who want to equip young people to postpone sex and respect themselves and others as they mature.

Equipping Young People to Postpone
Sexual Intercourse

PUBERTY: The Wonder Years

Teaching-Learning Goals

Tier A:

I Wonder How Things Work (6 lessons)

- Students will communicate with parents and other trusted adults about growing up.
- Students will explain how animal and human life begins.
- Students will describe the natural changes that occur during puberty.
- Students will identify the role of families in nurturing children.
- Students will advocate for respectful treatment of peers.

Tier B:

I Wonder What Is Happening to Me (6 lessons)

- Students will communicate with parents and other trusted adults about puberty and postponing parenthood.
- Students will review the natural changes that occur during puberty.
- Students will explain the anatomy and functions of the male and female reproductive systems.
- Students will recognize the importance of safeguarding the health of their reproductive system.
- Students will develop their media literacy skills for analyzing sexual messages.

Tier C:

I Wonder What Happens Next (6 lessons)

- Students will communicate with parents and other trusted adults about puberty, relationships, and their expectations.
- Students will describe the development of the human fetus from conception through birth.
- Students will examine the influence of genetics, environment, and lifestyle on health.
- Students will choose positive lifestyles to ensure their future reproductive health.
- Students will review the physical, social, and emotional changes of puberty.
- Students will argue the benefits of delaying sexual intercourse and parenthood until adulthood and marriage.
- Students will improve communication and refusal skills to form respectful peer relationships.

Optional

Optional Lessons: More Wonders (2 lessons)

- Students will care for their skin, hair, and nails during puberty.
- Students will understand more about heredity and commit to a healthy lifestyle.

Why Provide Puberty Education?

- Children are maturing physically at younger ages. When children notice body changes and don't understand these normal events of puberty, they can become frightened and wonder if something is wrong.
- Children get mixed messages about sex. Sex is considered a dirty word and a taboo topic, yet it is everywhere. Sex appears on television, movies, and the internet, is used to sell products, and is the subject of jokes. Still, many children have difficulty getting reliable information about sex.
- Children get distorted messages about sex from the media, entertainers, music, and their peers. They often give the impression that "everyone is doing it" even though most young people are not.
- Children who have sex education programs before they are sexually active, in late elementary or early middle school, are more likely to delay sexual intercourse.
- Children who learn about puberty and sex from both parents and school are less likely to have sexual intercourse than children who learn about it from only one source or neither source.

For ordering information

Phone 1-800-214-8961, or fax 989-774-3943.
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