


How do I change during puberty?
What are some challenges of being an adolescent?

I can describe the emotional, social, and physical changes that people experience during puberty
I understand that everyone grows and develops at

	Emotional	Mood swings Sometimes feel lonely and confused Stronger feelings of wanting to be liked Stronger feelings of wanting to fit in Concerned about appearance (looks) Sexual thoughts Sexual feelings	
7 	1.1 Explain physical, social, and emotional changes associated with adolescence. 1.8 Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation.		

	2.1 Analyze how
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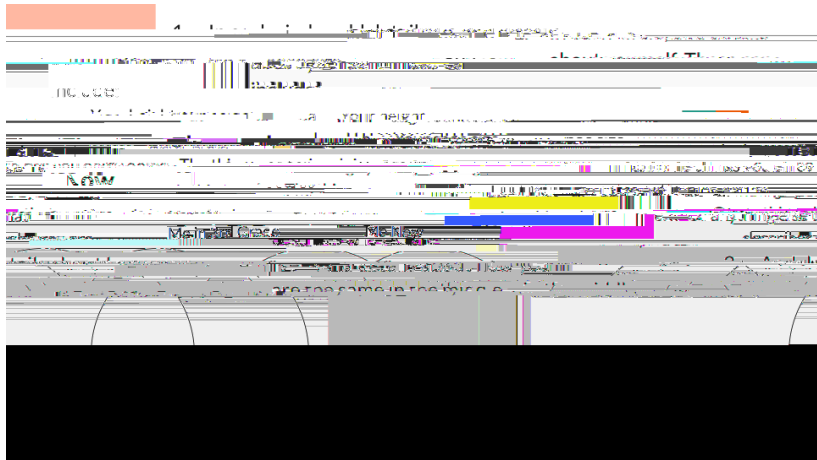
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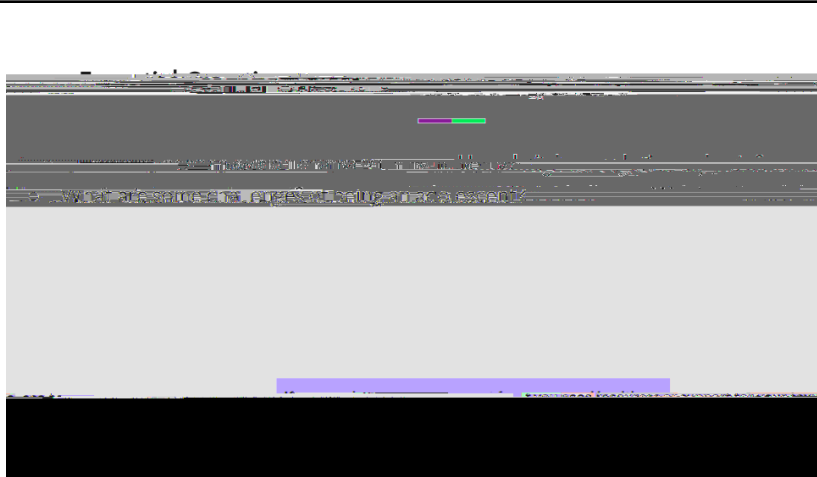
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Invite students to do the following activity to get them thinking about the concept of human change over time:

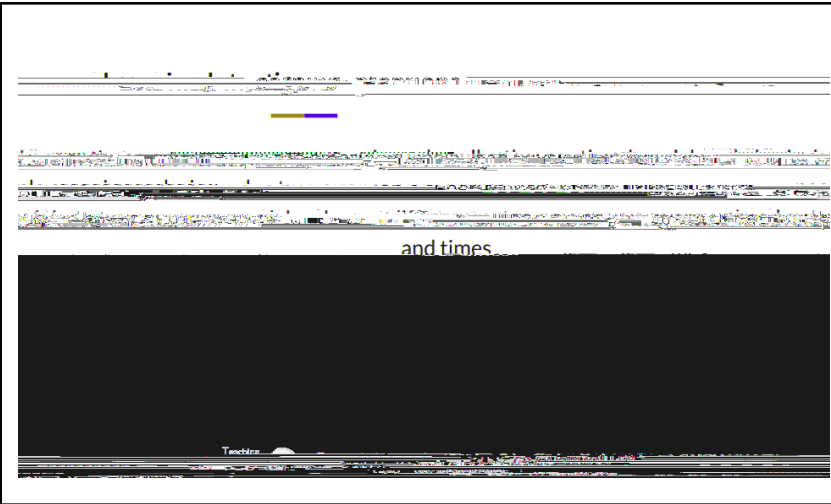
Allow time for students to individually and then share with a partner.

Optional to have some pairs share out with the whole group



Share the Essential Questions for this lesson with students. Clarify any information

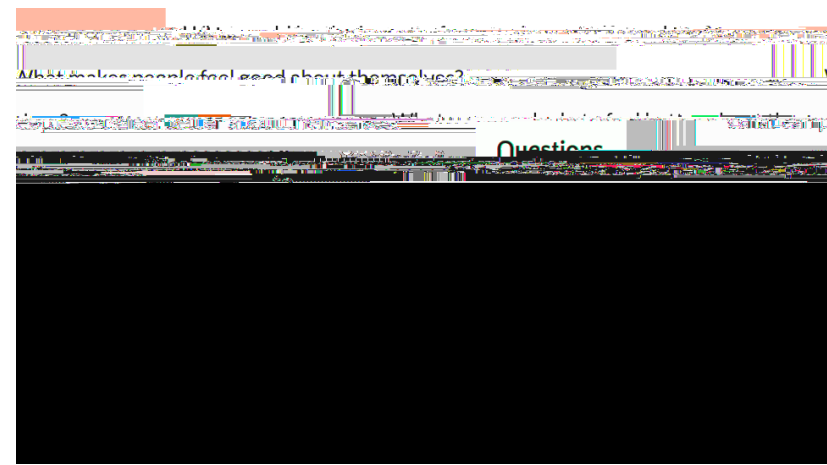
Introduce the salmon colored box with information on where students should go if they need additional resources for their sexual health. Let students know that this information is also on the last page of their workbook for each lesson.



Share the Learning Intentions for this lesson with students.
Clarify any information.

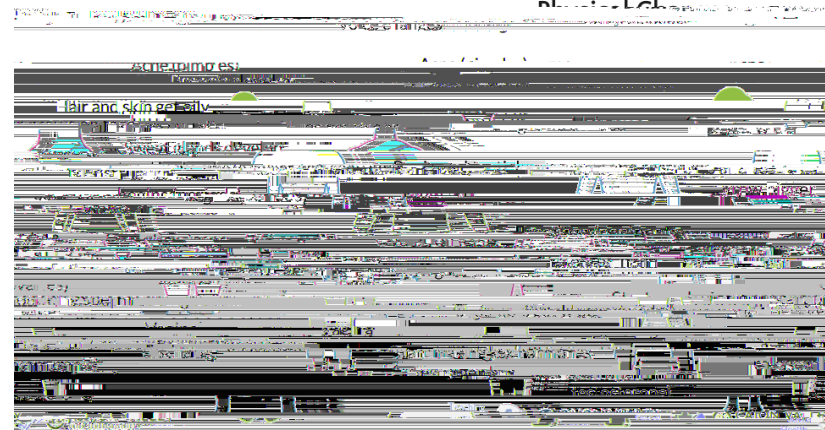


Teaching agreement is shared in each lesson. Int/



Review these questions with students, then lead a discussion. Discussion format could be in whole class, small group, or in pairs.





Share the examples of physical changes human bodies go through during puberty. Have students add any terms they did not previously identify to their worksheet. Clarify examples as needed.

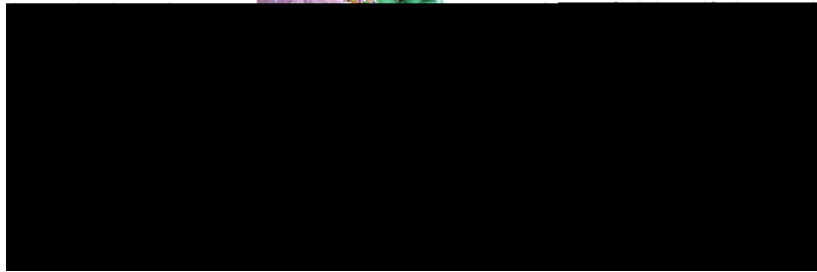
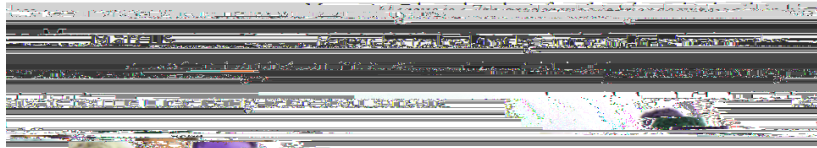


Share the examples of social and emotional changes human bodies go through during puberty. Have students add any terms they did not previously identify to their worksheet. Clarify examples as needed.



Introduce the activity "IdeR

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Responses could include:

Physical	Social	
Hair and skin get oily More sweat and body odor	Interested in dating	

[WHO: Adolescent health](#)

[The Growing Child: Adolescent 13 to 18 Years | Johns Hopkins Medicine](#)

[Puberty, Developmental Processes, and Health Interventions - Child and Adolescent Health and Development - NCBI Bookshelf](#)