

## **FAMILY LIFE AND HUMAN SEXUALITY UNIT**

**GOAL: The student will develop knowledge and understanding of growth and development during puberty.**

### **Lesson 1**

**Theme:** Introduction and Setting the Tone  
**Objectives:** Identify positive tone and classroom environment for puberty Education.  
Identify ways to communicate issues related to puberty with the Family.

### **Lesson 2**

**Theme:** Body Image and Physical Changes  
**Objectives:** Describe the role society plays in the perception of normal body Image.

### **Lesson 3**

**Theme:** Emotional and Social Changes  
**Objective:** Examine the effects of puberty on emotional and social growth.

### **Lesson 4**

**Theme:** Physical Changes  
**Objective:** Define puberty and describe how it affects the female body.

### **Lesson 5**

**Theme:** Physical Changes  
**Objective:** Define puberty and describe how it affects the male body.

### **Lesson 6**

**Theme:** Transitions  
**Objective:** Examine the transition from behavior and attitudes of childhood To the behavior, attitudes, and responsibilities of the adolescent.