

Change Is Good!

A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum
Fostering responsibility by respecting young rights to honest sexuality education.

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Responsibility: A K-12 Curriculum*

STEP 2: On the board, write the words, _____, social, cognitive, _____ in a vertical _____ placed _____ on the physical changes of puberty, the changes we go through during this time are not simply physical, they are also social, cognitive and emotional. Social changes have to do with how we interact with others. Cognitive changes have to do with how we think, process information and learn. Emotional changes have to do with feelings, and our awareness of _____

Ask the students if anyone can give you an example of a physical change of puberty. Write _____
Ask what they think might change socially when _____

up spending

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Where Can I Learn More about Me?

Homework

Name: _____

Instructions: With a parent or guardian, visit <http://pbskids.org/itsmylife/body/puberty> and click on a few links there that look interesting to you. Then please answer the following questions:

1. Do you

**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

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**

**Might have a hard time
making up your mind/feel
unsure**

**Experience more intense
feelings - happy one
minute, upset the next**

**-
looking at/**

Might have a hard taRC.3 re

Physical

Social

Emotional

Cognitive