



Grade 6: Puberty and Hygiene

Overview

Students define puberty and complete a small group activity where they review the physical, emotional/mental, and social changes that can occur during puberty. They also identify ways they can take care of themselves, both physically and mentally.

Timing

45 minutes

Objectives

By the end of this lesson, students will:

- Define the word: puberty
- Identify the physical, emotional, and social changes of puberty
- Recognize that puberty happens differently for everyone
- Understand how you can take care of yourself during puberty

Standards

Washington State Sexual Health Standards

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
 - Identify physical, social, mental, and emotional changes that occur during puberty.
H1.Se2.6

Materials Needed

- Computer/projector/speakers to display PowerPoint, including video streaming
- Handout: Puberty and Hygiene Activity
- Paper for student exit ticket (or assignment if preferred)

Teacher Preparation

- Print 2 copies of handout so that each small group is given one puberty category. You will have 6 small groups in your classroom - 2 physical, 2 emotional, and 2 social groups.

Agenda

Introduction - 5 minutes

Slide 1

- Welcome students, introduce topic, review ground rules

Slide 2

- Teacher Script: After today's lesson, you will be able to 1) Define the word: puberty 2) Identify the physical, emotional, mental, and social changes of puberty 3) Recognize that puberty happens differently for everyone 4) Understand how you can take care of your body and your heart/mind during puberty

Slide 3

- Teacher Script: What is puberty? Can anyone offer a definition?
- Reinforce student ideas and draw out comprehensive definition.
- Click to animate slide and reveal definition.
- Teacher Script: Puberty is the time when a person develops and changes from child to adult. It is when the body matures sexually and becomes capable of reproduction. It is important to know that puberty is a process, not a single event. And it happens in the body, but also in the heart/mind and socially

Slide 4

- Teacher Script: Many young people wonder when puberty will happen or how long it will take. Puberty can start at any time between age 8 and age 16, but usually starts sometime between age 10 and age 14. And it usually takes 3 or 4 years to complete.

Activity - 20 minutes

Slide 5

- Break students into 6 groups.
- Teacher Script: There are many changes that happen during puberty. Some are physical, some are emotional or mental, and some are social. Each group is going to be assigned one of these categories and will write a list of associated changes. For instance, a "physical changes" group may write "getting taller" on their list. What is an example of something a "social changes" group could write?
- Distribute one handout to each group so there are 2 physical groups, 2 emotional groups, and 2 social groups.
- Walk around the room to offer help because students often have a harder time identifying emotional and social changes.

Slide 6

- Teacher Script: As we share our answers, keep in mind that we are talking about puberty in general and not talking about any particular people. Everyone goes through puberty differently!

Slide 7

- Ask student groups that were assigned the physical changes to read their list for the class.
- Click to animate the list of changes to appear.
- Teacher Script: Are there any changes listed here that weren't mentioned?

Slide 8

- Ask student groups that were assigned the emotional/mental changes to read their list for the class.
- Click to animate the list of changes to appear.
- Teacher Script: Are there any changes listed here that weren't mentioned?

Slide 9

- Ask student groups that were assigned the emotional changes to read their list for the class.
- Click to animate the list of changes to appear.
- Teacher Script: Are there any changes listed here that weren't mentioned?

Discussion - 15 minutes

Slide 10

- Teacher Script: We have just talked about some of the physical changes of puberty. As a person grows and changes, they need to be sure to take care of their body, often in ways they didn't have to do before.

Slide 11

- Teacher Script: We are going to watch a video about hygiene. As you watch, notice the different ways a person can take care of their body during puberty.

Slide 12

- Teacher Script: What are some ways a person can keep their body clean?
- Click to animate a list of options.

Slide 13

- Teacher Script: Now we are going to watch a video about some of the emotional and mental changes we also talked about. As you watch, notice the many ways people can get help when they are feeling down.

Slide 14

- Teacher Script: What are some other ways people can take care of themselves?

Slide 15

- Teacher Script: Can anyone think of trusted adult that someone could talk to about this stuff? Why is it often helpful to talk about puberty with family members in particular?

Closing - 5 minutes

Slide 16

- Teacher Script: Everyone changes as they grow up, and it is different for everyone. Please remember to take care of yourself!

Slide 17

- Ask students to write responses to prompts in the slide
- Note: If preferred, this could be assigned as homework instead of an exit ticket by using attached assignment document

Slide 18

- Credits

Vocabulary

Key words in this lesson:

- Puberty – the time when a person develops and changes from child to adult and becomes capable of sexual reproduction
- Hygiene – any practice or activity a person does to keep their body healthy and clean
- Clinical Depression – a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

Additional Resources

Websites:

- Planned Parenthood - <https://www.plannedparenthood.org/learn/teens/puberty>
- Medical News Today - <https://www.medicalnewstoday.com/articles/156451?scrlybrkr=71ad9f15#summary>

Handouts and Assignment – on following pages

- Handout: Puberty and Hygiene Activity
- Assignment: Puberty and Hygiene (optional alternative to exit ticket)



Handout: Puberty and Hygiene Activity - 6th Grade Sexual Health Education

Physical Changes of Puberty

Write as many as you can!

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)
- 11)
- 12)
- 13)
- 14)
- 15)



Handout: Puberty and Hygiene Activity
6th Grade Sexual Health Education

Emotional/Mental Changes of Puberty

Write as many as you can!

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)
- 11)
- 12)
- 13)
- 14)
- 15)



Handout: Puberty and Hygiene Activity
6th Grade Sexual Health Education

Social Changes of Puberty

Write as many as you can!

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)
- 11)
- 12)
- 13)
- 14)
- 15)



Name:

Period:

Puberty and Hygiene Assignment
6th Grade Sexual Health Education

Read each of the following scenarios and answer yes/no in the box provided.

Yes/No	Scenario
	Vader started puberty at about 12 and a half. He is now 14 and still not fully mature. Should he worry about that?
	Yoda is 17 and hasn't started puberty yet. Should they talk with their doctor?
	Leia started puberty at 11. She is now 15 and her mom says she is done growing. Is it physically possible for her to get pregnant?
	Anakin is 16 but he doesn't have any crushes and isn't interested in dating like his friends are. Is something wrong with him?
	Chewbacca usually only rinses off in the shower twice per week, but puberty has him feeling extra sticky. Should he shower more often and buy some soap?

List 6 changes of puberty and indicate if it is a physical, emotional/mental, or social change:

Name 3 things you could do if you thought you might have a reproductive health or puberty problem: