



Puberty I

National Health Education Standards (Sexual Health Module)

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health

Standard	Definition	Example
Standard 1.5.2	Identify characteristics of healthy relationships	Students will look at characteristics of healthy relationship and explore their own positive characteristics in relationships
Standard 1.5.9	Describe basic male and female reproductive body parts and their functions	Students will explore both male and female reproductive body parts and functions looking at models/hemi sections
Standard 1.5.10	Describe the physical, social, and emotional changes that occur during puberty	Students will explore the eight main changes that occur during puberty and ways to manage changes
Standard 1.5.11	Explain how puberty development can vary greatly and still be normal	Students will recognize that their genes will dictate puberty development and that everyone develops at their own rate

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

Standard	Definition	Example
Standard 4.5.1	Demonstrate effective verbal and nonverbal communication skills to promote healthy family and peer relationships	Students will use I messages and explore how to be an upstander in age appropriate situations
Standard 4.5.3	Demonstrate how to effectively ask for help to deal with physical and emotional changes that occur during puberty	Students will identify the trusted adults in their life they can go to if they need to talk about physical and emotional changes that occur during puberty
Standard 4.5.4	Demonstrate how to effectively communicate support for peers who are progressing through puberty	Students will explore what it means to be an upstander toward peers

National Sexuality Education Standards

Anatomy and Physiology

Standard	Definition	Example
Standard AP.5.CC.1	Recall the human reproductive systems, including the external and internal body parts and their functions, and that there are natural variations in human bodies.	Students will explore both male and female reproductive body parts and functions looking at models/hemi sections

Puberty and Adolescent Development

Standard	Definition	Example
Standard PD.5.CC.1	Explain the physical, social, emotional changes that occur during puberty and adolescence and how the onset and progression of puberty can vary	Students will explore the eight main changes that occur during puberty and ways to manage changes
Standard PD.5.AI.2	Identify trusted adults including parents, caregivers, and healthcare professionals whom students can ask questions about puberty and adolescent health	Students will identify the trusted adults in their life they can go to if they need to talk about adolescent health issues

Consent & Healthy Relationships

Standard	Definition	Example
Standard CHR.5.CC.1	Describe the characteristics of healthy versus unhealthy relationships among friends and with family.	Students look at characteristics they value in healthy relationships
Standard CHR.5.AI.1	Identify trusted adults, including parents and caregivers that students can talk to about relationships	Students will identify the trusted adults in their life they can go to if they need to talk about relationship issues

Interpersonal Violence

Standard	Definition	Example
Standard IV.5.IC.1	Identify strategies a person could use to call attention to or leave an uncomfortable or dangerous situation, including sexual harassment.	Students will explore an age appropriate scenario to define and understand sexual harassment and the importance of talking to a trusted adult.

ISBE Health Standards

State Goal 23 Understand human body systems and factors that influence growth and development.

Standard A Describe and explain the structure and functions of the human body systems and how they interrelate.

Standard	Definition	Example
Standard 23.A.2a	Identify basic body systems and their functions	Students will identify the 10 basic body systems and in depth study the reproductive system

Standard C Describe factors that affect growth and development.

Standard	Definition	Example
Standard 23.C.2a	Identify physical, mental, social and cultural factors affecting growth and development of children	Students will learn how puberty impacts them physically, emotionally and socially by exploring different scenarios
Standard 23.C.2b	Identify stages in growth and development	Students will learn about puberty and how that impacts growth and development

State Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.

Standard A Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict

Standard	Definition	Example
Standard 24.A.2b	Demonstrate positive verbal and nonverbal communication skills	Students will use I messages and explore how to be an upstander in age appropriate situations

Standard C Demonstrate skills essential to enhancing health and avoiding dangerous situations.

Standard	Definition	Example
Standard 24.C.2s	Describe situations where refusal skills are necessary	Students will explore situations involving harassment, sexual harassment and learn consent is needed to touch another person

ISBE Social Emotional Learning Standards

Goal 1: Develop self-awareness and self-management skills to achieve school and life success

Standard 1 A: Identify and manage one's emotions and behavior

Standard	Description	Example
Standard 1A.2b	Describe and demonstrate ways to express emotions in a socially acceptable manner	Students will use different tools such as I messages to express emotions in a socially acceptable manner

Standard 1C: Demonstrate skills related to achieving personal and academic goals

Standard	Description	Example
Standard 1C.2a	Describe the steps in setting and working toward goal achievement.	Students will explore steps in setting a goal that is of interest to them

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

Standard 2C: Use communication and social skills to interact effectively with others.

Standard	Definition	Example
Standard 2C.2b	Describe approaches for making and keeping friends	Students identify characteristics they feel important in a friend and look at their own characteristics that make them a friend