

Objective

By the end of this lesson, the student will have a better understanding of puberty, including the physical and emotional changes that occur during this important stage of development. They will also learn how to navigate these changes with confidence and awareness.

Materials and Prep

- Paper and colored pencils or markers
- Journal or notebook for reflections
- Access to a comfortable space for discussions
- Basic understanding of human anatomy (knowledge of body parts)

Activities

- **Drawing Changes:** The student will create a comic strip illustrating the changes that boys and girls experience during puberty. This will help them visualize and understand the differences in a fun way.
- **Feelings Journal:** The student will write about their feelings regarding puberty in a journal. They can express any worries or excitement they have about growing up, providing a safe space for their thoughts.
- **Role Play:** The student can act out different scenarios with you where they might face challenges during puberty, such as talking to a friend about changes or dealing with peer pressure. This will build their confidence in handling real-life situations.
- **Q&A Session:** Set aside time for the student to ask any questions they have about puberty. This will encourage open communication and help clarify any misconceptions they may have.

Talking Points

- **What is Puberty?** "Puberty is a time when your body starts to change as you grow up. It's like your body is getting ready to become an adult!"
- **Physical Changes:** "During puberty, you might notice your body growing taller, your voice changing, or even hair growing in new places. These changes are totally normal!"
- **Emotional Changes:** "It's also normal to feel a mix of emotions during puberty. You might feel happy one moment and a bit confused the next. That's okay!"
- **Talking to Adults:** "If you ever have questions or feel unsure about something, it's always a good idea to talk to a trusted adult. They can help you understand what you're going through!"
- **It's a Journey:** "Remember, everyone goes through puberty at their own pace, and it's a journey we all experience. You're not alone!"