

## Objective

By the end of this lesson, the student will have a better understanding of puberty, sex education, and human reproduction.

## Materials and Prep

- Pen and paper
- Internet access (optional)

## Activities

- Activity 1: Puberty Changes

Ask the student to make a list of physical and emotional changes they have noticed in themselves or others during puberty. Encourage them to share their observations and discuss how these changes are a normal part of growing up.

- Activity 2: Reproduction Journey

Explain the process of human reproduction using simple diagrams or illustrations. Ask the student to draw their own representation of the journey of an egg and sperm meeting to form a baby. Discuss the importance of consent and the role of both parents in creating a new life.

- Activity 3: Myths vs. Facts

Provide the student with a list of common myths or misconceptions about puberty and sex education. Ask them to research and find accurate information to debunk these myths. Have a discussion about the importance of reliable sources and critical thinking.

## Talking Points

- "Puberty is a natural process that happens to everyone. It's when our bodies go through changes to become adults."
- "During puberty, you may experience physical changes like growing taller, developing breasts (for girls), and having a deeper voice (for boys)."
- "Emotional changes during puberty are normal too. You might feel more moody or have strong emotions. It's important to understand and manage these feelings."
- "Reproduction is the process of creating new life. It involves the joining of an egg from a female and a sperm from a male."
- "Consent is crucial in any relationship. It means that both people involved agree and are comfortable with what is happening."
- "Remember, it takes both a male and a female to create a baby. Both parents contribute their genetic material."
- "There are many myths and misconceptions about puberty and sex education. It's important to rely on accurate information from trusted sources."
- "Don't be afraid to ask questions. It's normal to be curious about your body and how it works."
- "Respect your body and the bodies of others. Everyone is unique, and it's important to treat ourselves and others with kindness and understanding."