




Changing Bodies and Relationships

Physical, Emotional, and Social Changes during Adolescence & Puberty

1. In each circle, add details



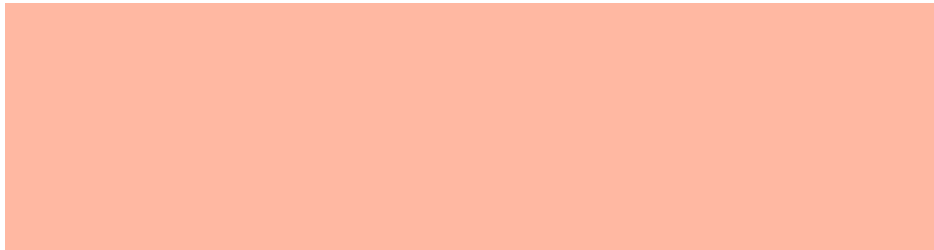
Then and
Now

Essential Questions



How do I change during puberty?

What are some challenges of being an adolescent?



Learning Intentions



I can describe the emotional, social, and physical changes that people experience during puberty

I understand that everyone grows and develops at different rates and times



Teaching Agreement

It's important to know that. . .

1. I am a mandated reporter, which means I'm required to report suspected abuse or neglect.
2. We will be examining sexual health through research, evidence, and scientific facts.
3. We will be learning and using accurate scientific terms for systems, processes, and anatomy that comes directly from the California Health Standards for 7th and 8th grade.
4. We will not be discussing our personal values or opinions about any of the topics.
5. We will ensure a safe environment that is inclusive for all students
6. We will focus on questions that relate to the science we are learning and encourage you to talk to your parent/guardian at home about your values and opinions when it comes to making choices.



What could be the impact of comparing myself to others?

What makes people feel good about themselves?

What can people do to feel better about themselves?

What can people do to help others feel better about themselves?

Questions
to
Discuss





What
Changes do
Adolescents
Experience
in Puberty?

Physical Changes How does the body change?	Social Changes How do relationships change?	Emotional Changes How do our feelings change?



Friendships become
more important

Interested in dating

Wanting more
independence

Stronger feelings of
wanting to fit in

Concerned about
appearance

Sexual thoughts and
feelings





Identifying Changes

Michelle



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Marcus



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At Home

Sources



[WHO: Adolescent health](#)