

6.ICR.2.1 - The impact of early sexual activity on physical, mental, emotional, and social health.



Puberty Walk

on Lesson Plan



THE HORRORS AND WONDERS OF ADOLESCENCE

Adolescence can be the most horrible time of your life.

Like when, if you're a boy, people call your house and you answer the phone and they say "Hello, Mrs. Cosby?" because they think it's your mother. (At some point this embarrassment will be over, of course. Your voice will drop - often cracking in the process.)

Like when, if you're a girl, no matter what happens, you just don't seem to be the right shape, and all the exercises you try with your door locked just make you tired.

Like when your parents want their "little baby" home from the school dance before it's dark outside, but the dance doesn't start until eight o'clock.

On the other hand, adolescence can be the most exciting time of your whole life. It's usually the time when:

You have a best friend. The two of you are so important to each other that you have to spend at least an hour on the phone together right after school telling each other all the things you forgot to tell each other coming home on the bus.

It can be a time when suddenly it seems as if the sun is setting just for you. Because of that, sunsets can be more beautiful than they've ever been before.

Adolescence is a time of life when you really begin to think about who you are and who you want to be. This is normal. Try this simple exercise:

Stand in front of a full-length mirror. Say to the mirror: "Who am I? Who have I been in the past? Who will I become? What do I like or dislike about myself?"

If your mirror does not give you some very good answers within five minutes, it may be defective.

Adolescence is a time of the most incredible range of feelings. One moment you're up. The next moment you're down. You may even feel sometimes that someone or something else is in control of your feelings - not you. This gets back to all the physical changes in your body. In addition to all the other changes, adolescence is a time of great emotional change. All of these changes are normal.

Notes

- All of the variability in changes is normal.
- Individual students begin the changes associated with puberty at different times.
- It is normal for them to wonder if they are normal.
- These changes are normal.
- Just as there are changes they may not enjoy, some of these changes will be exciting.

What is PUBERTY?

- Period of time during which reproductive capacity begins.
- Secondary sex characteristics include girls experiencing physical changes that make them look more like adult women (hips broaden, breasts develop).
- Boys begin to look like adult men including broader shoulders, deeper voices, and facial hair.
- Adolescence is the time of life between childhood and adulthood.

Statement of Objectives:

Today we will be discussing some of the challenges and changes in relationships that you may experience as you go through puberty and adolescence. By the end of the lesson, you will be able describe transitions and challenges and how to deal with them in a positive way

AGREE or DISAGREE?

1. It is normal for teenagers to care about how they look.
2. It is normal for teenagers to want more freedom or independence.
3. It normal for teens to go against what their friends are doing.
4. It is normal for teenagers to have girlfriends/boyfriends.
5. Is it normal for teenagers to want to spend time with their friends?

1. It is normal for teenagers to care about how they look.

- (Agree)
- Many teenagers will agree with this statement because during puberty they become more self-conscious about their looks and how other people look at them.
- Most teens want to be “in style” with the type or brand of clothes they wear.
- Some have acne from time to time and this concerns them because they think that everyone will notice.
- Adults sometimes forget the significance of how important it is to be accepted by peers and how it feels to be teased.

2. It is normal for teenagers to want more freedom or independence.

- (Agree) Yes.
- Teenagers feel like they are stuck between childhood and adulthood.
- Most teens do not want to be treated like children, but they are not ready for total independence.
- This is the time when teens sometimes experience conflicts over being able to attend ballgames, parties, or movies with their friends.
- However, it is also important for you to show your parents that you are trustworthy during this time.
- This will make your parents feel more confident about allowing you to experience more freedom.

3. It normal for teens to go against what their friends are doing.

- (Disagree)
- Most teens seek peer acceptance and want to be involved in group activities.
- Sometimes friends make decisions to do risky things, such as experiment with drugs, and this is one of the reasons why our friendships may change during adolescence and throughout life.
- You may have been best friends since kindergarten, but you may have to decide if remaining their friend is the healthiest choice you can make.

4. It is normal for teenagers to have girlfriends/boyfriends.

- (Agree)
- This is true because during puberty it is normal to develop interests in sexual and romantic attractions.
- These are changes and challenges that you will face during your teen years.
- Most of the time, these relationships are not long term, but it does give young people an opportunity to decide the type of person and the qualities that are important in a relationship.

5. Is it normal for teenagers to want to spend time with their friends?

- (Agree)
- Most teens do want to spend more and more time with their friends.
- Your friends are important to you.
- You are probably in a new school this year with new peers that attended a different elementary school.
- As you meet new people and become involved in different activities, you may develop new friendships and maybe even drift away from old friends.
- Friends are important because they are experiencing many of the same challenges and problems that you are facing and talking to them may be helpful.

Boy, Things Sure Have Changed

Dawn and Hector have gone to school together since first grade. They are really good friends and often played together. They even live in the same neighborhood. Their families often do things together, such as picnics and camping trips.

Things sure have changed since they started middle school.

Hector has recently been going to the gym after school, reading weight lifting books, and lifting weights to build up his muscles. Hector likes to play soccer and basketball with Sam and Sonny in his spare time. He plans to try out for the school team next year. Hector spends less time with Dawn now than he used to and more time with Sonny.

Dawn spends a lot of time in the bathroom looking in the mirror, fixing her hair, putting on make-up, and taking showers. Dawn tries on just about everything in her closet every morning trying to decide what to wear to school. Just last year, she hated showers and did not care what her hair or clothes looked like. Now things are different. She wants to fit in with the other girls at school.

Dawn's best friend Samantha still thinks boys are yucky. However, Dawn has taken an interest in Hector. Samantha thinks that is the most disgusting thing she has ever heard. So now, Dawn feels uncomfortable talking to Samantha about Hector so she begins talking to Shelby, a new classmate, about him. Dawn begins inviting Shelby over to do things. Dawn and Samantha are beginning to drift apart.

This past weekend, Hector and Dawn's families were going camping. Neither one of them wanted to go because they wanted to go the movies with some of their friends.

Camping used to be an activity that Dawn and Hector to beg their parents to do on the weekends.

Boy, things sure have changed.

How Have Things Changed?

1) What are some changes that Dawn has experienced?

2) What are some changes that Hector has experienced?

3) Do you have some advice for Samantha about what has happened to her friendship with Dawn?

4) Two of Dawn's friendships have changed. Do you have any advice for her?

5) What could have caused the relationship between Hector and Dawn's to change?

6) Are these changes in relationships during adolescence normal? If so, how? If not, why?

Independent Practice:

Journal Writing:

- What are some of the changes you have experienced so far?
- Have some of your relationships changed? If they have, explain how they have changed.
- What do you think is the biggest challenge you will have during your teen years?
- Write a letter to a younger student who has not experienced the changes associated with puberty. Give this student advice or suggestions on how to deal with these changes.

Closure:

Today we have discussed some of the changes that you may experience during adolescence. You should now be able to describe some of these challenges and hopefully deal with these changes in a positive way.