

Health/Guidance

Unit 13: Human Growth and Development

Essential Understandings	<ul style="list-style-type: none"> ▪ Personal needs are different in each stage of life ▪ People develop physical, emotionally, mentally, and socially at different rates ▪ A wide range of development is normal during puberty
Essential Questions	<ul style="list-style-type: none"> ▪ Where can students acquire accurate information about puberty? ▪ Why are personal hygiene practices important for promoting good health? ▪ What bodily changes occur during puberty?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Personal body care is a responsibility through-out the stages of life ▪ There are major components of the male and female reproductive systems ▪ The puberty experience includes changes in many areas.
Vocabulary/Content	<p style="text-align: center;">Puberty, estrogen, testosterone, menstruation, hormones, pituitary gland, hygiene, sweat, deodorant</p>
Essential Skills	<ul style="list-style-type: none"> ▪ Know where to find further information ▪ Manage personal hygiene ▪ Personalize and utilize information from the lesson
Related Maine Learning Results	<p>Health</p> <p>A5: Growth and Development : Students identify the general characteristics of human growth and development</p>
Sample Lessons And Activities	<ul style="list-style-type: none"> ▪ View an appropriate video ▪ Participate in group and individual discussion after viewing
Sample Classroom Assessment Methods	<ul style="list-style-type: none"> ▪ Students will take a pre and post test ▪ Student feedback with questions ▪ Teacher Observation
Sample Resources	<ul style="list-style-type: none"> ▪ <u>Publications:</u> ▪ <i>The Care and Keeping of You</i>, (American Girl) by Valorie Schaefer and Norm Bendell 1988 ▪ <i>The Feelings Book, The Care and Keeping of Your Emotions</i> (American Girl) by Dr. Lynda Madison and Norm Bendell, 2002 ▪ <i>The Boys Body Book Everything You Need to Know for Growing Up You</i>, (Boys World Books, by Kelli Dunham and Steven Bjorkman, 2007) ○ ▪ <u>Videos: <i>Always Changing</i> website:</u> http://pgschoolprograms.com/parents.php ○