



## Lesson Plan: Changes During Puberty

This lesson plan outlines the curriculum for "Lesson 1: Changes During Puberty," based on the "Your Health - Level 1 - Module 1 – Lesson 1 - Classroom Presentation" slides. It aims to provide a structured approach for educators to cover the physical, emotional, and social changes experienced during puberty, ensuring students understand this normal developmental stage and acquire healthy coping mechanisms.

Category	Details
Chapter Title	Understanding Ourselves: Growth and Development
Lesson Title	Changes During Puberty
Lesson Objectives	Recognize physical, emotional, and social changes during puberty. Understand puberty changes are a normal part of growing up. Identify healthy coping strategies for these changes.
Key Vocabulary	Puberty, Hormones, Mood Swings, Independence, Relationships
Lesson Materials	Classroom Presentation: File eBook: File Worksheet Activity: File Assessment Questions: File
Lesson Summary	Puberty is a natural process involving significant physical, emotional, and social changes, driven by hormones. These changes vary for each individual and are a normal part of growing up. Healthy coping strategies, such as talking to trusted adults and open communication, are crucial for managing these transformations.
Evaluation Method	Key Concept Check (through discussion and questions) True/False questions (to assess understanding of individual differences in puberty onset) Discussion of healthy coping strategies