



6th Grade Outline “More about Changes”

DAY 1 OBJECTIVES:

- Define Puberty
- Identify and understand functions of the reproductive organs of males and females
- Discuss the physical, emotional and social changes of puberty for their own gender

DAY 2 OBJECTIVES:

- Identify and understand functions of male and female reproductive organs
- Discuss the physical, emotional and social changes of puberty for the opposite gender
- Examine making choices that can improve their healthy regarding physical activity, eating healthy foods and plenty of sleep

DAY 3 OBJECTIVES:

- Describe the qualities of a good friend
- Describe the behaviors which hurt friendships
- Define peer pressure and ways to resist peer pressure
- Discuss internet and social media safety
- Apply the skills of problem-solving and communication in situations related to pressures from friends

*NOTE: Classes are separated by gender each day of the program