

Adolescent Changes

Tuesday, April 6, 2021



Mary Laughna, Health and
Physical Education Teacher

Kathy Thompson, School Nurse
Leader

Steve Grenham, Principal

Susan Cowell, Medfield Wellness
Department Chair

About the unit – at a glance...

4 weeks long - Beginning 4/12

All students will meet together except for the 3rd week

During week 3, students will be in 2 discussion groups with either Mrs. Thompson or Ms. Laughna.

Unit Goal:

By the end of the unit, students will be able to understand the changes they will go through as their bodies grow.

Week 1

Students will learn about the physical, social, and emotional changes as well as the privileges that come with growing up

- Social - Changing interests
- Emotional - Possibly more mood swings
- Physical - Growth spurts

Week 2

Students will watch the video with their whole class

[“Always Changing - Co-ed” video.](#)

Students will write down questions during the video, which will be submitted anonymously and answered the next week.

Key points will be reinforced before students leave that day:

- There are no bad questions
- Identify trusted adults
- Everyone goes through puberty at different times and has different experiences

Week 3

Students will be separated during this class into 2 groups based on their bodily changes. We will answer questions from the previous class. Students will also be able to write additional questions on notecards that they have thought of over the week.

We will be sure that students understand the physical changes and how the body works as well as the emotional and social changes that will happen.

Week 4

Students are back with their whole class during this week

We will discuss hygiene and the use of deodorant and antiperspirants

We will then wrap up the unit and students' knowledge will be assessed to determine their understanding of everything we have learned by matching words with definitions.

Students will fill out the student feedback surveys.

Additional questions from the survey:

Will this unit include anything about sex and answer questions like "how are babies made?"

No, this unit focuses solely on the physical changes that happen during puberty.

Thank you for coming

Please do not hesitate to contact me with any questions at
mclaughna@email.medfield.net

