

6th Grade Personal Growth & Development

Day 1: Review of 5th grade puberty process

- Time of onset
- Hygiene
- Emotions/hormones
- Expected changes

Day 2: Girls and Puberty

- Expected changes specific to females
- Changes in the female body due to estrogen
- Menstruation

Day 3: Boys and Puberty

- Expected changes specific to males
- Changes in the male body due to testosterone

Day 4: Pregnancy and Gender Identity

- Define pregnancy and reproduction
- Differentiate between sexual orientation and gender identity.

Day 5: Sexting and Sexual harassment

- Define Sexting and Sexual harassment