



Teen Talk (lessons 1 & 2)

6th & 7th grades / 60 min

Course Description

Students will gain a positive appreciation of the normal physical/social/emotional changes associated with puberty. Developmentally appropriate knowledge and skills to make decisions now and in the future will be presented. Students will analyze the influence of family, peers, and media on their health behaviors. Abstinence will be promoted as a standard to guide students through their adolescence.

Goal

Students understand and respect the male and female anatomy while valuing the importance of making healthy personal decisions in regards to healthy relationships and abstinence.

Objectives

- Review male and female reproductive system anatomy and physiology.
- Recognize the physical, social, and emotional changes that occur during puberty.
- Define abstinence from sexual activity (vaginal intercourse and oral sex) as the only effective way to avoid pregnancy and STIs during adolescence.
- Review basic hygiene needs to maintain health.
- Identify the various influences adolescents encounter when making a decision about health.
- Name common sexually transmitted diseases and the effects they can have on the body.
- Recognize emotional changes during adolescence and how this can affect relationships with others such as friends and family.
- Identify parents or other trusted adults of whom students can ask questions about puberty, relationships, and other health issues.

Enhances

Indiana Code: IC 20-30-5-9, IC 20-30-5-13

Indiana Academic Standards for Health & Wellness: 6.1.1, 6.1.2, 6.1.3, 6.1.4, 6.1.7, 6.1.8, 6.2.2, 6.2.3, 6.2.5, 6.2.9, 6.5.1, 6.5.2, 6.5.4, 6.5.5, 6.5.6, 6.5.7, 6.7.1, 6.7.2, 6.7.3. 7.1.1, 7.1.2, 7.1.5, 7.1.8, 7.2.1, 7.2.2, 7.2.3, 7.2.5, 7.2.6, 7.2.8, 7.2.9, 7.5.1, 7.5.2, 7.5.4, 7.5.5, 7.5.6, 7.5.7, 7.7.1, 7.7.2, 7.7.3.

National Health Education Standards: 1.8.1, 1.8.2, 1.8.3, 1.8.4, 1.8.5, 1.8.7, 1.8.8, 1.8.9, 2.8.1, 2.8.2, 2.8.3, 2.8.5, 2.8.9, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 7.8.1, 7.8.2, 7.8.3

National Sexuality Education Standards: AP.8.CC.1, PD.8.CC.1, PR.8.CC.1, PR.8.CC.2, PR.8.INF.1, SH.8.CC.1, SH.9.AI.1, SH.8.CC.2, SH.8.GS.1, SH.8.CC.3

Healthy People 2030: FP-03, FP-04, FP-08, AH-03