

Puberty: the Wonder Years

PubertyCurriculum.com

NEW! 2015 Edition

promoting appreciation and respect

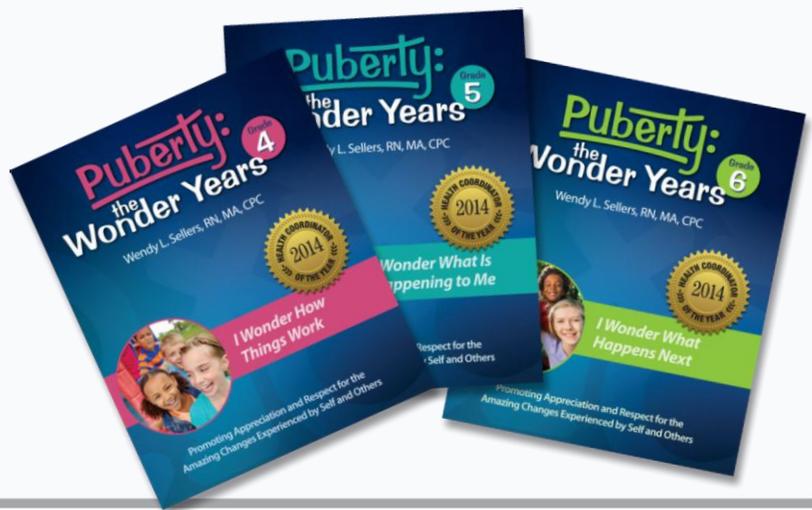
Puberty: The Wonder Years focuses on two main goals:

- Promoting appreciation and respect for the amazing changes experienced by self and others.
- Equipping young people to postpone sexual intercourse.

Puberty: The Wonder Years 2015 includes curriculum for three consecutive years for fourth, fifth, and sixth grade students. The lessons are teacher friendly and youth engaging. Teachers are provided with full-color, animated slides to use with the lessons.

Supplemental to its design for the school setting, *Puberty: The Wonder Years* also includes activities that equip parents and other family members to engage with their children's sex education. The activities encourage children to talk with their parents about their beliefs and family values. The lessons develop the health skills children need to behave in a manner that is consistent with those beliefs and values:

- Communication
- Limit setting
- Refusal
- Getting help
- Making friends
- Analyzing media messages
- Distinguishing between reliable and unreliable sources of information



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PubertyTheWonderYears



Wendy.Sellers@PubertyCurriculum.com



UGH-PUBERTY (844-782-3789)



Research and Best Practice

Puberty: The Wonder Years is based on the following research and best practice:

- Dr. Douglas Kirby's 17 Characteristics of Effective Curriculum-Based Programs, as identified in "Emerging Answers 2007": Characteristics 1, 2, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13 are strong. Characteristics 14-17 are the purview of the implementers.
- Health Belief Model (adapted), University of Michigan
- Skills-Based Instruction
- Social Learning Theory
- Promotion of parent-child communication and its impact on sexual activity

The curriculum is aligned and correlated to the National Health Education Standards, National Sexuality Education Standards, and Common Core Standards for English Language Arts; and it includes rubrics and other methods for assessing student learning.

Teaching these lessons over three years provides a solid foundation for subsequent implementation of "Programs That Work" for sexuality and HIV education at higher grades.

The Author

Puberty: The Wonder Years is written by Wendy L. Sellers, one of the distinguished authors of the *Michigan Model for Health*[®] and the American School Health Association's 2014 Health Coordinator of the Year.

Ordering Information

Puberty: The Wonder Years 2015 will be available in March 2015.

Puberty: The Wonder Years can be ordered online at www.PubertyCurriculum.com.

