


## Family Life and Comprehensive Sexual Health Education (2-3) Lesson Plan

	Topic: Growth and Development	Date:
Objectives	<ol style="list-style-type: none"> <li>1. Students will identify types of changes.</li> <li>2. Students will describe how growth and development influence behavior.</li> </ol>	
State Standards	<ul style="list-style-type: none"> <li>• Physical Development and Health                         <ul style="list-style-type: none"> <li>○ Goal 23: Understand human body systems and factors that influence growth and development.</li> </ul> </li> </ul>	
Content	How people change as they grow: physical, mental/emotional and social	
Time	Two 25-minute sessions	
Materials	Writing/drawing paper and crayons or markers.	
Learning Activities	<ol style="list-style-type: none"> <li>1. Brainstorm ways students have changed.                         <ol style="list-style-type: none"> <li>a. Ask students to brainstorm ways that they have changed since the first day of school (i.e. I'm bigger, I'm stronger, I'm older, etc). Write student response on the board.</li> </ol> </li> <li>2. Classify changes.                         <ol style="list-style-type: none"> <li>a. Go over the list of changes on the board and help students classify them as those that can be seen (physical) and those that cannot be seen (emotional and social).</li> </ol> </li> <li>3. Discuss how changes influence behavior.                         <ol style="list-style-type: none"> <li>a. Ask students if the ways they have changed have changed their behavior (i.e. I can do more now, I'm not as shy as I used to be, I feel more important).</li> </ol> </li> <li>4. Students write stories about change.                         <ol style="list-style-type: none"> <li>a. Have students write and illustrate stories about how they changed during the school year and how the changes have influenced their behavior.</li> </ol> </li> <li>5. Reflect, summarize and discuss.                         <ol style="list-style-type: none"> <li>a. Ask for volunteers to share their stories with the class. Discuss the ways change influences what they can do and how they feel about themselves.</li> </ol> </li> </ol>	
Concepts to Convey	<ul style="list-style-type: none"> <li>• People go through many changes as they grow. Part of growing is changing.</li> <li>• Some changes can be seen (growing bigger); these are called "physical" changes.</li> <li>• Some changes cannot be seen (having more friends); these are called "emotional" and "social" changes.</li> <li>• Not all changes are obvious on the outside.</li> <li>• Change influences behavior (what people can do) and attitude (how they feel about themselves).</li> </ul>	