

 KNOWLEDGE

*Adolescents may have questions about puberty and its associated changes.*

*Puberty can be supported using credible sources, such as*

- *parents and caregivers*
- *health professionals*
- *counsellors*
- *spiritual leaders*
- *Knowledge Keepers*
- *Elders*

 UNDERSTANDING

*Sources of support are available for adolescents during puberty.*

 SKILLS & PROCEDURES

*Identify credible sources in the community to support individuals through the changes that occur during puberty.*

 KNOWLEDGE

*Changes to hygiene practices include*

- *using deodorant or antiperspirant*
- *showering or bathing more frequently*
- *changing clothes regularly*

 UNDERSTANDING

*Puberty can require changes in personal hygiene practices.*

 SKILLS & PROCEDURES

*Identify how personal hygiene practices may need to be modified as the body changes.*

 KNOWLEDGE

*Some cultures have different celebrations that recognize the transition into puberty.*

 UNDERSTANDING

*Cultural traditions can mark the transition from childhood to adulthood.*

 SKILLS & PROCEDURES

*Explore how transitions into puberty are acknowledged in different cultures.*

*Recognize that First Nations, Métis, or Inuit entry into puberty can be accompanied by ceremony that supports the ongoing transition into adulthood.*



**KNOWLEDGE**

*Differences in physical characteristics can occur during and after onset of puberty.*

*The progression of puberty can be experienced in unique ways.*

*Physical changes in puberty include*

- *growth of body hair*
- *skin changes*
- *voice changes*
- *sperm production*
- *menstruation*

*Puberty can result in social-emotional changes, such as*

- *increased intensity of feelings*
- *friendships becoming more important*
- *emphasis on body image*
- *wanting to fit in and be liked*



**UNDERSTANDING**

*Puberty is a process of maturation that includes physical and social-emotional changes.*

*Awareness of changes that happen in puberty can support mental health and emotional well-being.*



**SKILLS & PROCEDURES**

*Describe changes that happen during puberty.*



LEARNING OUTCOME

*Students explain how development and puberty are connected.*



KNOWLEDGE

*Puberty is a period of rapid growth and progression from childhood through adolescence to adulthood.*

*Puberty marks the beginning of the life stage of adolescence.*

*A growth spurt can be an indicator of the beginning of puberty.*

*Puberty prepares the human body for reproduction.*

*Puberty prepares people to function as adults, with healthy*

- *bodies*
- *choices*
- *relationships*
- *thoughts*
- *emotions*



UNDERSTANDING

*Puberty can allow individuals to take on new roles and responsibilities and experience new learning opportunities.*



SKILLS & PROCEDURES

*Recognize that puberty marks the beginning of a new life stage as individuals move toward becoming mature adults.*

