



Be in Charge Daily Outline

Lesson 3/Day 3:

Lesson Summary

Students learn about the changes that occur throughout adolescence, both emotionally and physically, as well as how to avoid unintended pregnancy, with an emphasis on abstinence being the only 100% effective way to do so. The lesson's content focuses on the role that hormones play in our bodies, the process of puberty for different bodies, and the anatomy of reproductive organs. Students are also provided with basic contraception information they need to make informed decisions about their health and for future family planning purposes.

Home Activities

Students will be given a blank anatomy diagram to label with the correct anatomical terms. If students bring the completed diagram to the following class, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.).

Conversation Starters

I know this can be an uncomfortable subject, but how are you feeling? What questions do you have about this time in your life?

Are there any changes you're experiencing that you want to talk about? What have you heard about contraception?

How does a pregnancy occur?

What are ways to prevent a pregnancy from occurring?

