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| Lesson | Learning Objectives |
| 1 | **What is Puberty?**   * Introduction to puberty |
| 2 | **Changes - Boys and Puberty**   * To learn about how the body changes in boys as you approach puberty. |
| 3 | **Changes - Girls and Puberty**   * To learn about how the body changes in girls as you approach puberty. |
| 4 | **Emotional changes in puberty**   * To understand how emotions can change during puberty. |
| 5 | **Families**   * To understand how changes to families can happen for many reasons. * Strategies for positive relationships |
| 6 | **The Importance of Sleep**   * Understanding that relaxing bedtime routines improve sleep, physical and mental wellbeing. |
| 7 | **Mental Health**   * Strategies for promoting good mental health |
| 8 | **Dental Health**   * To learn about the importance of dental health routines |
| 9 | **Drugs**   * Safe Use of Medicines |
| 10 | **Drugs**   * Legal or illegal? * Understanding risk and making safe decisions |