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