

6th Grade Stanton Puberty Unit

I. ISBE (Illinois State Board of Education) Health Standards

State Goal 23 Understand human body systems and factors that influence growth and development.

Standard A Describe and explain the structure and functions of the human body systems and how they interrelate.

Standard	Definition	Example
Standard 23.A.2a	Identify basic body systems and their functions	Explain the basic differences and functions of the reproductive and endocrine systems.

Standard C Describe factors that affect growth and development.

Standard	Definition	Example
Standard 23.C.2a	Identify physical, mental, social and cultural factors affecting growth and development of children	Students will learn how puberty impacts each and every one of us and how.
Standard 23.C.2b	Identify stages in growth and development	Define puberty. List the physical changes that impacts growth and development.

State Goal 24 Promote and enhance health and well-being through the use of effective communication and decision-making skills.

Standard A Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.

Standard	Definition	Example
Standard 24.A.2b	Demonstrate positive verbal and nonverbal communication skills	Learning to be an upstander by using I statements.

Standard C Demonstrate skills essential to enhancing health and avoiding dangerous situations.

Standard	Definition	Example
Standard 24.C.2s	Describe situations where refusal skills are necessary	Learning when and how to stand up for yourself when needed.

II. ISBE Social Emotional Learning Standards (6th grade)

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

Standard 1A: Identify and manage one’s emotions and behavior.

Standard	Definition	Example
Standard 1A.2b	Describe and demonstrate ways to express emotions in a socially acceptable manner.	Analyze how puberty might affect you personally both physically and emotionally and how to deal with these changes in a healthy manner. I.e. managing emotions, recognizing feelings

Standard 1C: Demonstrate skills related to achieving personal and academic goals.

Standard	Definition	Example
Standard 1C.2a	Describe the steps in setting and working toward goal achievement.	Explore what interests them and how to create goals in small steps by making healthy choices.

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

Standard 2C: Use communication and social skills to interact effectively with others.

Standard	Definition	Example
Standard 2C.2b	Describe approaches for making and keeping friends.	Identify what a good friend looks like. Define character, identify personal values.

III. National Health Education Standards - (6th grade)

Puberty and Adolescent Development (Sexual)

Standard	Definition	Example
Standard PD.8.AI.1	Define medical accuracy and analyze medically accurate sources of information about puberty, adolescent development, and sexual health.	Students will be able to distinguish between false information sources (social media, peers) and accurate reliable healthy information.

Consent & Healthy Relationships

Standard	Definition	Example
Standard CHR.8.CC.1	Describe the characteristics of healthy versus unhealthy relationships.	Students look at characteristics they value in healthy relationships.
Standard CHR.8.INF.2	Evaluate the impact of technology and social media on relationships.	Identify strategies to use social media safely, legally and respectfully.

Interpersonal Violence

Standard	Definition	Example
Standard IV.8.CC.1(partial)	Define sexual harassment and it's impact on health.	Students will explore an age appropriate scenario to define sexual harassment, identify instances of sexual harassment and who to report to.

Anatomy and Physiology

Standard	Definition	Example
Standard AP.5.CC.1	Recall the human reproductive systems, including the external and internal body parts and their	Students will label a diagram of the reproductive systems and be able to recall the purpose of the systems.

	functions, and that there are natural variations in human bodies.	
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