



Embracing Change Outline

PURE 5th Grade Puberty Program

(Boys and Girls are in separate classrooms)

Welcome

Introduction to PURE

Class Expectations

Class Norms

Maturity

What is Puberty? Activity (Introduction to topic)

Physical Changes During Puberty (Gender Specific)

Change is Hard Activity

Reflective writing assignment

Puberty Video

Review: Family Feud Game

Abuse

Where to get help

Whole Person Concept

Wrap Up/Questions