

**Body Talk I Syllabus**  
**Instructor: Robin Lindsey [robinbear3@yahoo.com](mailto:robinbear3@yahoo.com)**  
**Assisted by Jon Baker and Melanie Ware**

Over seven weeks (due to two Monday holidays), students will learn about the changes experienced during puberty in an age appropriate, safe environment. These include both the physical, emotional and social changes experienced by kids of this age. There will be some homework assignments but they will not be expected to turn these in. They are only for their own personal growth and interest and usually involve talking to parents or other trusted adults about the topic discussed in class. We will be using a Question Box each week to answer any anonymous questions students may have about the topics we will be covering.

**1/14- Introduction**

- We will be playing some “get to know you” games and coming up with our own Ground Rules. These will be posted each week to remind us of the rules we all agreed on.
- We will be talking about the difference between the definitions of “sex” and “sexuality”.
- I will introduce the Question Box and the kids will write their first ones!

**No class on 1/21**

**1/28- Family and Friendship**

- We will be defining what Family and Friendship means and how they are important in our lives.
- We will be discussing good listening skills and how to maintain friendships. What does it mean to be a good friend?

**2/4- Gender Roles and Self Esteem**

- We will talk about the similarities and differences between expectations of each gender, recognizing that a person’s beliefs about roles can influence decisions. We will talk about the influence of the media on our beliefs and expectations.
- What it means and why it is important to have good self-esteem will be discussed as well as how to recognize what damages and what builds up self-esteem.

**2/11- Puberty!**

- The first half of the class will be spent discussing what puberty is and how many of the changes are the same for both males and females. We will then break into same sex groups so that more personal questions can be asked and answered.

**No class on 2/18**

**2/25- Good Touch, Bad Touch and Secret Touch**

- We will define sexual exploitation, discuss children’s rights regarding their bodies, define “private parts” and talk about how to avoid being victims.

**3/4 – Decision Making**

- We will identify two ways people can make decisions, actively or passively. We will talk about and demonstrate how to make decisions actively and recognize that, although feelings affect decisions, people can decide not to act on a feeling.

**3/11-Last class!**

- This class will be about review and answering any last questions students may have.