

Body Talk I Syllabus
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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”. We will introduce the Question Box, and the kids will write their first ones!

1/21- Family and Friendship

We will be defining what family and friendship mean 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?

1/28- 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.

2/4- Puberty!

We will discuss male and female anatomy and then talk about the changes that happen during puberty. We will discuss how many of the changes are the same for both genders and then discuss the differences, both physical and emotional, that they can expect. We will talk about how to handle these changes.

2/11- 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.

2/25– 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.

3/4-Consent and Peer Pressure

We will help them to understand the concept of consent, how to say NO, and how to accept No. We will talk about peer pressure, how to recognize it, and how to respond in a healthy way.

3/11-Sexuality and the Media

We will discuss media (TV, movies, video, social media) influence on how we view ourselves, what is real, or unreal that we see, and how to maintain a healthy relationship with using and viewing media.

3/18-Final Class!

We will answer any questions the kids may still have, catch up with any topics we didn’t have enough time for, and play some games.