

Puberty: the Wonder Years

Video and Materials List

The following is a list of videos and materials that may be used with *Puberty: The Wonder Years*. This list includes several video options for each lesson that utilizes a video. This allows school districts the flexibility to select resources that best meet the needs of the local community. Videos that are the primary recommendations for use with *Puberty: The Wonder Years* are marked with “*.” The videos marked “*” are available for purchase from either their producer or from www.PubertyCurriculum.com. Make sure any media and materials selected are approved prior to use as required by state law or district policy.

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Videos

Grade 4:

- Lesson 4 utilizes a video on the male reproductive system.
- Lesson 5 utilizes a video on the female reproductive system.
- Lesson 6 has an optional video suggestion about hygiene.

Lessons 4 and 5: Puberty and the Reproductive System (Select one for each sex.)

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<http://www.howcast.com/videos/499559-What-Is-Puberty-Puberty>

<http://www.howcast.com/videos/499548-Ages-and-Stages-of-Puberty-for-Boys-Puberty>

<http://www.howcast.com/videos/499539-Ages-and-Stages-of-Puberty-for-Girls-Puberty>

Always Changing Puberty Program

2014

20-33 minutes (varies)

Procter and Gamble

<http://www.pgschoolprograms.com/educators.php>

This free program provides an educational video for boys, girls, or both. The videos can be previewed online at <http://www.pgschoolprograms.com/parents.php>. This program must be ordered in January or when the company sends program enrollment cards to school nurses or health teachers for the following year. The videos come in a kit with additional resources. It includes advertisements.

.....
Healthy Me II: Looking Ahead (About Boys),

2004

12 minutes

Sunburst Visual Media

866-386-0253

DVD

This video explains the emotional, physical, and social changes that puberty brings. It includes a separate age-appropriate section on the male reproductive system and nocturnal emissions that can be shown at the teacher’s discretion.

.....
Healthy Me II: Looking Ahead (About Girls)

2003
14 minutes
Sunburst Visual Media
866-386-0253
DVD

This video explains the emotional, physical, and social changes that puberty brings. Telling students that puberty can be bewildering at times, but assuring them as well that a whole new exciting world will be opening up to them, it demystifies the physical and emotional processes that change girls into young women, and helps them understand that what they are feeling is natural and normal. In clear, informal style, the program discusses the importance of physical cleanliness, good nutrition and staying physically active; the growth spurt and breast and body hair development to expect, and the emotional changes that characterize this time of life, including an awakening interest in boys. Most importantly, the program emphasizes that while every girl goes through these changes, each enters puberty at her own pace. Because puberty's ultimate purpose is to prepare girls' bodies for reproduction, the program also offers a separate, age-appropriate section on the female reproductive system and menstruation.

.....
*Just Around the Corner for Boys**

2000, updated 2011
12 minutes
MarshMedia
800-821-3303
www.marshmedia.com
DVD, CC, Spanish, Streamed on DiscoveryEducation.com

A teen narrator tells what to expect in puberty. The approach is upbeat, but honest in reassuring about the normalcy of changes. The video is live action, except for cartoon drawings that illustrate the changes of puberty. It includes male information only. *We're Just Around the Corner* is the version that includes information for male and female bodies.

.....
*Just Around the Corner for Girls**

2000, updated 2011
15 minutes
MarshMedia
800-821-3303
www.marshmedia.com
DVD, CC, Spanish, Streamed on DiscoveryEducation.com

A teen narrator tells what to expect in puberty using simple terms. The approach is upbeat, but honest in reassuring about the normalcy of changes. The video is live action, except for cartoon drawings that illustrate the changes of puberty. It includes female information only. *We're Just Around the Corner* is the version that includes information for male and female bodies.

* These videos are recommended for use with *Puberty: The Wonder Years*; however, each school may select the video that best suits their needs.

.....
Let's Talk Puberty for Boys

2006

11 minutes

Disney Educational Productions

800-295-5010 www.disney.go.com/educational

DVD, CC

This animated video explains changes in puberty, male reproductive anatomy, and good hygiene. It has a fast-paced, but simple and positive style. Boys are encouraged to form healthy habits and communicate with parents. This media should be used with Let's Talk Puberty for Girls, but the last couple minutes are the same.

.....
Let's Talk Puberty for Girls

2006

14 minutes

Disney Educational Productions

800-295-5010 www.disney.go.com/educational

DVD, CC

This animated video explains changes in puberty, menstruation, female reproductive anatomy, and feminine hygiene. It has a fast-paced, but simple and positive style. Girls are encouraged to form healthy habits and communicate with parents. This media should be used with Let's Talk Puberty for Boys, but the last couple minutes are the same.

.....
Meet the New You! for Boys

2013

20 minutes

MarshMedia

800-821-3303

www.marshmedia.com

DVD, CC

This introduction to puberty includes new music and a fresh new take on the changes coming soon for boys. Designed for your youngest students who are not quite ready to learn about reproduction, but need to know about body changes, hygiene and emotional changes unique to boys. Topics include: When to expect the onset of puberty, Physical and emotional changes, Importance of good hygiene, exercise and nutrition, Self-esteem, and Body image.

.....
Meet the New You! for Girls

2013
20 minutes
MarshMedia
800-821-3303
www.marshmedia.com
DVD, CC

This introduction to puberty includes new music, new information and a fresh new take on the changes coming soon for girls. Designed for your youngest students who are not quite ready to learn about reproduction, but need to know about body changes, hygiene and emotional changes unique to girls. Topics include: When to expect the onset of puberty, Physical and emotional changes, Menstruation, Importance of good hygiene, exercise, nutrition and sleep, Self-esteem.

.....
My Changing Life Series: Boys: The Complete Guide to Puberty

2009
15 minutes
Film Ideas
800-475-3456
www.filmideas.com
DVD, CC

An adult narrator explains puberty as the natural process your body goes through to become an adult. In part one, she describes physical changes that occur in boys and girls, including growth, sweating, acne, hair growth, voice changes, menstruation and nocturnal emissions. Hygiene tips are suggested. In part two, an adult male narrator focuses on the physiological changes in boys and their sexual development, using cartoon drawings.

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My Changing Life Series: Girls: The Complete Guide to Puberty

2009
15 minutes
Film Ideas
800-475-3456
www.filmideas.com
DVD, CC

An adult narrator explains puberty as the natural process your body goes through to become an adult. In part one, she describes physical changes that occur in boys and girls, including growth, sweating, acne, hair growth, voice changes, menstruation and nocturnal emissions. Hygiene tips are suggested. In part two, she focuses on the physiological changes in girls and their sexual development, using cartoon drawings.

.....

*We're Just Around the Corner**

2005, updated 2011

15 minutes

MarshMedia

800-821-3303

www.marshmedia.com

DVD, CC, Streamed on DiscoveryEducation.com

A teen narrator tells what to expect in puberty using simple terms. The approach is upbeat, but honest in reassuring about the normalcy of changes. The video is live action, except for cartoon drawings that illustrate the changes of puberty. It includes information for male and female bodies..

Lesson 6: Puberty and Hygiene (Optional)

Healthy Me II: Good Hygiene

2004

15 minutes

Sunburst Visual Media

866-386-0253

DVD

Shows why pre-teens need to start taking care of their skin, hair, teeth, and hands, emphasizing the importance of a nutritious diet, regular exercise, and getting enough sleep.

.....

Meet the New You! for Boys

2013

20 minutes

MarshMedia

800-821-3303

www.marshmedia.com

DVD, CC

Show just the portions of this video that are related to hygiene for this lesson. This introduction to puberty includes new music and a fresh new take on the changes coming soon for boys. Designed for your youngest students who are not quite ready to learn about reproduction, but need to know about body changes, hygiene and emotional changes unique to boys. Topics include: When to expect the onset of puberty, Physical and emotional changes, Importance of good hygiene, exercise and nutrition, Self-esteem, and Body image.

* These videos are recommended for use with *Puberty: The Wonder Years*; however, each school may select the video that best suits their needs.

.....
Meet the New You! for Girls

2013

20 minutes

MarshMedia

800-821-3303

www.marshmedia.com

DVD, CC

Show just the portions of this video that are related to hygiene for this lesson. This introduction to puberty includes new music, new information and a fresh new take on the changes coming soon for girls. Designed for your youngest students who are not quite ready to learn about reproduction, but need to know about body changes, hygiene and emotional changes unique to girls. Topics include: When to expect the onset of puberty, Physical and emotional changes, Menstruation, Importance of good hygiene, exercise, nutrition and sleep, Self-esteem.

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Oh No. B.O.

2017

2.5 minutes

free online at Amaze.org

This upbeat, fast-paced, humorous musical video explains why body odor changes during puberty and suggests new hygiene habits that will help.

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You're Not a Little Kid Anymore

2013

19 minutes

Marsh Media

800-821-3303

www.marshmedia.com

DVD, CC

This video includes very thorough and specific suggestions for how students can form new personal hygiene routines to address the changes of puberty. Each topic is reinforced by diverse young people doing a musical rap/chant to review the hygiene strategies. A catchy rap/chant at the end summarizes all the hygiene tips.

Grade 5:

- Lesson 2 utilizes a video on the male reproductive system.
- Lesson 3 utilizes a video on the female reproductive system.

Lessons 2 and 3: Puberty and the Reproductive System (Select one for each sex.)

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<http://www.howcast.com/videos/499559-What-Is-Puberty-Puberty>

.....
<http://www.howcast.com/videos/499548-Ages-and-Stages-of-Puberty-for-Boys-Puberty>

.....
<http://www.howcast.com/videos/499539-Ages-and-Stages-of-Puberty-for-Girls-Puberty>

Growing Up, for Boys

2010

12 minutes

Marsh Media

800-821-3303

www.marshmedia.com

DVD, CC, Streamed on DiscoveryEducation.com

This program promotes self-confidence as boys try to cope with the physical and psychological changes that are a normal part of growing up. It encourages boys to take pride in their uniqueness while realizing that people are all reassuringly alike. It provides useful advice on health, hygiene and good grooming; fosters the self-esteem that comes with accepting new responsibilities, and points to reliable sources for information during these sometimes difficult times.

Growing Up, for Girls

2010

14 minutes

Marsh Media

800-821-3303

www.marshmedia.com

DVD, CC, Streamed on DiscoveryEducation.com

This program details the emotional and physical transformations of puberty as it promotes self-confidence as girls face the challenges of change and growth. It takes a candid look at the basics of anatomy and development and provides authoritative information about the female reproductive system. It provides useful advice on health, hygiene and nutrition, and it encourages a positive body image and sense of personal worth. The female narrator helps girls take a realistic look at the responsibilities of adulthood and promotes dialog with trusted adults.

.....
Let's Talk Puberty for Boys

2006

11 minutes

Disney Educational Productions

800-295-5010

www.disney.go.com/educational

DVD, CC

This animated video explains changes in puberty, male reproductive anatomy, and good hygiene. It has a fast-paced, but simple and positive style. Boys are encouraged to form healthy habits and communicate with parents. This media should be used with Let's Talk Puberty for Girls, but the last couple minutes are the same.

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Let's Talk Puberty for Girls

2006

14 minutes

Disney Educational Productions

800-295-5010

www.disney.go.com/educational

DVD, CC

This animated video explains changes in puberty, menstruation, female reproductive anatomy, and feminine hygiene. It has a fast-paced, but simple and positive style. Girls are encouraged to form healthy habits and communicate with parents. This media should be used with Let's Talk Puberty for Boys, but the last couple minutes are the same.

.....
My Changing Life Series: Boys: The Complete Guide to Puberty

2009

15 minutes

Film Ideas

800-475-3456

www.filmideas.com

DVD, CC

An adult narrator explains puberty as the natural process your body goes through to become an adult. In part one, she describes physical changes that occur in boys and girls, including growth, sweating, acne, hair growth, voice changes, menstruation and nocturnal emissions. Hygiene tips are suggested. In part two, an adult male narrator focuses on the physiological changes in boys and their sexual development, using cartoon drawings.

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My Changing Life Series: Girls: The Complete Guide to Puberty

2009

15 minutes

Film Ideas

800-475-3456

www.filmideas.com

DVD, CC

An adult narrator explains puberty as the natural process your body goes through to become an adult. In part one, she describes physical changes that occur in boys and girls, including growth, sweating, acne, hair growth, voice changes, menstruation and nocturnal emissions. Hygiene tips are suggested. In part two, she focuses on the physiological changes in girls and their sexual development, using cartoon drawings.

.....

Puberty A Boy's Journey (Part 1)

2016

9 minutes

MarshMedia

800-821-3303

www.marshmedia.com

DVD, CC, Streamed on DiscoveryEducation.com

Part 1 of this video explains the changes boys experience as they go through puberty using a fast-paced and positive delivery. An older brother tells his younger brother what he learned about puberty and encourages him to talk to his dad or school nurse. Emphasis is placed on being respectful of everyone's unique pace of development. It is just like the version for girls except where it discusses male changes and anatomy. Part 2 is exactly the same in both versions and could be shown in grade 6, lesson 4 on social-emotional changes.

.....

Puberty A Girl's Journey (Part 1)

2016

13 minutes

MarshMedia

800-821-3303

www.marshmedia.com

DVD, CC, Streamed on DiscoveryEducation.com

Part 1 of this video explains the changes girls experience as they go through puberty using a fast-paced and positive delivery. An older sister tells her younger sister what she learned about puberty and encourages her to talk to her mom or school nurse. Emphasis is placed on being respectful of everyone's unique pace of development. It is just like the version for boys except where it discusses female changes and anatomy. Part 2 is exactly the same in both versions and could be shown in grade 6, lesson 4 on social-emotional changes.

.....
Puberty for Boys: Top Ten Things to Expect

2011

14 minutes

Sunburst Visual Media

866-386-0253

DVD

This program is especially designed to introduce preteen boys to the changes that accompany adolescence. Through live-action and animation, students will learn about the physical and emotional changes that come with puberty. Questions about puberty are raised by preteen boys are answered in a simple and direct manner. The program explains to viewers that sometimes puberty can be confusing and that it's normal to have many questions. Students will come to understand the changes they can expect to happen during puberty. In the end, viewers will come to appreciate that puberty is a normal part of growing up, there is no right or wrong schedule for development and the timetable is different for everyone.

.....
Puberty for Girls: Top Ten Things to Expect

2011

14 minutes

Sunburst Visual Media

866-386-0253

DVD

This video is especially designed to introduce preteen girls to the changes that accompany adolescence. Questions about puberty are raised by preteen girls and are answered in a simple and direct manner. Through live-action and animation, students will learn about the physical and emotional changes that come with puberty. The program explains to viewers that sometimes puberty can be confusing and that it's normal to have many questions. Students will come to understand the changes they can expect to happen during puberty. In the end, viewers will come to appreciate that puberty is a normal part of growing up, there is no right or wrong schedule for development and the timetable is different for everyone.

.....
Top Signs Boys Boys Are in Puberty, AND All About Getting Your Period

2017

6 minutes

Free online at Amaze.org

By using these two free online videos, experienced puberty educators can teach the changes on puberty. However, they will need to teach the reproductive systems without the benefit of a video. Appendices A, C, and D of *Puberty: The Wonder Years* can be used as resources.

.....
*You, Your Body, and Puberty**

2004

24 minutes

Human Relations Media (HRM)

800-431-2050

www.hrmvideo.com

DVD, CC, Spanish

This video includes a version for young people with male bodies and female bodies in a single positive presentation. It also includes two additional versions: one that includes only information about males and one that includes only information about females. A group of four friends learn about the anatomy and physiology of the male and female reproductive systems, changes that occur during puberty, emotional and relationship changes, and some basic hygiene from dad, grandma, and teacher. Masturbation is not mentioned. It is available in English or Spanish.

* These videos are recommended for use with *Puberty: The Wonder Years*; however, each school may select the video that best suits their needs.

Grade 6:

- Lesson 2 includes a video on fetal development.
- Lesson 3 utilizes a video on the male and female reproductive system.
- Lesson 4 utilizes a video on the emotional changes of puberty

Lesson 2: Fetal Development

.....
*Fetal Development: A Nine Month Journey**

2004

15 minutes

Milner Fenwick

800-432-8433

<https://shop.milner-fenwick.com/products/fetal-development?variant=9187635013>

DVD, CC

This video traces the development of a fetus from conception through birth using remarkable photography, drawings, and animation. Emphasis is placed on the importance of a positive lifestyle, including good nutrition and abstinence from drugs, for the mother. The live birth shown at the conclusion of the video is tastefully and gently depicted.

Lesson 3: Puberty and the Reproductive System

(Select one video for both sexes. If you select two videos, one for each sex, Lesson 4 will take two class periods.)
.....

Boy to Man, 4th edition

2000

20 minutes

Discovery Education

888-892-3484

<http://store.discoveryeducation.com>

DVD

This video focuses on information about the growth and development of males, but does include a brief discussion about females. It includes anatomy and physiology of the male reproductive system, changes that occur during puberty, emotional and relationship changes, and some basic hygiene. Masturbation is mentioned. This media should be used with Girl to Woman.

* These videos are recommended for use with *Puberty: The Wonder Years*; however, each school may select the video that best suits their needs.

.....
Girl to Woman, 4th edition

2000

20 minutes

Discovery Education

888-892-3484

<http://store.discoveryeducation.com>

DVD

This video focuses on information about the growth and development of females, but does include a brief discussion about males. It includes anatomy and physiology of the female reproductive system, changes that occur during puberty, emotional and relationship changes, and some basic hygiene. Masturbation is mentioned. This media should be used with Boy to Man.

.....

Healthy Teens: The New Me--About Boys

2004

15 minutes

Sunburst Visual Media

866-386-0253

DVD

Address concerns that young male students might have about the onset of puberty. This gentle program offers information about boys and the body changes they experience during puberty.

.....

Healthy Teens: The New Me--About Girls

2004

15 minutes

Sunburst Visual Media

866-386-0253

DVD

Designed to demystify the process of puberty for adolescent girls, this sensitively created program presents information about body changes, normal sexual urges, and the social and emotional changes that occur during puberty.

.....
*Puberty: The Great Adventure, 6th edition**

2014
32 minutes
ETR Associates
800-321-4407
www.etr.org
DVD

This video uses an MTV style to keep students' attention as they hear teen interviews about the changes in puberty from their perspective. The adult narrators are positive and appealing as they provide reliable information about the issues that concern adolescents and reassure students that they are normal. The DVD includes three versions of the video: males and females together, females only, and males only. Each version addresses the changes and challenges of puberty using a positive tone and includes candid interviews with teens.

.....
Straight Talk About Puberty for Boys

2012
18 minutes
Marsh Media
800-821-3303
www.marshmedia.com
DVD, CC, Streamed on DiscoveryEducation.com

This video provides the answers to questions boys have about their growing bodies during puberty with a fresh, modern take. Filmed with new 3D rendered anatomy illustrations, this program is for students who are ready to learn more about puberty. Boys in this grade range will learn about: The male reproductive system, Hygiene and good grooming, The dangers of alcohol, tobacco, and other drugs to growing bodies, Emotional and physical changes of puberty, Importance of exercise and good nutrition, Self- Esteem.

.....
Straight Talk About Puberty for Girls

2012
21 minutes
Marsh Media
800-821-3303
www.marshmedia.com
DVD, CC, Streamed on DiscoveryEducation.com

This video provides the answers to questions girls have about their growing bodies during puberty with a fresh, modern take. Filmed with new 3D rendered anatomy illustrations, this program is for students who are ready to learn more about puberty. Girls learn about: The female reproductive system, Hygiene and good grooming, The dangers of alcohol, tobacco, and other drugs to growing bodies, Emotional and physical changes of puberty, Importance of exercise and good nutrition, Body Image.

* These videos are recommended for use with *Puberty: The Wonder Years*; however, each school may select the video that best suits their needs.

.....
Top Signs Boys Are in Puberty, AND All About Getting Your Period, AND Where Do Babies Come From?

2017

9.5 minutes

Free online at Amaze.org

By using these three free online videos, experienced puberty educators can teach the changes on puberty and reproduction. However, they will need to teach the reproductive systems without the benefit of a video. Appendices A, C, and D of *Puberty: The Wonder Years* can be used as resources.

.....
We're Growing Up

2010

11 minutes

Marsh Media

800-821-3303

www.marshmedia.com

DVD, CC, Streamed on DiscoveryEducation.com

This reassuring program presents facts about puberty in a context of self-respect and self-confidence. The narrator talks comfortably and matter-of-factly about human growth patterns (starting with a baby's rapid growth in the womb) and moves quickly through to the subject at hand — adolescence. It describes the growth spurts, glands, cells, and reproductive organs that begin to change during puberty. As adolescents grow and change, they begin to mature both physically and emotionally. A review of male and female anatomy and sexual development and an emphasis on responsible choices will be starting points for classroom discussion. A lively cast of young teenagers and sensitive artwork round out this production. This video is designed for a combined audience of boys and girls.

.....
You, Your Body, and Puberty

2004

24 minutes

Human Relations Media (HRM)

800-431-2050

www.hrmvideo.com

DVD, CC, Spanish

This video includes information for both sexes a single positive presentation. A group of friends learn about the anatomy and physiology of the male and female reproductive systems, changes that occur during puberty, emotional and relationship changes, and some basic hygiene from dad, grandma, and teacher. Masturbation is not mentioned.

Lesson 4: Emotional Changes During Puberty (Select one.)

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<http://www.howcast.com/guides/774-How-to-Survive-Puberty>
.....

<http://www.howcast.com/videos/499533-Emotional-Changes-Girls-Experience-Puberty>
.....

<http://www.howcast.com/videos/499542-Sexual-and-Emotional-Changes-in-Boys-Puberty>
.....

<http://pbskids.org/itsmylife/body/puberty/article6.html> website
.....

Emotional Changes

2012

3 minutes

Marsh Media

800-821-3303

www.marshmedia.com

Streamed on DiscoveryEducation.com

This short clip encourages adolescent girls to ask a trusted adult for advice when they have questions about puberty or are feeling self-conscious.

.....
Changing Bodies, Changing Emotions

2011

3 minutes

Marsh Media

800-821-3303

www.marshmedia.com

Streamed on DiscoveryEducation.com

This short clip encourages adolescent boys to ask a trusted adult for advice when they have questions about puberty or are feeling self-conscious.

.....
Puberty A Boy's Journey or Puberty A Girl's Journey (Part 2)

2016

12 minutes

MarshMedia

800-821-3303

www.marshmedia.com

DVD, CC, Streamed on DiscoveryEducation.com

Part 2 is exactly the same in both versions of these videos. Two teen narrators explain body image, self esteem, peer pressure, cliques, and bullying during puberty in a positive manner. They offer tips for staying healthy and happy. They also encourage talking to trusted adults. Part 1 of these videos explains the changes boys or girls experience as they go through puberty using a fast-paced and positive delivery. Both versions are the same except where it discusses sex-specific changes and anatomy.

.....

Sad and Happy: Feelings Happen

2017

5 minutes

Free online at Amaze.org

This free online video describes the normal mood swings that may occur during puberty due to increased hormone levels. It suggests ways to manage them. Feeling blue is contrasted with clinical depression, and students are encouraged to talk to a trusted adult if they experience ongoing sad feelings.

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*Straight Talk About Sexual Choices and Consequences**

2001

19 minutes

Marsh Media

800-821-3303

www.marshmedia.com

DVD, CC, Spanish, Streamed on DiscoveryEducation.com

Two young adult narrators discuss reproduction with a focus on responsibility and thinking ahead about personal limits. They act as hosts of an advice show and respond to questions about emotions and relationships. Advice is interspersed with scenarios illustrating the use of skills for managing sexual situations and abstaining from intercourse.

* These videos are recommended for use with *Puberty: The Wonder Years*; however, each school may select the video that best suits their needs.

Other Materials

Models

Torso: Dual Sex Torso (with interchangeable male and female reproductive systems)

Amazon, amazon.com

Shop Anatomical, shopanatomical.com

Universal Medical, universalmedicalinc.com

Grades 4, 5 and 6

This adult-sized, anatomical model promotes understanding of the appearance of the reproductive system and its relationship to the other body systems and organ. Internal organs are removable and are labeled with numbers that are coded to a teacher guide. It is available with black, Asian, or Caucasian skin tones.

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DNA: The Marvelous Molecule

by B. VanLoon

Parkwest Publications

305-256-7880

<http://www.parkwestpubs.com/>

Grade 6

This book includes a colorful pattern to cut out and glue together to make a three-dimensional model of DNA. It also includes additional patterns for related microscopic molecules and a mini-book with information about DNA's roles.

Sanitary Products Starter Kit

Always Changing Puberty Program: Starter kit

Procter and Gamble

www.pgschoolprograms.com

Grades 4 & 5

This free program provides sanitary products starter kits that are useful as a classroom resource to familiarize girls with the variety of pads and tampons available on the market; then, female students may take them home. This program must be ordered in January or when the company sends program enrollment cards to school nurses or health teachers for the following year. The program includes additional components, including a kit for boys with deodorant. It includes advertisements.

Pamphlets

Abstinence: What's in It for Me?

2006

ETR Associates

800-321-4407

www.etr.org

Grade 6

This pamphlet explains the benefits of waiting, what works, and ways to show affection without having sex. It may be used as a classroom resource and collected for reuse with the next class, or purchased as a consumable to be sent home with students each year.

.....
Always Changing Puberty Program: Guidebook for Boys or Girls About Growing Up

2008

Procter and Gamble

<http://www.pgschoolprograms.com/parents.php>

Grades 4, 5, 6

These free booklets may be downloaded from the website or ordered in advance. The booklets are available in English or Spanish. A booklet for girls with special needs is also available online. When ordered in advance, the program includes additional resources for boys and girls. It includes advertisements.

.....
Female Facts

2007

ETR Associates

800-321-4407

www.etr.org

Grades 5 & 6

This pamphlet explains and illustrates the anatomy and physiology of the female reproductive system and breasts, and explains menstruation. It includes a pronunciation key and is available in English or Spanish. It may be used as a classroom resource and collected for reuse with the next class, or purchased as a consumable to be sent home with students each year.

.....
How Your Baby Grows

2008

March of Dimes

800-367-6630

www.marchofdimes.com (search item #09-2464-09)

Grade 6

This bilingual pamphlet describes fetal development in simple terms, includes illustrations, and lists major milestones for each month of gestation. It suggests healthy lifestyle and prenatal care for each month. Although originally written for pregnant women, the reading level is appropriate for upper elementary or early middle school.

How Your Baby Grows

2008

March of Dimes

800-367-6630

<http://www.marchofdimes.org/pregnancy/how-your-baby-grows.aspx>

Grade 6

This website describes fetal development in simple terms, and lists major milestones for each month of gestation. It suggests healthy lifestyle and prenatal care for each month. Although originally written for pregnant women, the reading level is appropriate for upper elementary or early middle school.

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Male Facts

2007

ETR Associates

800-321-4407

www.etr.org

Grades 5 & 6

This pamphlet explains and illustrates the anatomy and physiology of the male reproductive system. It includes a pronunciation key and is available in English or Spanish. It may be used as a classroom resource and collected for reuse with the next class, or purchased as a consumable to be sent home with students each year.

.....

Menstruation Facts

2007
ETR Associates
800-321-4407
www.etr.org
Grades 5 & 6

This pamphlet contains answers to common concerns girls have regarding menstruation. It includes diagrams of the stages of the menstrual cycle and explains sanitary products. Brief descriptions of cramps, PMS, and Toxic Shock Syndrome are provided. It may be used as a classroom resource and collected for reuse with the next class, or purchased as a consumable to be sent home with students each year.

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Puberty Facts

2003
ETR Associates
800-321-4407
www.etr.org
Grades 5 & 6

This pamphlet contains answers to common concerns boys and girls have regarding puberty. It includes diagrams of changes that occur internally and externally in boys and girls. It includes a pronunciation key and is available in English or Spanish. It may be used as a classroom resource and collected for reuse with the next class, or purchased as a consumable to be sent home with students each year.

Posters

Abstinence: What's in it for me?

ETR Associates
800-321-4407
www.etr.org
Grade 6

This poster outlines the benefits of abstinence, including respect, freedom, and stronger relationships.

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Puberty Flip Chart

ETR Associates
800-321-4407
www.etr.org
Grades 5 & 6

This flip chart presents the changes of puberty using a colorful carnival theme. It addresses physical changes, feelings, body image, social and decision-making skills, and relationship with parents.

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Reproductive Anatomy & Physiology Flip Chart

ETR Associates
800-321-4407
www.etr.org
Grades 5 & 6

This flip chart covers male and female reproductive anatomy and the process of reproduction. It presents basic information necessary to understanding birth control, STD and HIV/AIDS. Each page features a dynamic, colorful image, with concise teacher steps on the back in English and Spanish.