

LESSON: The Puberty Quiz

Overview

Sexual and reproductive health curricula generally stress the importance for preteens and teens to become familiar with the male and female reproductive organs, the function of each organ and the role these organs play in conception. There are many excellent materials that address this basic material. Among these are the lessons provided in the Family Life and Sexual Health (FLASH) curriculum which we encourage you to check out.

Our purpose here is not to provide an introduction to puberty but rather to provide supplementary material for your teaching unit on the subject of puberty. After providing the basics, you may find that students still have a lot of questions. Remembering that our youth are surrounded by the media throughout most of their waking hours, their questions about what they're hearing and seeing may be fairly wide-ranging. One young pediatrician who had been asked to speak to a group of 5th grade boys about the subject of puberty was quite surprised to find that his first question from the group concerned the subject of Viagra and whether this might be helpful for a young person. Having seen commercials for this product, the boys in his audience had lots of questions!

This lesson asks students first to put together a small set of questions that they would like to pose to a guest speaker after they have addressed the subject of puberty in their class. Following the speaker's presentation, students will then design their own online quiz for the class. This quiz needs to focus on questions that they feel address the most important information their peers would need to remember about the material they have just been learning about puberty. Just as a footnote here, when we have asked youth to engage in similar exercises, the results have been quite informative and have helped guide some of our future teaching efforts.

Objectives:

- Review male and female reproductive vocabulary
- Review role and function of each reproductive organ in human conception
- Review facts about male and female reproductive organs:
 - They are still growing during puberty
 - They will not reach full maturity for most young people until the early 20s
 - Fully developed organs have a better chance of supporting full term, healthy babies
 - Reproductive organs are vulnerable to STDs
- Critically examine all puberty information presented, then develop set of questions addressing information necessary for their peers to understand, providing a rationale for each their question choices

Level: Upper elementary / Middle school

Preparation and Materials:

- Class Question Box
- Family Life and Sexual Health (FLASH) curriculum materials
- Puberty Quiz
- Video featuring British Teens and Professionals from Britain's NHS
- Resource from National Library of Medicine, NIH
- What the Heck is Going on Here? By Planned Parenthood
- Puberty for Guys, Planned Parenthood
- Puberty for Girls, Planned Parenthood
- What's Up Information Sheets, Washington State Department of Health

Procedures

Plan to review the information that you have presented ensuring students are familiar with the male and female reproductive anatomy and have reviewed the role and function of each reproductive organ in human conception. Also review key facts about the male and reproductive organs.

Invite a guest speaker to discuss puberty issues with your class. Inform the class that there will be a speaker and tell them that they will have the chance to prepare questions for this speaker.

Give each student a small piece of paper and ask him/her to write any questions that they would like the speaker to address. Tell the students that they do not need to place their names on their papers; they will be able to submit their questions anonymously.

Compile the questions that the students have written in order to give your speaker more of an idea as to the types of questions the class is interested in having addressed. The speaker might be encouraged to read some of these questions aloud to the class to let them know that their questions have been taken into consideration.

Activity

Following the presentation by the speaker and your own review of material, tell the students that they're going to have a chance to write a quiz that could be given to their peers about the subject of puberty.

Show the class the Spiderbytes online quiz and discuss some of the questions you find there together.

Now close the Spiderbytes quiz and tell your students that their job is to design their own online quiz about puberty.

Their quiz should include only questions about the most important facts and information they feel they've learned during this puberty unit. The answers should be information that they feel students their age need to know and remember.

They can design their quiz around particular topics if they wish or their quiz can mix together questions from all the different topics. Spiderbytes chose 8 topics and provided 5 questions per topic (i.e. a total of 40 questions).

Ask your students to develop 20 of their best questions (select a number that you feel is realistic for your class) along with the multiple choice answers they would provide for each of their questions. In addition, ask them to provide a short statement about their rationale for choosing to ask each particular question and their reasoning in provided the optional answers they offer.

If there's time, you may wish to let each student try out their quiz on a classmate and have the classmate critique how well they feel the quiz examines their knowledge. Also, have the classmate give the quiz a rating on a scale from 1-5 (with 1 being the lowest score and 5 the highest) and provide a written statement about their rationale for assigning the quiz the rating they chose.

Assessment

The students' quizzes which include the rationale for each question can serve as a basis for assessment. Also, it might be noted that a student's justification for the rating given to the quiz a peer has written would be interesting to examine.