

Weller Health Education Center

Big Changes, Big Choices

Healthy Bodies and Healthy Relationships series

45 minute, outreach program

Grades 6 - 8

Course Description

This program explores puberty and the physical, emotional and social aspects that go along with changing bodies and relationships. The issue of “sexting” and the influence of media in relationships will also be addressed.

Objectives

1. Name three physical or emotional changes that occur during and after puberty.
2. Identify three physical, social and/or emotional consequences associated with early sexual contact.
3. List three sexually-transmitted infections.

The **Healthy Bodies** series also includes these outreach programs:

Dental Detectives, grades Pre-K – 1
Handful of Healthy Habits, grades Pre-K – 1
Kids in Motion, grades 1 – 3
Odorology, grade 4
Life Begins, grades 5 – 6
Body Smarts, grades 5 – 7
NoBody’s Perfect, grades 6 – 10
Stress Less, grades 6 -12
Who Do You Trust?, grades 8 – 12
Better Start Early, grades 9 -12

The **Healthy Relationships** series also includes these outreach programs:

Buster’s Barnyard Buddies, grades Pre-K – 1
Bully Busters, grades 1 – 3
Team Self-Esteem, grades 3 – 5
Mean Streets, grades 5 – 6
Relationship Building Blocks, grade 6
Trading Places, grades 6 – 8
Relationship Know How’s, grade 7
Relationship Risks, grade 8
Who Do You Trust?, grades 8 – 12
Relationship Respect, grade 9
Toxic Relationships, grades 9 – 12