After watching the video *You, Your Body and Puberty* and participating in the activities in this Teacher’s Resource Book, students will:

- understand the physiological and emotional changes that take place during puberty
- appreciate and celebrate the changes taking place in a positive way
- recognize that puberty happens at a different pace for each individual
- learn more about the specific signs of puberty for boys and girls
- learn to separate puberty myths from facts
- better understand how to minimize some of the unpleasant changes that may take place during puberty, such as acne
- understand ways to take care of their growing bodies, especially as related to hygiene, sleep, exercise and diet
- explore answers to some commonly-asked questions about puberty
- learn to talk maturely with family members and friends about puberty
- effectively deal with the stress and mood swings sometimes caused by puberty
- think carefully about goals for the future, as well as the responsibilities necessary to achieve those goals