

Outline for Lesson # 1

1. Title of Lesson and Focus of Lesson
Understanding your changing self
Focus: Self-esteem and how it affects your decision-making
2. Ground Rules Reviewed
3. Personal Example
Each educator gives a personal example about change that the students could relate to. For example: changing relationships with friends, physically developing at a different rate than your peers, breaking away from your family.....
4. Lesson
 - Guessing Game. Have on a large poster board a few words on what each of you (the peer educators) were like in 6th grade (might use words like "sensitive", "shy", "loud", "short", "skinny/heavy", "funny", "loves computers"). Have the kids match the poster with the correct peer educator. Any surprises?
 - Have them count off by three's and make three groups. Ask the children what their idea of "cool" is. Have each group write answers on the board. Guide them in the direction of thinking that what's "cool" now may not always be so.
 - Pass out handout on Uniqueness, Split boys and girls into two groups. Have them fill it out and discuss personal and emotional changes and how the changes make them feel.
5. Review Focus of Lesson