

## PURPOSE

To expand students' knowledge of hormones and the emotional changes they will experience during puberty.

## LEARNING OBJECTIVES

By the end of the lesson students will be able to:

1. Understand the importance of healthy hormones for a healthy body.
2. Understand the impact of hormones on emotional changes.
3. Learn strategies for expressing and communicating emotions.

## MATERIALS & RESOURCES

- **Lesson 6 teenMEN** powerpoint
- **Activity: Sports Interview**
- **Case Study: "A Bad Start" + Teachers' Answer Key**
- **Health Checklist**

## VOCABULARY

- **Hormones:** Chemical signals that travel in the bloodstream, directing the activity of every system in the body. The body has many different hormones, produced in different parts of the body.
- **Emotions:** Feelings that are experienced inside of every person. They can be emotions of happiness, sadness, worry, or many other responses to what is happening in our lives and the world.
- **Sensitive:** Being easily affected by the things people say or do, or by the events and the environment around the person.
- **Aggressive:** Being pushy to other people or towards one's self.
- **Peer pressure:** Your peers are the people of a similar age around you - your friends and classmates. 'Peer pressure' refers to the ways that others can

influence us. Peer pressure can be either positive or negative - encouraging us to make good or bad decisions.

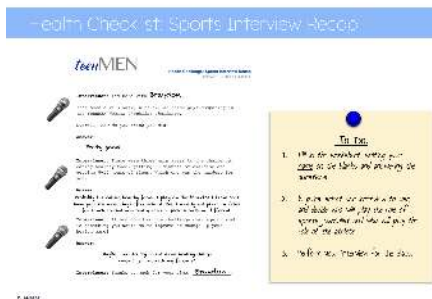
### PREPARATION

- ☐ Print the **Sports Interview** activity for each student.
- ☐ Print the **Case Study: A Bad Start** to read to students.
- ☐ Print a **Health Checklist** to give to each student.

### PROCEDURE

#### Step 1 (10 minutes): Activity: Sports Interview Recap

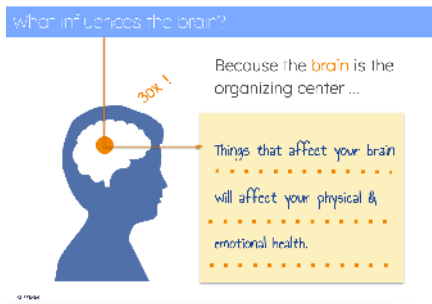
Hand out the **Sports Interview** worksheet to each student. Have each student fill in a worksheet, writing their name on the blanks and answering the questions for themselves. Next, have students turn to the person next to them and decide who will play the role of sports journalist and who will play the role of athlete, selecting one of the worksheets to use as their script.



Give students a couple of minutes to work on their interviews and then ask for student volunteers to perform their interview in front of the class.

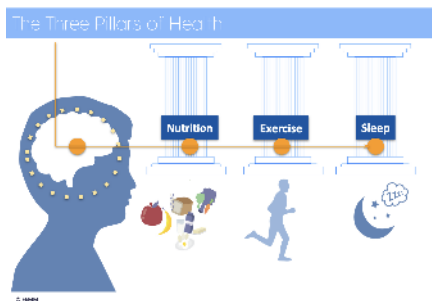
#### Step 2 (10 minutes): The brain, testosterone and emotions

**Do you remember what controls the activity of every system in the body?** Yes, hormones! Hormones are directed by your brain. Hormones cause all of the growing and changing that your body does during puberty.

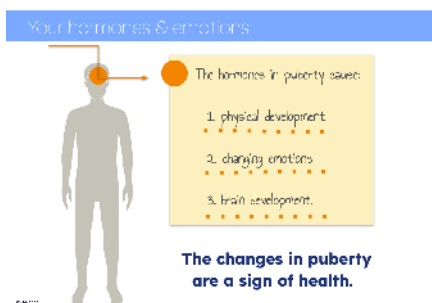


Because the brain is the organizing center for your whole body, things that affect your brain will affect your physical and emotional health! During puberty, the level of testosterone in your body increases by up to 30 times the amount from when you were a boy. With that increase comes a lot of changes!

The best way to support the brain and the body to grow in a healthy way through puberty is to focus on the three pillars of health: good nutrition, exercise for 60 minutes a day and 8-10 hours of sleep each night.

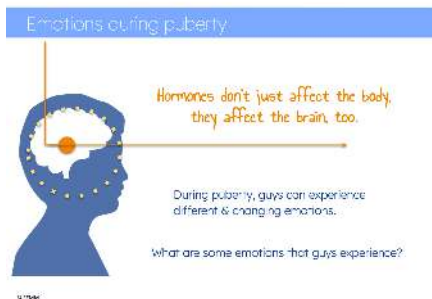


Sleep is when our body produces most of our hormones and exercise helps to balance our hormones.



Testosterone is sometimes thought of as the hormone that contributes only to rage or aggression, like the Incredible Hulk, but this is not the case. Testosterone has actually been linked to many different types of emotions. Not having enough testosterone at

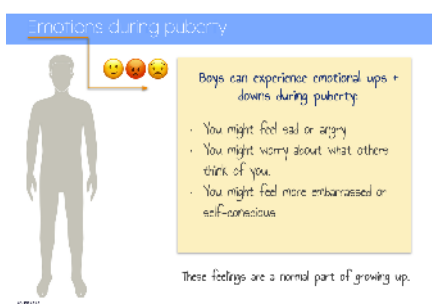
certain points in our development has been linked to depression later in life. Allowing testosterone to do what it is supposed to do during adolescence has been shown to be linked to better management of emotions overall, especially when faced with challenges.



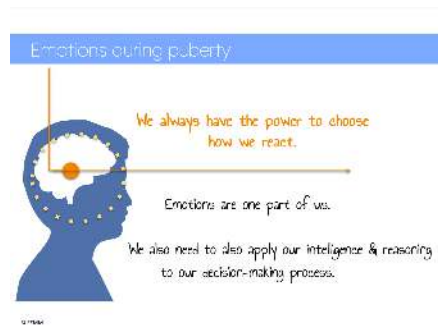
During adolescence, it can sometimes feel like your emotions are getting the best of you. There will probably be times when we feel like it is hard to control our emotions, or even that we don't know why we are feeling or saying certain things.

*Ask: Can you name some emotions that guys can experience? Do you notice any change in your emotions since puberty began?*

Boys can experience emotional ups and downs during puberty. These feelings are a normal part of growing up.



Knowledge of ourselves helps us to use our brain - and the ability to choose - to make good decisions about how to act, regardless of how we feel.

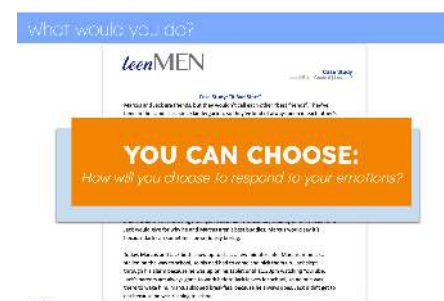


Your hormones play a big role in your changing body and emotions. There are many hormones besides testosterone that also affect how we feel. But no matter what emotions we experience, **we always have the ability to choose how we react.**

Think about when you were a boy. It was very easy to knock down a tower of blocks that you had made. It was much more difficult to build or create that tower. The decisions that you make affect you and the people around you. You can choose how to respond to your changing emotions. Choosing to have a more mature response to your emotions is more challenging, but remember: you **are** creating something. You are creating the mature man that you will someday be. Emotions are only one part of us. We need to also apply our intelligence to our decision-making as well as our feelings.

### Step 3 (10 minutes): Case Study: “A Bad Start” + Health Checklist Challenge

Read the **Case Study: “A Bad Start”** aloud to the class. Lead students through the **Discussion Questions** to possible solutions, with the **Teacher’s Answer Key** provided in the materials.



### Step 4 (5 minutes): Health Checklist + Conclusion

Hand out the **Health Checklist** to each student. We're going to keep using the **Health Checklist** as a tool to check in on our health habits.

**Health Checklist**

✓ Your:

- Mood
- Food
- Exercise
- Sleep

for 7 weeks

| Day   | Mood | Food | Exercise | Sleep |
|-------|------|------|----------|-------|
| Day 1 |      |      |          |       |
| Day 2 |      |      |          |       |
| Day 3 |      |      |          |       |
| Day 4 |      |      |          |       |
| Day 5 |      |      |          |       |
| Day 6 |      |      |          |       |
| Day 7 |      |      |          |       |

Notes:

This week, try to ask yourself at the end of each day which emotions you experienced over the course of the day. Think about your morning, during class, and at home in the evening. What did you choose to do with the feelings that you had? See if you see any connections between your emotions and the amount of sleep you had the night before? What is your mood like before an hour of exercise and afterwards? Make any notes on the back of the checklist for that day. Remember, you can always ask a trusted adult how to help you deal with emotions that sometimes feel like a lot for you.

### CONCLUSION

**Review**

- Testosterone is important for our healthy development.
- We have the ability to make our own health choices.
- Sometimes, our emotions might feel like a rollercoaster ride.
- We can always make a good choice when it comes to how we react to our emotions.

We have the ability to make our own health choices so that we do not let negative influences make our choices for us. During puberty, we will notice that sometimes our emotions are like a rollercoaster. We can always make a good choice when it comes to how we react to our emotions. Our emotions are neither good nor bad. It's what we choose to do with them that makes the difference.

## REFERENCES

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