

PPMM Puberty Course Delivery Options v.04.17.25

Subject: - PPMM Puberty Broadcast Support

Welcome to the PPMM Puberty Course!

Once you have registered your account in Thinkific, you have three options to access and present the course materials to your students.

1. **Group Broadcast:** Play content directly from the (A) course platform or (B) Downloads page
2. **Individual Access:** Download lessons and printable materials from “Downloads” page. Upload to Google Classroom or another platform. Students then access content using headphones and personal devices.
3. **Customized Delivery:** Access course content and materials in a combination of the methods above.

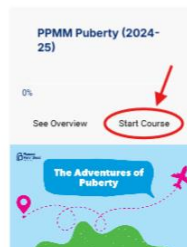
Option 1: Group Broadcast

a. Play content directly from course

1. **Open the Course – On your dashboard, under “My courses” find the course image and select “Start Course. (Circled in red)**

My courses

[View more courses](#)



2. **Broadcast the Course – Project the lesson for your class. You can pause the course at any time and resume from where you left off.**

[← Go to Dashboard](#)

[Dashboard](#)

PPMM Puberty (2024-25)

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Search by lesson title

Section 01: The Adventures of Puberty 0/4

Section 01: The Adventures of Puberty

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Start Your Quest here

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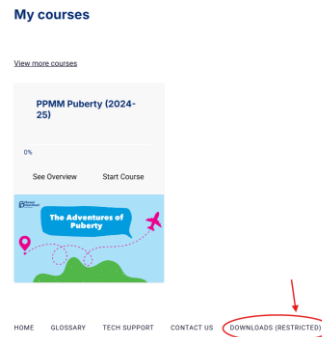
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3. **Engage with Quizzes and Word Alerts as a Group** – Read quiz questions aloud, have students respond, and follow prompts to introduce key terms.



b. Play content from “Downloads” Page

- a. **Navigate to “Downloads” link *** – Select to open. (Circled in red)



- b. **Find Your Materials** – Scroll down to access multiple pages.

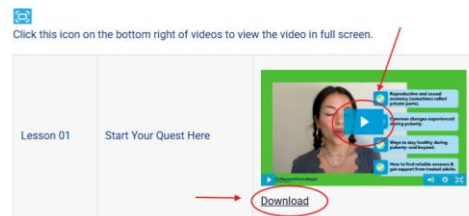
Page 1: Instructions and a course overview.



Page 2: Broadcast videos and engage with lesson content directly from this page.

Page 1 Page 2



Section 01 - The Adventures of Puberty

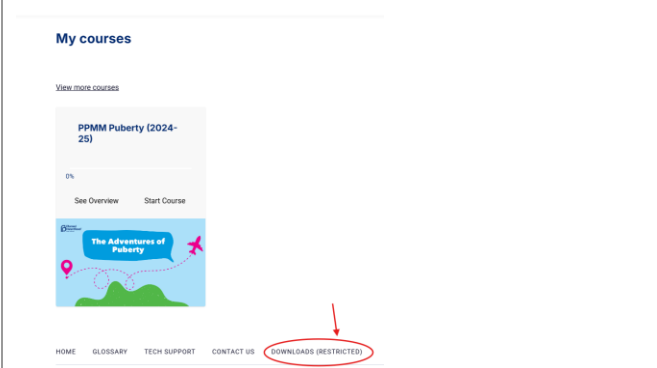


	<p>Lesson 03</p> <p>Word Alert!</p>	 <p>Puberty The time between childhood and adulthood (usually between ages 9-14) when people mature physically and sexually.</p> <p>Physical Changes Physical changes during puberty may include sweat, swelling, more intense, hair growth in new areas (under arms, above lip, around the private parts, and skin changes (more dry, oily, etc.).</p> <p>Genitals The biological sex organs on the outside (external) of the body. External genitals include the penis, vulva, and anus. (Sometimes called "private parts" or "pubic area.")</p> <p>Emotional Changes During puberty your emotions (thoughts, feelings, reactions, physical responses) may become stronger and more intense. It's common to go through mood swings—when your feelings change quickly and suddenly. A person can also start having more sexual thoughts and urges (also known as being sexually turned on).</p> <p>Reproductive and Sexual Anatomy This includes the biological sex organs on the outside of the body (i.e., genitals) and inside of the body (such as sperm or egg—more on that later).</p> <p>Pronouns Pronouns are words someone can use for you in place of your name, which reflects your stated gender identity. Examples of pronouns include he/him, she/her, and they/them. Using someone's pronouns correctly is a sign of respect.</p> <p>Calling someone by the wrong pronouns can happen accidentally (dubbed misgendering), but some people do this on purpose, which is not respectful of others.</p>
<h2>Section 02 - Let's Take a Tour of the Human Body!</h2>		
	<p>Lesson 06</p> <p>Pop Quiz 01</p>	 <p>1 True or False: Every Penis is the same size <input type="checkbox"/> True <input type="checkbox"/> False</p> <p>2 What is the scientific name for the "sac" that holds the testicles? <input type="checkbox"/> Penis <input type="checkbox"/> Scrotum <input type="checkbox"/> Anus <input type="checkbox"/> Bladder</p> <p>3 True or False: Ejaculation is when the penis changes size and shape. <input type="checkbox"/> True <input type="checkbox"/> False</p> <p>4 In what body part does a pregnancy grow? <input type="checkbox"/> Stomach <input type="checkbox"/> Uterus <input type="checkbox"/> Testicles <input type="checkbox"/> Ovaries</p>

(Answer key included)

Option 2: Individual Access

a. Navigate to “Downloads” link * – Select to open. (Circled in red)



My courses

View more courses

PPMM Puberty (2024-25)

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See Overview Start Course

The Adventures of Puberty

HOME GLOSSARY TECH SUPPORT CONTACT US **DOWNLOADS (RESTRICTED)**

a. **Find Your Materials – Scroll down to access multiple pages.**

Page 1: Read and review course overview and “Tips for delivery”

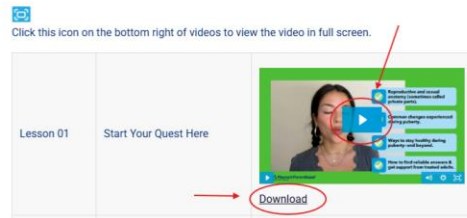
Page 2: Download lesson content, upload it to Google Classroom. Schedule classroom time for individual access using headphones and personal devices.

Page 1

Page 2



Section 01 - The Adventures of Puberty



Option 3: Customized Delivery

Use a combination of the methods above to match course delivery to the needs of your students and classroom. We encourage you to consider creative approaches to reinforce learning and engagement while maintaining the integrity of the materials.

Approach and Delivery Ideas:

- **Print or Upload Word Alerts** - Introduce and discuss new vocabulary as a group or assign as individual work. Encourage interactive methods such as student-led discussions, word association games, or real-world application activities.
- **Broadcast Video content in group setting** - Pause for questions or to manage questions or behavior. Foster engagement through reflection question or use *Exit Tickets* to capture a quick take-away like “one thing I learned”.
- **Print or Upload Quizzes** - Complete as a group or assign as individual work and review as a group. Create a fun, competitive atmosphere by dividing the class into teams and playing in a game-show style format.

Need Help?

[How to Access Course after Sign Up](#)

[How to Track Student Progress](#)

[Tech Support Page](#)

🔗 Additional Support

We want to send our solidarity and encouragement as we know teachers and schools are under immense mounting pressures as you stay committed to providing education and care to hundreds of thousands of youth collectively throughout PPMM's service area.

Here are a few resources that might support you right now:



High schools. Amid all the challenges our students face, STIs are on the rise (some like HIV for the first time in decades). Want to provide your Juniors or Seniors with an evidence-based health ed booster? You can assign them [Plan A](#), our free engaging 23-minute video about a group of friends dealing with sex & relationships. Designed to reduce unplanned pregnancies and sexually transmitted infections (STIs).



Digital Learning through June 30. If you're currently implementing our Y-LED (new name!) Digital Learning courses (comprehensive sex ed or puberty) below are resources to fortify the classroom experience for 5th-6th grade, middle, and high school students. And you can increase your skills (if interested!):

- [PPMM Sex Ed Program Guide: Supporting the Learning Journey](#): How to implement PPMM Digital Learning courses in school settings.
- [Guide to Trauma-Informed Sex Education - Cardea Services](#) (Free)
- ["The Talk": Framing Conversations About Sexual Health, Body Rights, and Who We Are - Cardea Training Center](#) (Free)
- [Let's Talk About Sex...Education for Educators - Cardea Training Center](#) (Free)



Mental Health First Aid certification. Dubbed "like CPR training but for mental health," we offer this free evidence-based virtual training throughout our territory! Students, teachers, and parents are welcome to sign up here: [Mental Health First Aid Registration](#)



Period products and safer sex info/goods. Request what you need, here: [Request Form](#)



\$25 Gift Card! Last thing, the first 50 people to reply will be sent a e-gift card to support you and your invaluable work. Please reply and simply complete this

sentence: **Providing health and sex education in public schools matters because...**

**In this together,
PPMM Education Team**