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*Saint Mark's Church
Sunday School*

THE CHANGES IN YOUR BODY

Code: 8/SO/1

1. General Aims of the unit

To know more about changes happened to us in the adolescence period .

2. Special aims of the lesson

1. To explore the changes happened in us during the adolescence period –either physical , psychotically , social and emotional- for both sexes
2. To differentiate between what is natural and what is artificial imposed on us from the media and mates
3. To explore how to deal with these changes in the proper and Christian way

3. Outcomes:

By the end of this lessons the teens are able to:

1. Differentiate between the natural changes either physical or emotional and the imposed changes by the media.[changes in his/ her sex and also the opposite sex]
2. Share in a debate about why the Creator put these changes in us regardless of the problems and pressures that are builded within us.
3. Deal with all these changes in a Christian manner through different scenarios discussed in the class or given as homework

4. Verses : 1Cor. 6:19 ; 1Tess. :5:23

5. References :

Note: **THIS LESSON NEED AN EXPERT LIKE A DOCTOR OR PSYCHOLOGIST**

Please read before the lesson

Hi Everyone,

Here is the preparation for the topic "The changes in your body" to be presented to the classes on Sunday 29th April.

This is a sensitive topic that requires a lot of pray and wisdom. Please let me know if you need any help.

Please remove the female diagrams for the boys classes and the male diagrams for the girls classes.

Preparation from Sandra:

(See attached file: Changes in your body.pptx)(See attached file: Changes in your body.docx)

from Sandra:

"Attached:

PowerPoint for both males and females

Extra notes and links to resources

Weird/funny short menstruation cartoon for the girls.

The way I've attempted to tackle this lesson is in two parts:

- 1. Firstly, I've introduced the bible's perspective on the human body. Then gone into a bit of a physiology lesson and given a few diagrams of the respective reproductive systems just so they know what everything is, why we have it, and what we do with it. Please review the diagrams for your individual classes. I don't know if they're too forward or inappropriate. This power point should be heavily customised to suit your class. The changes that happen in their bodies are then listed; I think each point should be explained by the servant. Attached are notes and resources that I found helpful to skim read at least.*
- 2. The second part focuses on purity, why it's important and how we can achieve it. I'm sure we'll have other lessons on purity further on but I felt it was important to add it.*

Lastly, I personally believe this lesson is all about answering their questions. There are basics we need to teach but I'm sure they'll have ALOT of questions and in fact, a huge component of the lesson would be to stop and listen to their thoughts.

Furthermore, I really wasn't sure if the boys should be learning about the girls and vice versa. I don't think it's important just yet. However, I left both parts in there. Just remove or add whatever you want."