

Comprehensive Sexual Health Education Instructional Materials Review 2026

What Happens During Puberty

Year Published/Revised: 2024

Publisher: Seattle Public Schools

Website: [What happens during puberty? | Videos & Movies on Vimeo](#)

Full or Supplemental: Supplemental

Grade Level: 3–5

Student Population: General

Duration/Number of Lessons: 5-min. video (developed for use with FLASH lesson)

Format and Features: Animated online video with closed captioning, and a full transcript available.

Materials Provide Support for online or in-person learning: Yes

Available in Multiple Languages: No, resource is only available in English.

Evidence-based/informed: Not evident

National Standards Alignment: No

Consistent with WA Health Education Standards? Yes

Consistent with Comprehensive Sexual Health Education Law? Yes

Consistent with AIDS Omnibus Act? N/A

Inclusive Materials/Strategies: Yes

Bias-Free Materials: Yes



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Primary Subject Areas and Topics Required by Law:

- ☐ Anatomy and Physiology, Reproduction, and Pregnancy (Pregnancy for Grade 6+)
- ☒ Growth and Development/Puberty
- ☐ Self-Identity (gender stereotypes, gender identity, sexual orientation, etc.)
- ☐ Prevention (general)
 - ☐ HIV/AIDS Prevention
 - ☐ Pregnancy Prevention
 - ☐ STD Prevention
 - ☐ Health Care and Prevention Resources
- ☐ Healthy Relationships (general)
 - ☐ Affirmative Consent
 - ☐ Bystander Training
 - ☒ Intrapersonal and Interpersonal Communication Skills for Healthy Relationships
 - ☐ The development of meaningful relationships and avoidance of exploitative relationships
 - ☐ Understanding the influences of family, peers, community, and the media throughout life on healthy sexual relationships

Reviewer Comments:

Med. Acc. Reviewer ID 414

Fabulous. Very well presented. I love that the information is presented by kid voices. I also like the gender inclusive language, and demonstration of diverse people.

Med. Acc. Reviewer ID 416

The video is a very simplistic overview of puberty with a good amount of superfluous material. The high points of the video were when they talked about the actually physiologic changes that occur and how that affects people. I found the generalizations about improved communication and risk taking to be lacking without the physiologic explanations for why. Also, the description of puberty changing you from a kids shaped body to a wider shape, I feel, was misleading. Something more like you can grow taller and your hips may grow wider may be more appropriate and inclusive of a diverse range of body shapes.



Reviewer ID 413

Finding the right way to introduce human growth and development to elementary students can be a challenge, but this video serves as an excellent, developmentally appropriate resource. By balancing five key physical changes with five critical emotional shifts, the content provides a holistic view of puberty that goes beyond mere biology. The clear, approachable explanations into adolescence are framed as a natural and manageable part of growing up.

There was equal weight given to "feeling changes," which allows students to understand the social-emotional development, as well as explaining their physical growth. This video is a fantastic tool for fostering a safe, informed classroom environment where students feel empowered to embrace the changes ahead with confidence.

Reviewer ID 405

This video would work well as a conversation starter for younger students. The video presents puberty information in a nonjudgmental and body-positive way. It depicts a variety of genders, races, abilities, and family relationships, and uses inclusive language such as "some people have testes" instead of assuming gender. While informative, it lacks any instructional support such as teacher discussion guides. The material would work best when paired with further instruction on physical changes (menstrual health, hygiene, and developmental variations) and deeper discussion of some social-emotional components such as privacy and bodily autonomy, as well as the range of feelings, making sure to include dysphoria. The video is short and would not be sufficient as a standalone instruction, but it is an approachable and engaging introduction.

Reviewer ID 411

This is an engaging animated video that includes straightforward explanations of body changes in puberty. It is developmentally appropriate for people in later elementary school. This video includes information about the anticipated changes students' bodies will be going through. Even though the video is animated - it shows a variety of different skin tones, body types, genders, and abilities. The video is neutral on value judgments, encouraging young people to share with their family and trusted adults. It normalizes many body changes and emotions. The video is free of bias and uses gender neutral language. It also demonstrates, through visual cues, different sexual orientations. I think this would be a good video summary to show before starting a lesson with, so that students can start forming questions and be more engaged as a teacher goes more into detail about each subject.

Reviewer ID 402

This puberty video would be a great supplement for classroom education on puberty. The video on its own does not include teacher instructions or the desired audience age range.



However, when partnered with other puberty materials, it could be useful in providing visual examples of how puberty can change bodies based on their sex assigned at birth. The video does a good job, normalizing many of the changes that youth will experience during puberty and encourages students to ask questions to their trusted adults (most often referencing family members).

The video demonstrates diversity through various racial, religious, gender, and disability portrayals. However, it doesn't explicitly (verbally) name various gender identities or sexual orientations. It would be helpful to supplement this video with a discussion/other material on gender identity and expression, especially to include mention of transgender and gender expansive youth. It's also important to expand upon sexual/relationship orientations. The video attempts to normalize crushes, but it's important to note that not all youth will experience crushes (i.e. asexual or aromantic) or feel comfortable with their crushes if they are LGBTQ+ or questioning. Discussions of crushes should also be supplemented with skills in boundary-setting.

Reviewer ID 412

This is a really straightforward entree into the topic of puberty. It was very inclusive overall, but I think more details (dysphoria, asexuality) would be useful for further lessons or part of the lesson.

Reviewer ID 407

Simple introductory overview of puberty in an engaging way with specific terminology and simple, clear illustrations normalizing the process.

Reviewer ID 408

The video, "What happens during puberty" addresses the topic of puberty. It provides a clear definition of puberty. It reassures the viewer about the physical and emotional changes they are experiencing, such as stating, "Each person's body goes through puberty at just the right time." or "It is totally normal to have both unpleasant like fear and rage and pleasant feelings like joy and confidence." The video shares 5 body changes and 5 feeling changes. The wording in the video is generally accurate, including menstruation, sperm, and the limbic system. The wording matches the diagrams and images in the video. The video repeatedly encourages the viewer to talk with a trusted adult.

Reviewer ID 410

Wouldn't be sufficient for stand-alone instruction since it does meet all educational standards but could be a good introduction to puberty. Medically accurate and developmentally appropriate. Overall, this video had good representation regarding race and ability. It did a good job not linking specific reproductive organs to a given gender or even sex which I liked. However, I felt like the discussion of crushes could have been more



inclusive of asexual/aromantic individuals, specifically, the use of the phrase, “[crushes] come and go for just about everybody.” I also think there could have been a nod to intersex people during the discussion of reproductive organs, but, at least while visually two sets of reproductive organs were presented as separated, that was not stated anywhere in the audio. So, while it was not specifically discussed that some people have different sets of reproductive organs, it wasn’t actively excluded. I liked the emphasis on asking students’ teachers and family questions. Doesn’t mention body dysphoria which could have been helpful.

Reviewer ID 404

When the video discussed that one change is the development of crushes, using the cartoons, it showed crushes from boys to girls or girls to boys only. This often works well for small and/or rural areas and for many parents and staff to feel alright about sharing it with students. It may help in the avoidance of using something that creates immediate refusal of use or participation. At the same time, it may create thoughts and questions for some students. If it was possible to make the pictures of the crush simply be absent or shadowed out, that would be perfect. The video is well done, but this may be a point that many decision makers will want to consider for the appropriateness for their school audience.

