

APS 2023-2024 Grade 4 & 5 Human Growth and Development Lessons

(Revised in Summer 2023)

Lesson Resources:

[AMAZE.ORG RESOURCE](#)

[FLASH Curriculum Puberty Day 1 Lesson](#)

[FLASH Curriculum Puberty Day 2 Lesson](#)

[AMAZE.ORG RESOURCE](#)

[3R'S WEBSITE FOR K-12 SEXUALITY](#)

[3R'S CURRICULUM RESOURCE](#)

The Great Body Shop "Growing Up" Lessons

Lexington Public Schools Grade 4 Human Growth and Development Curriculum

[Notes from Lexington's Julie Fenn](#)

Materials/preparation needed for lessons:

- Projector/screen or smartboard to view lesson slides
- Paper/Index Cards for student questions for the question Box.
- [Handouts](#) if doing the Growing & Changing Survey and Best and Hardest Things About Growing Up as an activity rather than discussion or Google Form.
- [Cards](#) for the "What Happens When" Activity (1 set per 3-4 students).
- [Worksheet](#) for "The Best and the Hardest Things About Growing Up"
 - Products/Bag for "Product Surprise" Activity

[Grade 4 Slides](#)

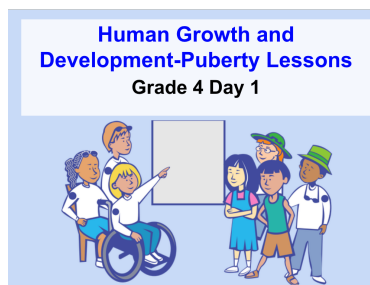
[Grade 5 Slides](#)

(THERE ARE ALSO NOTES IN THE SLIDES)

[Puberty Vocabulary List](#)

Grade 4 Lesson One:

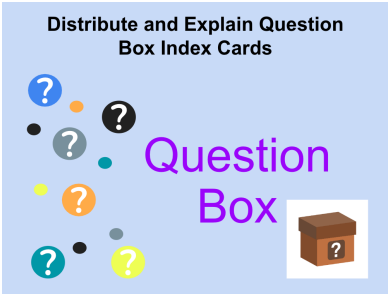
Topics: Stages of Development, Growing up, Sex Assigned at Birth, Gender Identity, Puberty



Why Are We Here? Why Learn about this? Growing up can be an awkward time! But it can be fun too. During the transition from childhood to adulthood, there are lots of amazing changes that happen to our bodies. The more you understand what's going on when you begin to notice these changes, the less confusing or scary they will be. Typically, the more you talk about a topic, the more comfortable you are with it and less shocked. Though this may be the first time you've talked about the names of parts of the body and what human bodies are able to do, you can expect that you'll continue to explore these topics in future grades.



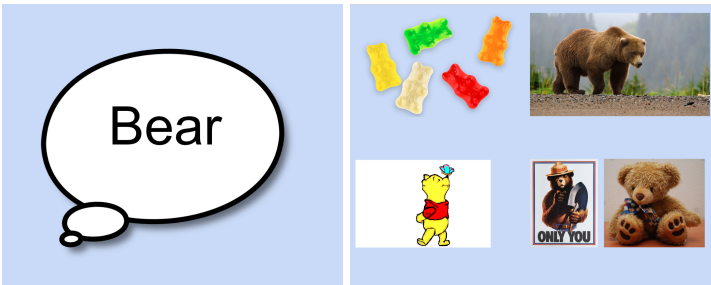
Index Cards for Question Box: Pass out index cards here so students can write down a question if it happens to come up during the lesson.



“Think of a bear...” Exercise: Ask students to think of a bear to show how many different images come to mind. It’s a good way to demonstrate that we shouldn’t assume everyone is coming from the same perspective or understands every word. In these lessons, we’ll talk about changes to our bodies. As we get into this discussion, there will be times when it’s ok to laugh and be silly, like if we’re playing a game. There will be other times when we’ll be having a serious conversation, and it’s never going to be ok to laugh at what another person says.

Alternate Way to present this activity:

Ask the students to draw or write what comes to mind when they think of a bear.



Classroom Norms/Group Agreement:

Together, we will create a list of Classroom Norms. As we create this group agreement, think of what would make you feel safe, comfortable, and included. Examples include:



Classroom Norms/Agreements

Ask questions, in class (one person talks at a time), after class, at home...any question is a good question.

Pass if a question or activity feels uncomfortable to you.

Protect other people's feelings and protect your own and other people's privacy (no names). Don't ask personal questions of others.

Listen respectfully when other people are speaking. No put downs, respect others.

Explore new concepts with courage and enhance our learning environment by making kind, helpful choices

Discuss Puberty topics responsibly outside of class and use common language/terms for body parts.

OK to laugh with, not at...

Can add:

-Agree to disagree/respect our differences

-Don't yuck my yum

-Say "ouch" and "oops"

Teacher reviews the list with students.

Ask: Are there any other agreements you would like to add? (*Record answers*).

Continues: If you agree with these rules please give a thumbs up.

(*Students should signify agreement either by giving thumbs up or have them each annotate the slide, or volunteers read back each norm*).

It is difficult to experience fear and curiosity at the same time. If you are curious or excited about learning, you will actually become less afraid and more confident, as well as feel more positive about the content. You can practice "I notice/I wonder" when you are having strong feelings during these lessons. Notice how you are feeling, and be curious about why you are feeling that way.

What is Human Growth & Development? The stages of development, changes in our body throughout our lives.

What is Human Growth and Development?

Bodies are pretty cool. As we get older in years, our body starts to grow and change. **HOW AMAZING!** When I was first born I was a tiny baby and I had no teeth or hair. But since then, my body has grown hair, and teeth, and I got taller and stronger. Much taller.



Adulthood



Birth to 3 Years Old



4-5 Years



13-19 Years



9-12 Years



6-8 Years

Stages of Development

What Happens When Activity:

Students will work in small groups to arrange cards in order from birth to adulthood.

CARDS TO PRINT AND CUT

- Once all groups have decided on the order, share and discuss how these times are "approximate" and different for everyone.
- Ask students if they have any questions about any of the stages.
- Summarize by pointing out that "puberty" is one part/stage of growing up.

What Happens When?

- Each group will get a packet of cards representing something that happens at different points as we grow up.
- Your group will work together to arrange your cards in the correct order from BIRTH to ADULTHOOD.



What Happens When?

0 - 3

- Learn to sit up.
- Learn to crawl.
- Develop teeth/able to eat solid food.
- Learn to walk.
- Learn to talk.
- Learn to put on and take off clothes.
- Learn names for basic body parts.

4 - 5

- Develop fine motor skills.
- Begin to feel sure of one's gender.
- Reach at least 50% of adult height.

6 - 8

- Loose baby teeth/grow adult teeth.
- Able to process abstract concepts/complex ideas (time, emotions, etc.)
- Able to focus on past, present and future.
- Become more modest or want privacy.

What Happens When?

9 - 12

- Growth spurt.
- Skin becomes more oily/can develop pimples.
- Sweating increases/body odor.
- Hair grows under arms and on pubic area.
- Genitals mature.
- Move toward independence.
- Develop decision making skills.
- Concerned about outward appearances.
- Conflicting feelings about changes of puberty.
- May experience mood swings.
- Develop "crushes".

13-19

- Complete physical changes of puberty.
- Reach adult height.
- Make decisions based on options and consequences.
- Develop ability to analyze media messages.
- Learn to drive.
- Able to develop healthy relationships with others.

Adulthood

Puberty is the period during which adolescents (definition below) reach sexual maturity and become capable of reproduction. Our bodies change from the moment we are born and keep changing our whole lives. Everything that's alive grows and changes. There is a time when kids' bodies do more than just grow taller and bigger. Puberty (from the Latin word pubertas, or adult) is just a name given to this "in-between" time, which is why you'll hear folks refer to it as the "tween" years.

Puberty



In the next few years your body will continue to change and grow. Sometimes these changes feel a bit surprising.

- Puberty means that you may experience changes with your body, your feelings and your relationships.
- Growing up and changing can be exciting and scary at the same time.



Adolescence (from Latin adolescence, meaning 'to grow up') includes puberty but also includes all of the new thoughts, feelings, relationships, freedom, responsibilities, and emotional growth kids have as they become adults. Adolescence is usually associated with the teenage years, but it begins earlier and ends later. [Dictionary: a transitional stage of physical and psychological development between childhood and adulthood that starts with puberty.]

Feelings About Discussing Growing Up/Puberty:

Feelings about discussing Growing Up/Puberty...

It's OK To be embarrassed

It's OK Not to know or to know

It's OK To ask questions

It's OK For students to know about how each others bodies work

Embarrassment

- Explore why students might find this topic difficult to discuss.
- Embarrassment is common; giggling or blushing, and wiggling in chairs is expected.
- Most people want to know about their bodies and those whose bodies are different from theirs.
- Knowing the information helps youth to feel more comfortable and prepared as they go through puberty.
- Discuss why parents or other trusted adults might also feel embarrassment. Adults can feel embarrassed too (think children are too young, no one ever talked to them, it is a private topic, not used to discussing it, or think they should have all the answers).

Knowing/Not Knowing

- Tell students that you're going to ask lots of questions today and whether they know or don't know the answer, both are okay.
- Is important to learn about puberty; helps to understand the changes that are/will happen.
- Some students have very limited knowledge and others know more.
- For some, this may be the first opportunity to explore the changes of puberty.
- **For those with some knowledge, it is important to continue to talk about puberty and to make sure that the information they have is correct.**
- Students may have learned about these topics from friends or the media. Unfortunately, those sources are not always accurate.

Asking questions

- Tell students that this is not a forbidden topic and it's okay to learn about it.
- If a student has a question, it's likely other students have the same question.
- Introduce the question box (if using).
- Explore why asking friends isn't the best option.

Knowing about how all bodies change.

- We spend a lot of our lives relating to people of different genders (fathers, brothers, sons, mothers, sisters, daughters). If we learn about everyone and their concerns, perhaps we can understand them better and can improve our relationships with them.
- This is a good opportunity to understand and communicate in a respectful way with people whose gender is different from yours.
- Puberty is a time of change that can be both exciting and frightening.

In this lesson students have the opportunity to learn about the basic physical, emotional, social and thinking (cognitive) changes that happen during puberty.

The Best and Hardest Things About Growing Up: Can do this activity as a discussion or partner/group activity then share.

The Best & The Hardest Things About Growing Up		Examples of: The Best & The Hardest Things About Growing Up	
Positives (Things that are good)	Difficulties (Things that are hard)	Positives (Things that are good)	Difficulties (Things that are hard)
		<ul style="list-style-type: none">• You get to make your own decisions.• You get to do more things on your own.• You can make your own money.• You can get a job.	<ul style="list-style-type: none">• People expect more of you.• It's easier being a kid.• You have to do more things for yourself.• There's more pressure to do well.

Before we learn more about the physical changes and body systems . . . Here we will review language that we will use when talking about physical changes during puberty.

Before we learn more about puberty, let's talk about our language...

- People who have a penis are often described as “male”. When talking about physical changes I will say, “people who have a penis”.
- People who have a vagina are often described as “female”. When talking about physical changes I will say “people who have a vagina”.
- Not everyone identifies with their gender assigned at birth.

Before we learn more about the physical changes and body systems . . .

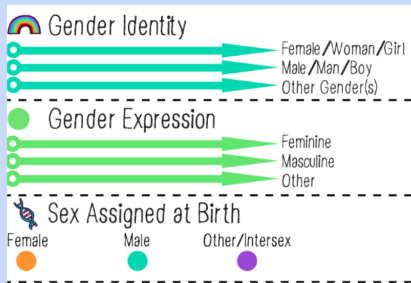
Let's talk about our language

- People who DO identify with their gender assigned at birth are referred to as “cisgender”.
- People who DO NOT identify with their gender assigned at birth are referred to as “transgender”, “gender fluid” “non-binary” or something else.
- Each individual decides how they identify based on what's in their head and heart.

Defining Sex Assigned At Birth, Gender Identity and Gender Expression:

Use Slide and Who Are You? Book as a resource

Defining Sex Assigned at Birth and Gender Identity



It is common for people to confuse sex assigned at birth and gender, but they're actually different things. **Sex Assigned at Birth** is a label — male or female — that you're assigned by a doctor or midwife at birth based on the genitals you're born with. It goes on your birth certificate. **Intersex** is a general term used for a person who is born with reproductive organs or sexual anatomy that doesn't seem to match the typical anatomy. **Gender** is much more complex: It's a social and legal status, and a set of expectations from society, about behaviors, characteristics, and thoughts. Each culture has standards about the way that people should behave based on their gender. This is also generally male or female. But instead of being about body parts, it's more about how you're expected to act. **Gender identity** is how you feel inside and how you express your gender through clothing, behavior, and personal appearance. It's a feeling that begins very early in life. **Gender Expression** is how someone may express their gender identity.

Academic Conversation: In small groups, students will discuss the following questions and can volunteer to share with the class.

Academic Conversations (In small groups)

When learning someone's pronouns, what does that tell us about them?

How can we create an inclusive environment if others understand what gender identity is?

Optional activities:

Go Fish Activity:

- Make enough copies of this sheet [Go Fish HGD Grade 4](#), cut out the cards and distribute so that each student receives at least four randomly.
- Students walk around the room asking each other the question “Do you have...?” similar to the card game Go Fish.
- For example, “Do you have the definition for gender identity?” or “Do you have the vocabulary word for what a person knows their gender to be which may or may not match what their genitals look like?”.
- If the student asked does not have the vocabulary word or definition needed, that student says “Go Fish!” and both students find a different classmate to ask.
- If a student finds a pair that matches, that student brings the match to teacher to check and keep.
- Students can only ask one question at a time. Then find a different classmate to ask.
- Once a student is no longer holding any cards, that student sits down at their desk.
- Lesson Extension: Teacher times students first round, then redistributes cards and challenges the students to beat their original time round two.

Go Fish Optional Activity

- Make enough copies of this sheet [Go Fish HGD Grade 4](#), cut out the cards and distribute so that each student receives at least four randomly.
- Students walk around the room asking each other the question “Do you have...?” similar to the card game Go Fish.
- For example, “Do you have the definition for gender identity?” or “Do you have the vocabulary word for what a person knows their gender to be which may or may not match what their genitals look like?”.
- If the student asked does not have the vocabulary word or definition needed, that student says “Go Fish!” and both students find a different classmate to ask.

Go Fish Optional Activity

- If a student finds a pair that matches, that student brings the match to teacher to check and keep.
- Students can only ask one question at a time. Then find a different classmate to ask.
- Once a student is no longer holding any cards, that student sits down at their desk.
- Lesson Extension: Teacher times students first round, then redistributes cards and challenges the students to beat their original time round two.



What Does Gender Mean to You Art Activity:

What Does Gender Mean to You? Optional Art Activity

- Divide students into groups.
- Groups create a piece of art to show what gender means to them.
- Example: Students draw and cut pictures out of old magazines, then glue on poster paper to make a collage.
- Groups present piece of art to classmates.



Growing and Changing Survey: This survey can be done individually with a share, as a discussion or as a google form where results can be shared at the start of the day 2 class.

[Make a copy to use at your schools of this Google Form version of this survey.survey](#)

Growing and Changing Survey



[Survey Link](#)



1. We all grow and change at the same rate.
2. It was easier being a little kid.
3. I think about friendships more now than I did when I was younger.
4. Growing up brings good things with it.
5. Growing up and changing brings new feelings.
6. Growing up brings new responsibilities.
7. It helps to talk with someone about growing up and changing.
8. Things I do now will affect my future.
9. I like growing up and changing.

4th grade curriculum worksheet

Question Box: We use a box and index cards or small pieces of paper. Everyone submits a card with a question or comment; it is anonymous because everyone submits a card. At our next lesson, I'll answer your questions that you're asking today. It's normal to feel uncomfortable or weird when bringing up the changes that are or will happen to your body, but the adults in your life care about you and are glad to be able to answer questions. Once you start talking about this topic, it gets easier every time. For most kids, parents and other adult caregivers are your primary health educators. If you're feeling nervous about bringing up a question, you can try writing it down or talking about it in the car, where you don't have to look at each other. If you really can't talk to your parents or guardian about what's going on with your body, find an adult you trust — like an older sibling, cousin, aunt or uncle, grandparent, teacher, counselor, or doctor — to answer your questions.



Homework: Have students complete this assignment if they are comfortable. They may share if they would like the next class.

Homework:

Share with your trusted adult at home what you learned today.

Ask your trusted adult at home what they remember about experiencing puberty.

Grade 4 Lesson Two:

Topics: Changes During Puberty, Products for Puberty, Bullying

Human Growth and Development-Puberty Lessons

Grade 4 Day 2



Shares from Homework Assignment and Growing and Changing Survey (if done last class):

Homework From Our First Lesson:

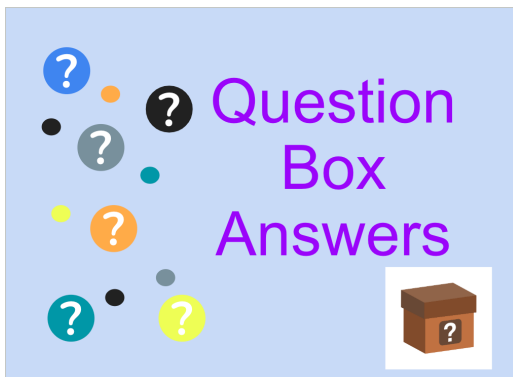
Did anyone share with your trusted adult at home what you learned in our first lesson?

Does anyone want to share what you learned about what your trusted adult remembered about puberty?

Growing and Changing Survey Results

If this activity was done, insert the link to the Google Form Survey Results.

Question Box Answers:



Review of what we learned in the last lesson and Puberty Definition:

The period during which adolescents reach sexual maturity and become capable of reproduction.

Let's Review



What is puberty?
What is the difference between sex
assigned at birth and gender identity?

Changes During Puberty:

Changes During Puberty



Emotional, Social and Cognitive Changes:

Some changes that occur during puberty you can see and others you cannot, such as the changes that are happening to the brain. The brain is under construction during puberty and construction won't be complete until the early twenties.

- It is common for students going through puberty to feel like they're on an "emotional rollercoaster", happy, positive and confident one minute, sad/angry, withdrawn or nervous the next minute. Students might also identify feelings of confusion, loneliness or excitement.
- Encourage students to seek out credible information and to talk to a trusted adult if they continue to have feelings that they need support with..
- Trusted adults may include family, family friends, counselors, teachers, school nurses, school social workers, health care providers, doctors, faith leaders, etc.

What Types of Changes Happen During Puberty:

What Types of Changes Happen During Puberty?

PHYSICAL
SOCIAL
EMOTIONAL



Physical Changes of Puberty:

Get taller.

Grow breasts (people who have a uterus).

Weight gain.

Grow hair under arms, on legs, around genitals.
 Get acne.
 Hair texture may change.
 Hormones are raging.
 Voice deepens.
 Spontaneous erections (people who have a penis).
 Menstruation (people who have a uterus).
 Wet dreams (people who have a penis).
 Hips widen.
 Voice cracks.
 Muscle growth.
 Sweat starts to smell.

Physical Changes of Puberty

- Get taller
- Weight gain
- Muscle growth
- Grow hair under arms, on legs and around genitals
- Hair texture may change
- Hormones are raging
- Get acne
- Voice deepens
- Sweat starts to smell
- Spontaneous erections (people who have a penis)
- Nocturnal emissions/wet dreams (people who have a penis)
- Grow breasts (people who have a vagina)
- Menstruation (people who have a vagina)

What is a Spontaneous Erection? What are Nocturnal Emissions/Wet Dreams?



Spontaneous Erection: when the penis swells with blood, causing it to become firm, randomly or out of nowhere.

Nocturnal Emissions/Wet Dreams: when fluid, called semen that contains sperm, releases from the penis during sleep.

BOTH ARE NORMAL EXPERIENCES

What is Menstruation?



- Normal vaginal bleeding which usually happens once a month.
- Does not mean you are injured or sick.
- Commonly called 'a period'.
- We don't know when it will start so it's important to be prepared. You could put a kit in your backpack with sanitary products and clean underwear.

Products That Help Manage Physical Changes:

Products That Help Manage Physical Changes



Social Changes of Puberty:

May want to try more and riskier things.
 More interested in being with friends.
 May have more conflict with parents.
 Start to become interested in others as more than friends/crushes.

Social Changes of Puberty

- May want to try more and riskier things.
- More interested in being with friends.
- May have more conflict with parents.
- Start to become interested in others as more than friends/crushes.

Emotional Changes of Puberty:

Mood swings: you feel great one minute, then really sad or angry the next.

Anxiety and stress.

Intense feelings.

Feel self-conscious about how your body looks.

Might have a hard time making up your mind/feel unsure a lot.

Feel “paranoid” like everyone’s looking at/talking about you.

Emotional Changes of Puberty

- Mood swings/Intense feelings.
- Anxiety and stress.
- Feel self-conscious about how your body looks.
- Feel unsure a lot.
- Everyone’s looking at/talking about you.



Making Sense of Social & Emotional Changes Optional Activity:

Making Sense of Social & Emotional Changes Optional Activity

Managing physical changes is pretty straightforward. You can often use products (deodorant, pads, tampons, etc.) to help.

However, there are not any products to help you manage the social or emotional changes you may experience.

Making Sense of Social & Emotional Changes Optional Activity

- Divide students into groups. Assign one social or emotional change to each group.
- Ask students to come up with at least two suggestions for how kids going through puberty can manage these changes.
- Groups report out. Ask class for their reactions, and if they have anything to add.

Taking a Stand Against Bullying Optional Activity:

Taking A Stand Against Bullying Optional Activity

- Show video on Upstanding:
[Be an Upstander - Prevent Bullying: A NED Short](#)
- Review key concepts of video by asking students how being an upstander is different than being a bystander and what the four things you can do if you see someone being bullied are.

Taking A Stand Against Bullying Optional Activity

- Divide students into groups and give each group a bullying scene related to changes that happen during puberty (could also be completed independently).
- [Our Upstander Story](#)
- Students read their scene and decide what an upstander can do to stop the bullying using at least two of the four upstander steps. Then answer the questions on the worksheet.
- Lesson Extension: Students act out bullying scenes with upstander actions.

Young People Making a Difference to Stop Bullying Optional Share:

Young People Making a Difference to Stop Bullying Optional Share

Jaylen Arnold's story: [Jaylens Challenge](#)

When Jaylen was 8, he was teased at school because he had motor and vocal tics associated with Tourette's Syndrome. That's a condition that causes people to make unwanted twitches, movements, or sounds. Instead of being discouraged by it, he stepped up and became a leader, starting a campaign called "Jaylen's Challenge" to stop school bullying. He accepts donations and sells anti-bullying wristbands that fund educational programs that help schools address bullying and teach students about accepting and celebrating differences. Celebrities who have worn Jaylen's bracelets include Leonardo DiCaprio, Anthony Anderson and Sam Waterson.

You Can Make a Difference Too!

Wrap Up and Closure:

Any Last Questions?



Remember . . .

Just because your body is growing into an adult body, your brain takes longer to mature and you are not yet ready to make adult choices and decisions.

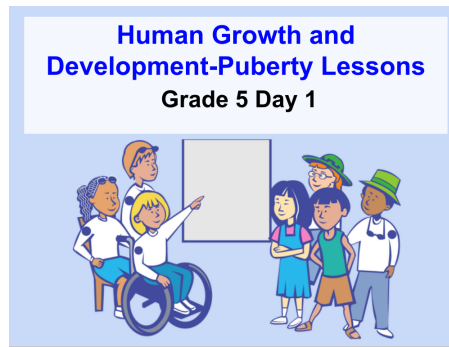


Please complete the anonymous survey posted in Google Classroom about your experience in this unit.

[Survey](#)

Grade 5 Lesson One:

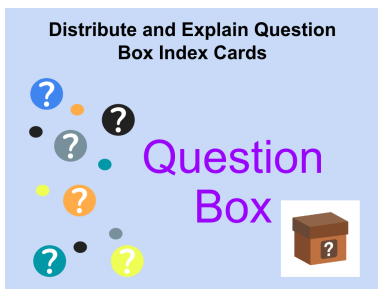
Topics: Puberty Review, Pituitary Gland, Hormones, Products



Why Are We Here? Why Learn about this? Growing up can be an awkward time! But it can be fun too. During the transition from childhood to adulthood, there are lots of amazing changes that happen to our bodies. The more you understand what's going on when you begin to notice these changes, the less confusing or scary they will be. Typically, the more you talk about a topic, the more comfortable you are with it and less shocked. Though this may be the first time you've talked about the names of parts of the body and what human bodies are able to do, you can expect that you'll continue to explore these topics in future grades.

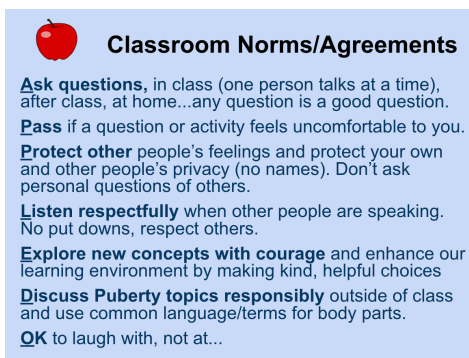


Index Cards for Question Box: Pass out index cards here so students can write down a question if it happens to come up during the lesson.



Classroom Norms/Group Agreement:

Together, we will create a list of Classroom Norms. As we create this group agreement, think of what would make you feel safe, comfortable, and included. Examples include:



Can add:

- Agree to disagree/respect our differences
- Don't yuck my yum
- Say "ouch" and "oops"

Teacher reviews the list with students.

Ask: Are there any other agreements you would like to add? (*Record answers*).

Continues: If you agree with these rules please give a thumbs up.


(*Students should signify agreement either by giving thumbs up or have them each annotate the slide, or volunteers read back each norm*).

It is difficult to experience fear and curiosity at the same time. If you are curious or excited about learning, you will actually become less afraid and more confident, as well as feel more positive about the content. You can practice "I notice/I wonder" when you are having strong feelings during these lessons. Notice how you are feeling, and be curious about why you are feeling that way.

Changes during Puberty Review:

Review of Changes During Puberty

PHYSICAL CHANGES
SOCIAL CHANGES
EMOTIONAL CHANGES



Review of Changes During Puberty (Optional)

PHYSICAL CHANGES	SOCIAL CHANGES	EMOTIONAL CHANGES

Physical Changes of Puberty:

- Get taller, weight gain, muscle growth (body physique changes)
- Grow hair under arms, on legs, around genitals
- Hair texture may change.
- Hormones are raging, develop acne.
- Voice changes.
- Sweat starts to smell.
- Spontaneous erections, nocturnal emissions/wet dreams (people who have a penis).
- Grow breasts (people who have a vagina).
- Menstruation (people who have a vagina).

Physical Changes Of Puberty

- Get taller
- Weight gain
- Muscle growth
- Grow hair under arms, on legs and around genitals
- Hair texture may change
- Hormones are raging
- Get acne
- Voice changes
- Sweat starts to smell
- Spontaneous erections (people who have a penis)
- Nocturnal emissions/wet dreams (people who have a penis)
- Grow breasts (people who have a vagina)
- Menstruation (people who have a vagina)

Social Changes of Puberty:

May want to try more and riskier things.

More interested in being with friends.

May have more conflict with parents.

Start to become interested in others as more than friends/crushes.

Social Changes of Puberty:

- May want to try more and riskier things.
- More interested in being with friends.
- May have more conflict with parents.
- Start to become interested in others as more than friends/crushes.

Emotional Changes of Puberty:

Mood swings: you feel great one minute, then really sad or angry the next.

Anxiety and stress.

Intense feelings.

Feel self-conscious about how your body looks.

Might have hard time making up your mind/feel unsure a lot.

Feel “paranoid” like everyone’s looking at/talking about you.

Emotional Changes of Puberty

- Mood swings/Intense feelings.
- Anxiety and stress.
- Feel self-conscious about how your body looks.
- Feel unsure a lot.
- Everyone’s looking at/talking about you.

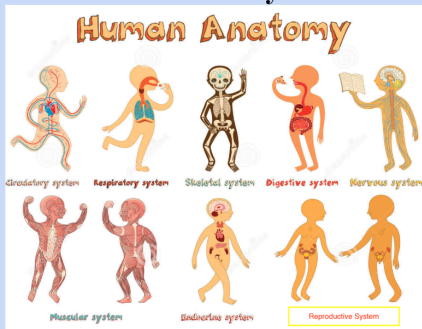
Human Body Systems: Our bodies are amazing! The human body is full of incredible systems that work together in sometimes surprising ways. Here are a few awesome facts about the human body:

- Bodies contain 7 octillion atoms (that’s 7,000,000,000,000,000,000,000,000 atoms)
- Bodies contain 37 trillion cells
- Stomach acid can dissolve metal
- Your skin sheds every 2-4 weeks, which adds up to over a pound of skin per year
- Your eyes can distinguish millions of colors and your nose 1 trillion smells

Explaining how our bodies are made of body systems which are groups of organs and tissues that work together to perform important jobs for the body. Puberty can affect nearly all of our systems.

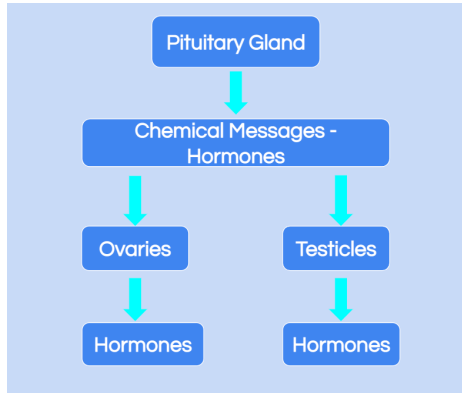
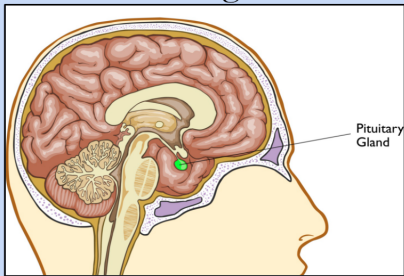
[Full description of each body system](#)

Reproductive System...One of Many



Where It All Begins:

Reproductive System-Where it All Begins...



How does it all happen?

- Pituitary gland (think of a “cherry pit” shape) which is located at the bottom of the brain sends out chemical messages, called hormones, to get things started.

When does puberty happen?

- Changes of puberty happen at different times. Similar to a “personal alarm clock” no two clocks are set exactly the same.
- Analogy: Ask students what time they set their alarm for or are woken up in order to get to school on time. Make the connection that even though their alarms ring at different times they all eventually get to school.
- Timing of puberty is influenced by heredity, nutrition throughout childhood and physical activity levels.
- People who have a uterus usually experience puberty between 8-16 years.
- People who have a penis usually experience puberty between 10-18 years.
- Changes are generally complete by 18 for people with a uterus and 20 for people with a penis.



Hormones travel in the bloodstream, to different parts of the body

- People who have a uterus: hormones target glands called ovaries.
- People who have a penis: hormones target glands called testicles.
- Both of these glands are then signaled by these hormones to start making their own hormones.
- The ovaries start making hormones, one of which is called **estrogen**.
- The testicles start making a hormone called **testosterone**.

These hormones then travel in the bloodstream and tell other parts of the body to start changing. They cause changes allowing children’s bodies to grow into adult bodies.

Hormones are sometimes described as chemical messengers. They stimulate certain parts of your body to do their job. It is hormones that trigger puberty, and they also manage appetite regulation, hair and body growth, temperature, and how our cells use nutrients. Hormones even regulate the chemicals our blood needs to stay healthy.



Puberty Is it True or Is it False: Explain to students that some of the questions are from our review of changes during puberty and some are from other material we covered last year but will also cover next class.

Puberty...is it true or false?  

Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 1. Puberty is different for everyone and often starts between the ages of 8 and 14.





Puberty...is it true or false?  

Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 2. The pituitary gland in the brain tells the body when to begin puberty.





Puberty...is it true or false?  

Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 3. A person with a penis will only get an erection when they think about something sexual.





Puberty...is it true or false?  

Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 4. A person might have strong feelings during puberty, including confusion, embarrassment, anxiety, sadness, happiness, empathy, or caring.





Puberty...is it true or false?  

Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 5. You can tell whether a person with a vagina is menstruating by looking at them.





Puberty...is it true or false?  

Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 6. It is common for people with a penis to have nocturnal emissions at puberty, but it is also healthy not to have them.





Puberty...is it true or false?  

Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 7. People of all genders experience very similar changes during puberty, including cisgender, transgender, non-binary people, and those who don't identify with any gender.





Puberty...is it true or false?  

Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 8. Tampons are the only thing people with a vagina can use to catch menstrual blood during a person's period.





Puberty...is it true or false?  

Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 9. The vagina is always wet, just like the mouth and eyes.





Puberty...is it true or false?  

Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 10. During and after puberty a person may have crushes on people of a specific gender or of any gender.





Puberty...is it true or false?  

Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 11. One change that happens only to boys is that their voice deepens



Puberty...is it true or false?  

Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 12. People sometimes choose to bathe more often once puberty begins.



Product Surprise Game (if time permits): Can always do this at the start of Day 2 Lesson.

Product Surprise Bag



This activity involves a bag of puberty-related items. Students typically take turns pulling, from an shopping bag, products that people might start using when they go through puberty (e.g., deodorant, pimple cream, tampons, maxi pads, bra, razor, shaving cream, tweezers, OTC medication for menstrual cramps, a hot pad, shampoo, soap, a journal, a phone, socks/athletic shoes). Instead, I will pull them out and display them.

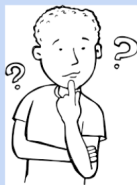
Instructions: You will be seeing items and products that someone might use once they start puberty. Take out one object at a time. As each object is pulled out, ask the following questions:

- What is this?
- What is it used for?
- Is there a body part that needs it? If so, which one?

Note: It can sometimes be challenging to find products that are not specifically marketed to men or women (e.g., shaving cream that comes in purple or pink containers versus red and black containers). Be sure to encourage thinking outside of stereotypes. For example, if someone says, "That shaving cream is for girls because it is in a purple can," you may say, "Companies sometimes market their products specifically to one gender in order to make money because gendered products usually cost more; however, the products are usually similar and anyone can use any product they wish." After all the products have been discussed, ask: "What did you learn during these activities? What surprised you about the changes of puberty or the various products you saw? What emotional and mental changes happen during puberty?"

Homework:

"Homework"



Ask a trusted adult at home about their experiences going through puberty....

What do they remember?

How did they feel?

There will be so many different experiences within different cultures, people, environments, and ages.

Grade 5 Lesson Two:

Topics: Reproductive Systems Anatomy, Nocturnal Emissions, Erections, Menstruation

Human Growth and Development-Puberty Lessons Grade 5 Day 2



Homework Shares:

Homework Shares

Did anyone ask a trusted adult at home what their experience with puberty was like?

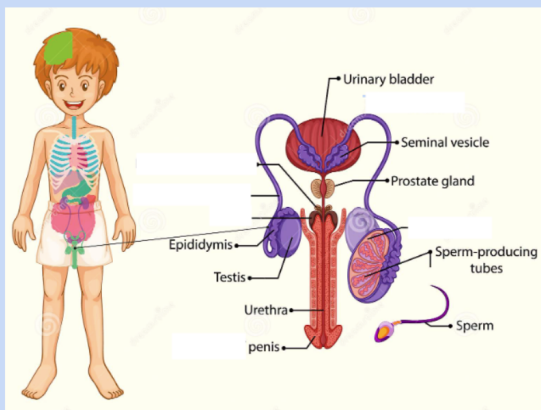
What did they remember?

Reproductive Systems Anatomy:

[Puberty Vocabulary](#) (putting this here also, it was linked on page 1 of these lesson plans):

Reproductive Anatomy of People Who Have a Penis:

Reproductive Anatomy of People Who Have a Penis:



Erections/Nocturnal Emissions:

What is a Spontaneous Erection?
What are Nocturnal Emissions?



Erection (the swelling of the penis with blood, causing it to become firm).

Wet Dream/Nocturnal Emissions (when a fluid called semen (the fluid that contains sperm) releases from the penis).

BOTH ARE NORMAL EXPERIENCES

Nocturnal Emissions
So, how does a person deal with semen in a wet dream?

When semen comes out of the penis it is usually a little sticky and white and in smaller amounts. It will usually be in your underwear and will come out in the laundry. It is a normal experience and part of puberty..



Kindness Counts

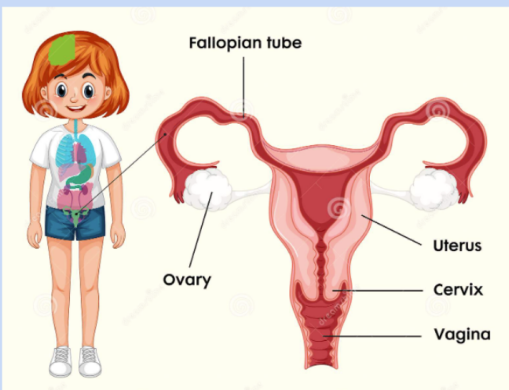


It's important to understand what someone else's body is doing so we can be respectful, kind and understanding of what another person might be going through.

You can always talk to a trusted adult about your worries or questions.

Reproductive Anatomy of People Who Have a Vagina:

Reproductive Anatomy of People Who Have a Vagina:



Menstruation:

Menstruation (People who have a Vagina)

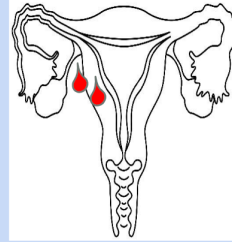
Not everyone gets periods so why do they need to know about periods then?



It's important to understand what someone else's body is doing so we can be respectful, kind and understanding of what another person might be going through.

What is Menstruation?

- The uterus is where a person can grow babies inside their body.
- So, once a person with a uterus is old enough and starts puberty, the uterus gets busy practicing. Blood is stored inside of the uterus lining the inside of the uterus.
- When the unneeded menstrual blood from a person's uterus is released from the body through the vagina.
- The blood flows down the vagina and out of the body.
- Commonly called "a period".
- Periods usually happen once a month.



Menstruation is when the lining of the uterus sheds and comes out of the body through the vagina. Some people call this "a period." Someone will usually get their period once a month at roughly the same time every month, but it may take 12-18 months after the first period before it becomes regular. It is common and normal for teens to have irregular periods.

- It's a normal part of growing up.
- It's nothing to be scared of.
- During a person's period, they lose a small amount of blood from their vagina.
- Typical blood loss is 1 – 6 tablespoons.
- People can use pads, tampons, or menstrual cups to catch the blood.
- About 50% of people who menstruate have cramps.
- Many ways to relieve cramps.
- Only last for a few days. Approx. 3-8 days.
- Period blood is red but can be pink, brown or black on lighter days.
- If you are worried it's always good to talk with a trusted adult.

Menstrual Blood (Vagina)

Menstrual blood is not blood from being hurt.

When period blood comes out of the vagina it can be messy. A person has to use products to stop and collect the blood as it comes out of the body.

Be prepared: Put a Kit in your backpack to be prepared (Sanitary Products, Clean Underwear).

Menstruation is a normal and important part of puberty.

You can always talk to a trusted adult about your worries or questions.



Test Your Knowledge:

Puberty Jeopardy: Each group can write their answers down and the teacher can award points to each group if they got the answer correct.

[Puberty Review Sheet](#) (can print and use as a final activity)

Test Your Knowledge!

[Puberty Jeopardy](#)

[Handout: Puberty Worksheet](#)

Question Box Answers: Answer questions that were submitted last class.



Any Last Questions and Survey:

Any Last Questions ??



Remember . . .

Just because your body is growing into an adult body, your brain takes longer to mature and you are not yet ready to make adult choices and decisions.



And Remember, Have FUN!!!

Anonymous Survey posted in Google Classroom about your experience in this unit

[Survey](#)

Survey Link is posted in Google Classroom

National Sex Education Standards

The following standards are met through these lessons:

By the end of the 5th Grade, students should be able to:

- Distinguish between sex assigned at birth and gender identity and explain how they may or may not differ.
- Explain the physical and emotional changes that occur during puberty.
- Make a plan for maintaining personal hygiene during puberty.
- Describe the role hormones play in human sexual development.
- Describe gender role stereotypes and their potential impact on self and others.
- Demonstrate ways to promote dignity and respect for people of all genders, gender expressions and gender identities, including other students, their family members, and members of the school community.
- Identify trusted adults, including parents and caregivers whom students can ask questions about puberty, gender, gender-role stereotypes, gender identity and gender expression.

Resources:

- Julie Fenn, Director of Health Education - Lexington Public Schools
- Alberta Health Services- Teaching Sexual Health
- The Great Body Shop - Growing Up
- [FLASH Curriculum Puberty Day 1 Lesson](#)
- [FLASH Curriculum Puberty Day 2 Lesson](#)
- [AMAZE.ORG RESOURCE](#)
- [3R'S WEBSITE FOR K-12 SEXUALITY](#)