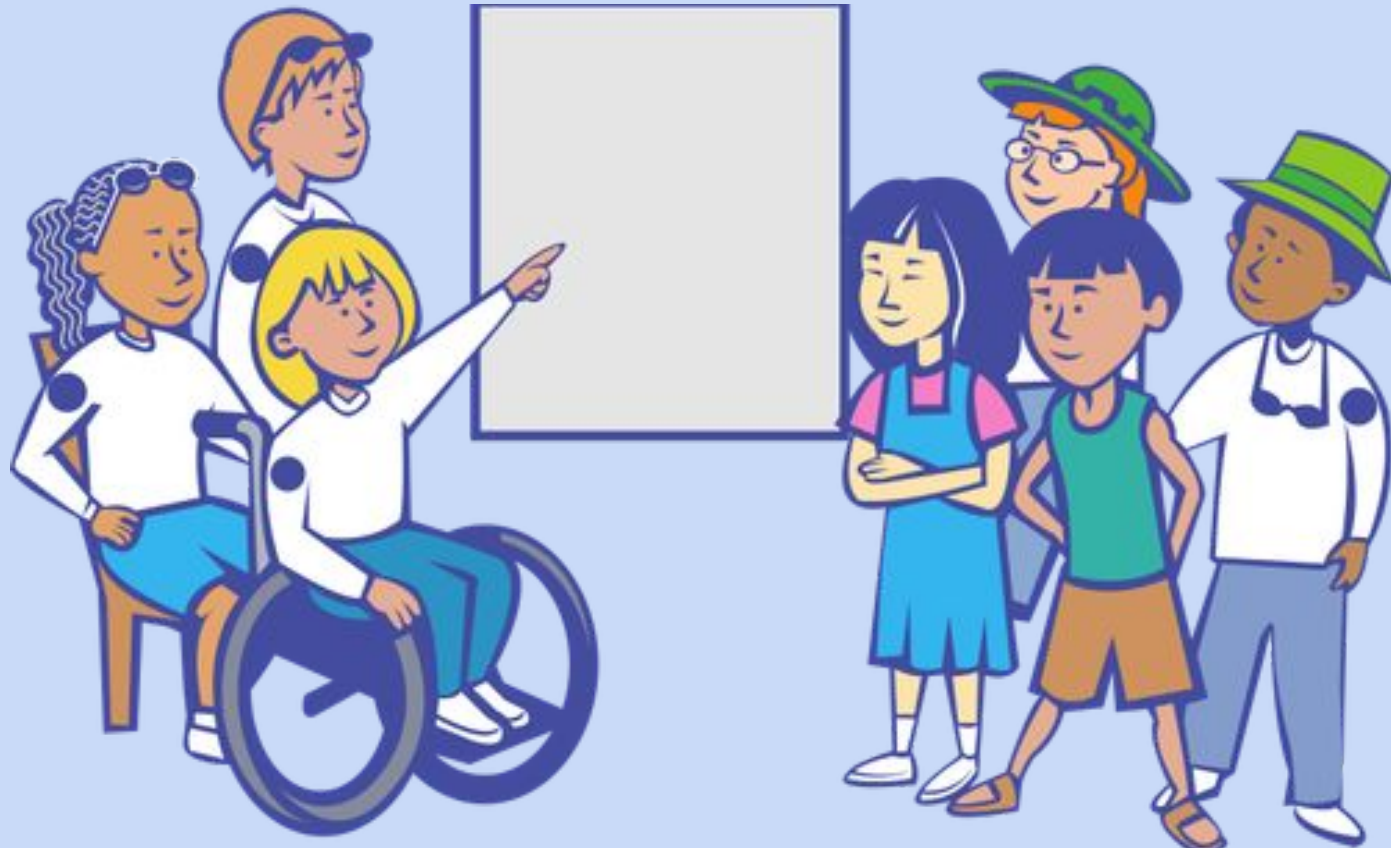


Human Growth and Development-Puberty Lessons

Grade 4 Day 1



OUR BODIES ARE AMAZING!!

**Why are we here?
Why learn about this?**



Distribute and Explain Question Box Index Cards

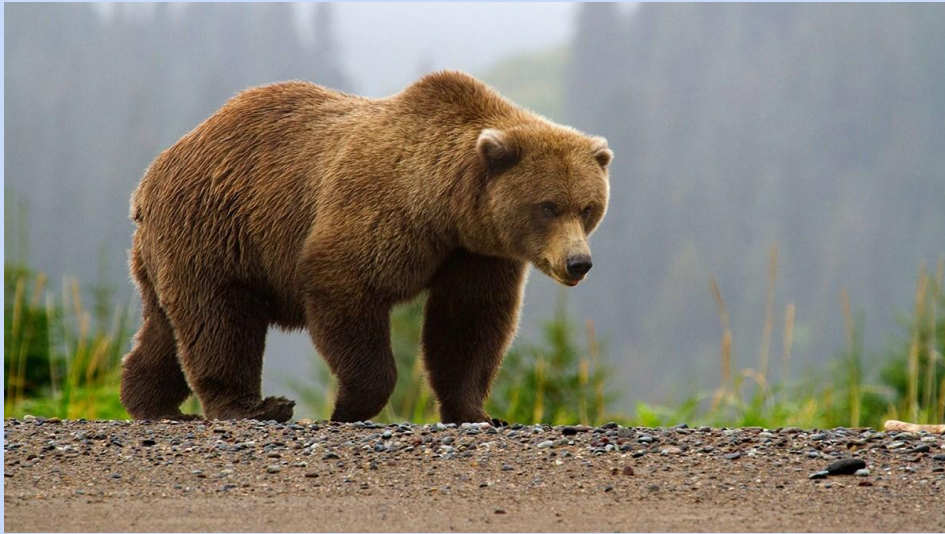


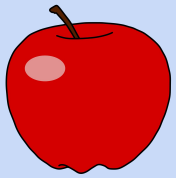
Question
Box



A large, white, oval-shaped thought bubble with a thick black outline is centered on a light blue background. Inside the bubble, the word "Bear" is written in a bold, black, sans-serif font. A smaller, white, oval-shaped bubble with a thick black outline is attached to the bottom left of the main bubble, connected by a thin black line. This smaller bubble also contains the word "Bear" in a smaller, bold, black, sans-serif font.

Bear





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.

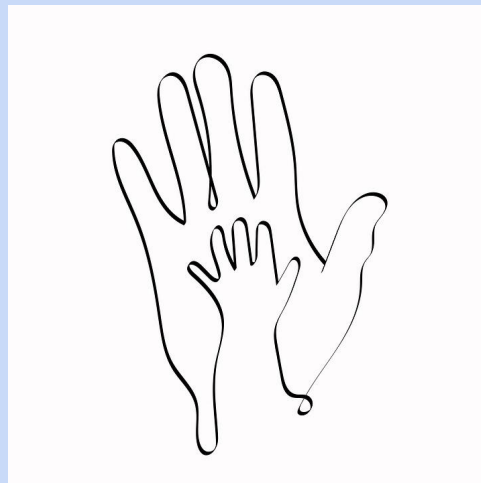
Explore new concepts with courage and enhance our learning environment by making kind, helpful choices

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

OK to laugh with, not at...

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

Stages of Development



13-19 Years



9-12 Years



6-8 Years

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



Over 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.



Feelings About Discussing Growing Up and 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

The Best & The Hardest Things About Growing Up

Positives (Things that are good)

Difficulties (Things that are hard)

Examples of: The Best & The Hardest Things About Growing Up

Positives (Things that are good)

- 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.

Difficulties (Things that are hard)

- 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.

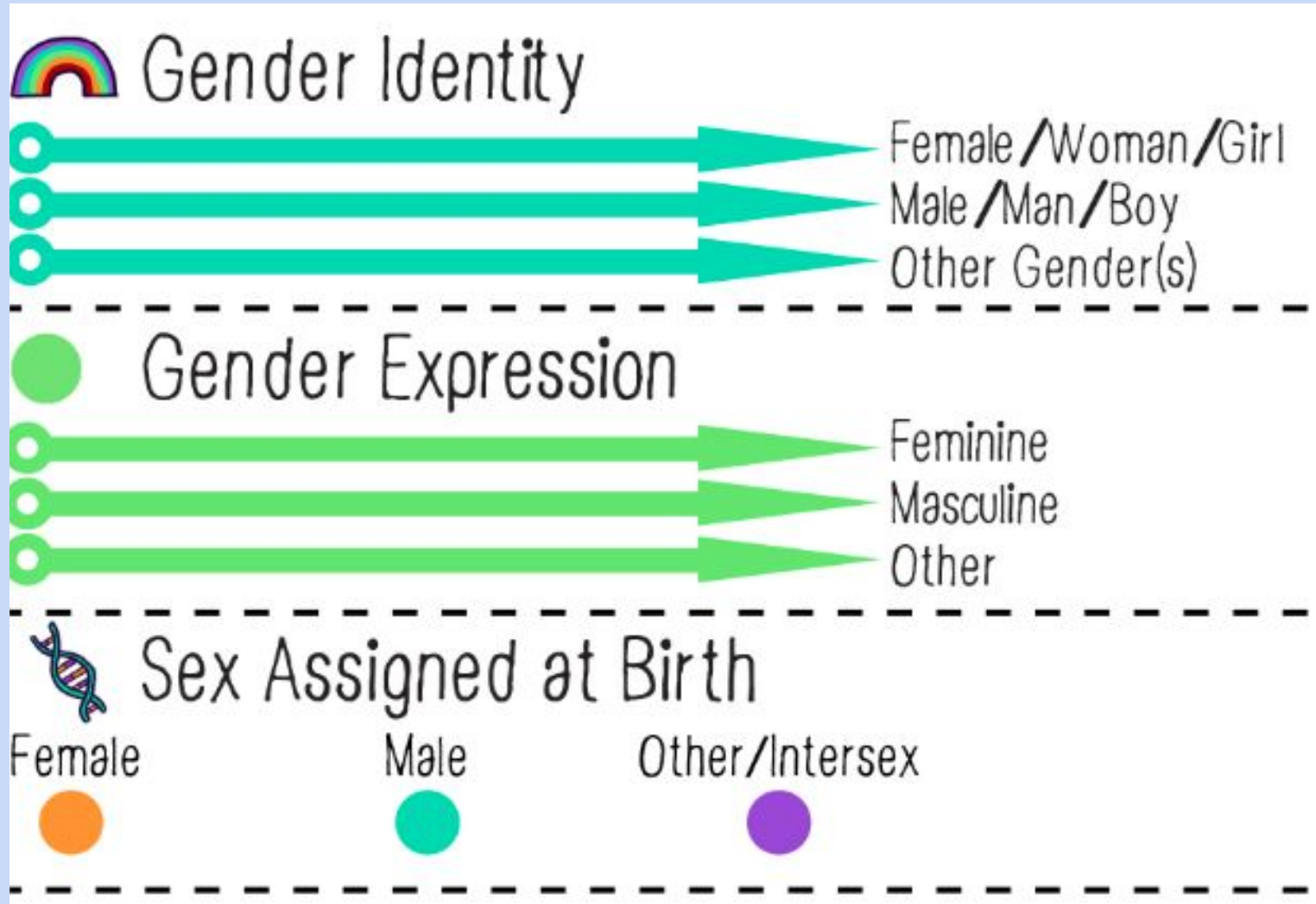
Before we learn more about puberty, let's talk about our language...

- 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 sex assigned at birth.

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

- People who DO identify with their sex assigned at birth are referred to as “cisgender”.
- People who DO NOT identify with their sex 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 and Gender Identity



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?

Go Fish

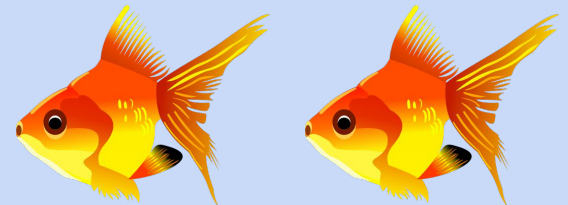
Optional Activity

- 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?

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 Optional Activity



Survey Link

Or use this Google Form version



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.



Question Box



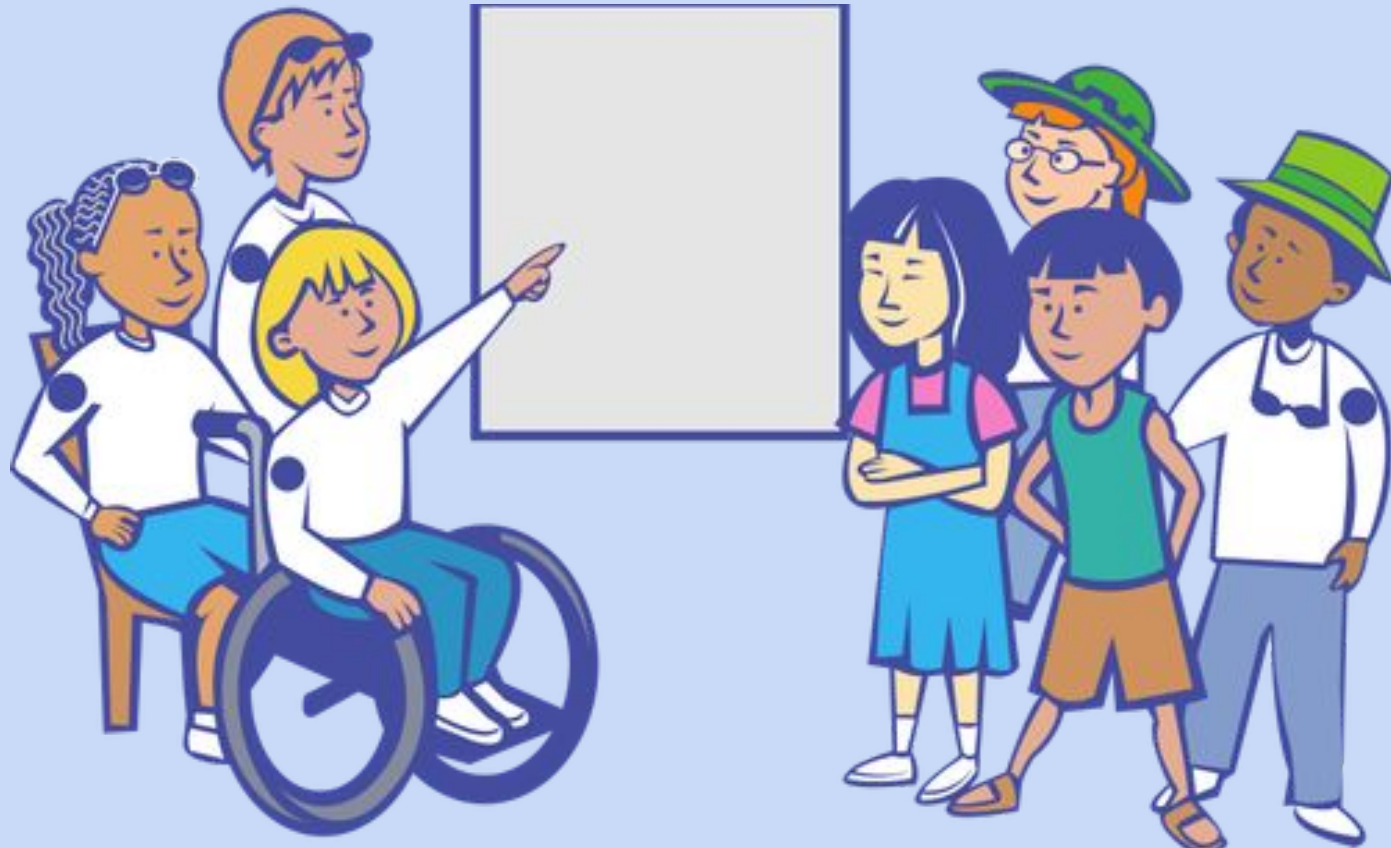
Homework

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

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

Human Growth and Development-Puberty Lessons

Grade 4 Day 2



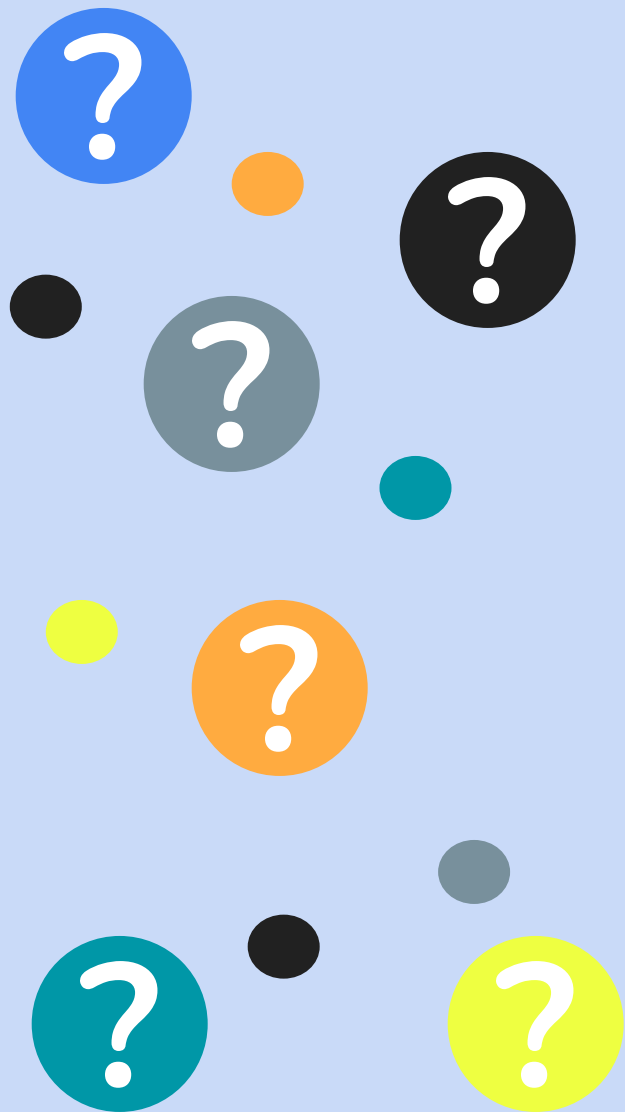
Homework From Lesson One

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



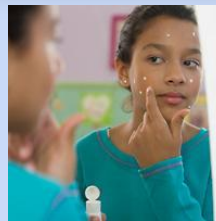
Let's Review



What is puberty?

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

Changes During Puberty



What Types of Changes Happen During Puberty?

PHYSICAL
SOCIAL
EMOTIONAL



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



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/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

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

- 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

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!

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](#)

Resources

Sources in making these slides include:

- Julie Fenn, Director of Health Education - Lexington Public Schools
- Alberta Health Services- Teaching Sexual Health
- The Great Body Shop-Growing Up
- Advocates Sexual Health Curriculum
- 3 R's K-12 Sexuality