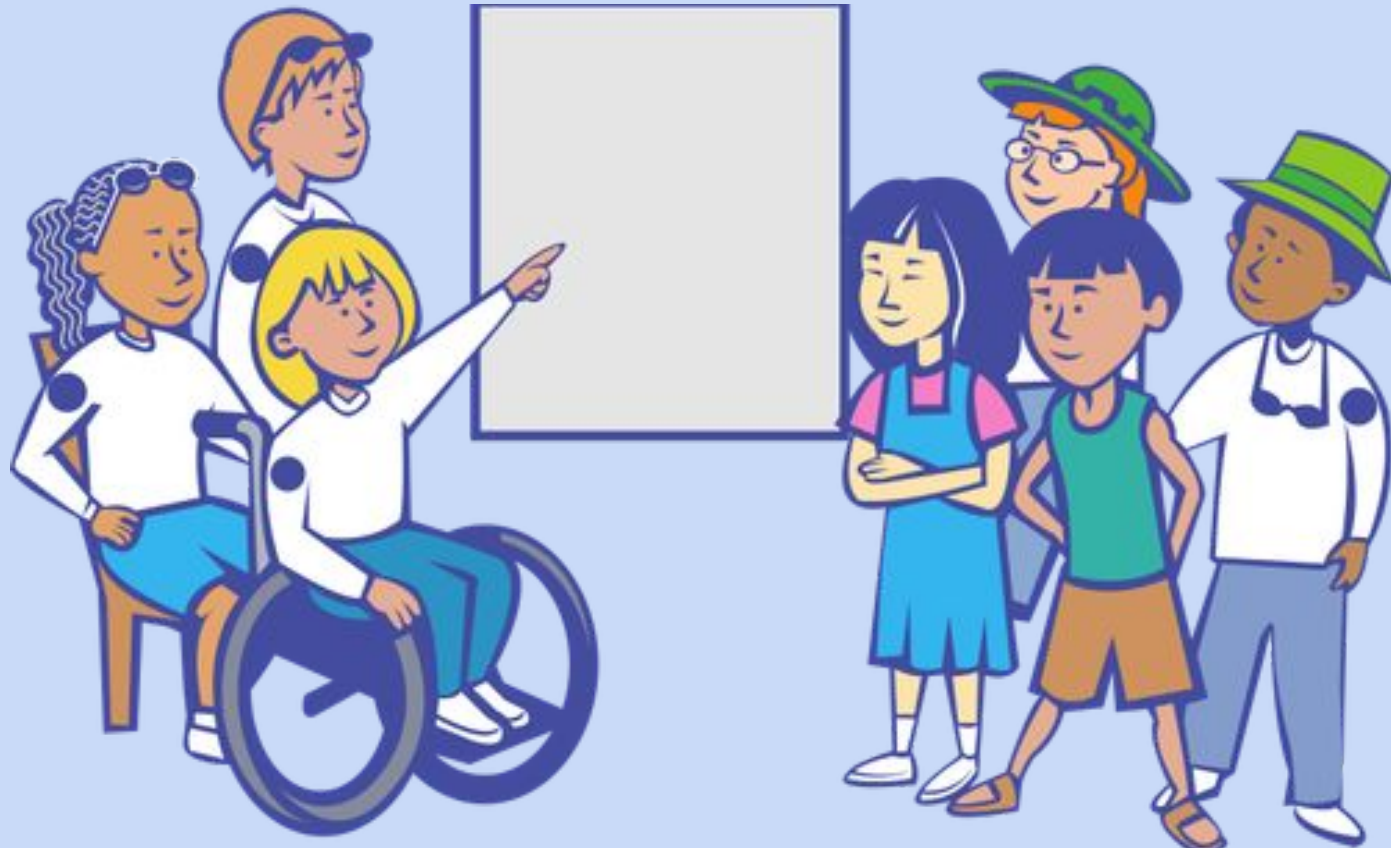


Human Growth and Development-Puberty Lessons

Grade 5 Day 1



OUR BODIES ARE AMAZING!!

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

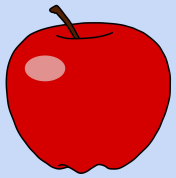


Distribute and Explain Question Box Index Cards



Question
Box





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...

Review of Changes During Puberty

PHYSICAL CHANGES

SOCIAL CHANGES

EMOTIONAL CHANGES



Review of Changes During Puberty (Small Groups)

PHYSICAL CHANGES

SOCIAL CHANGES

EMOTIONAL CHANGES

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:

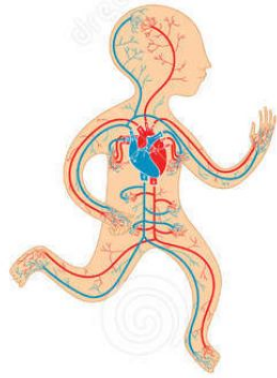
- May want to try more and riskier things.
- More interested in being with friends.
- May have more conflict with parents.
- Start to become interested in others as more than friends/crushes.

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.

Reproductive System...One of Many

Human Anatomy



Circulatory system



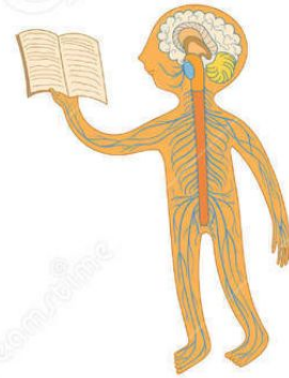
Respiratory system



Skeletal system



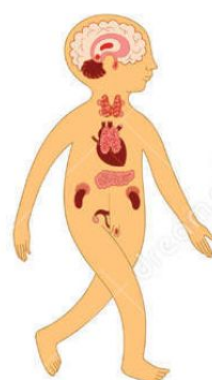
Digestive system



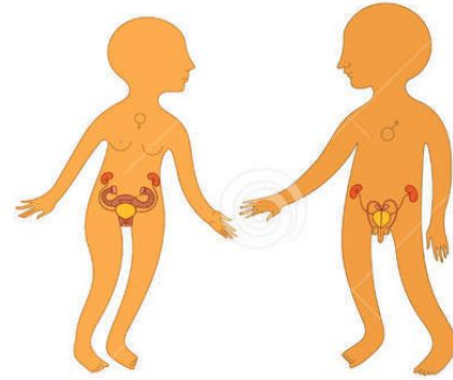
Nervous system



Muscular system

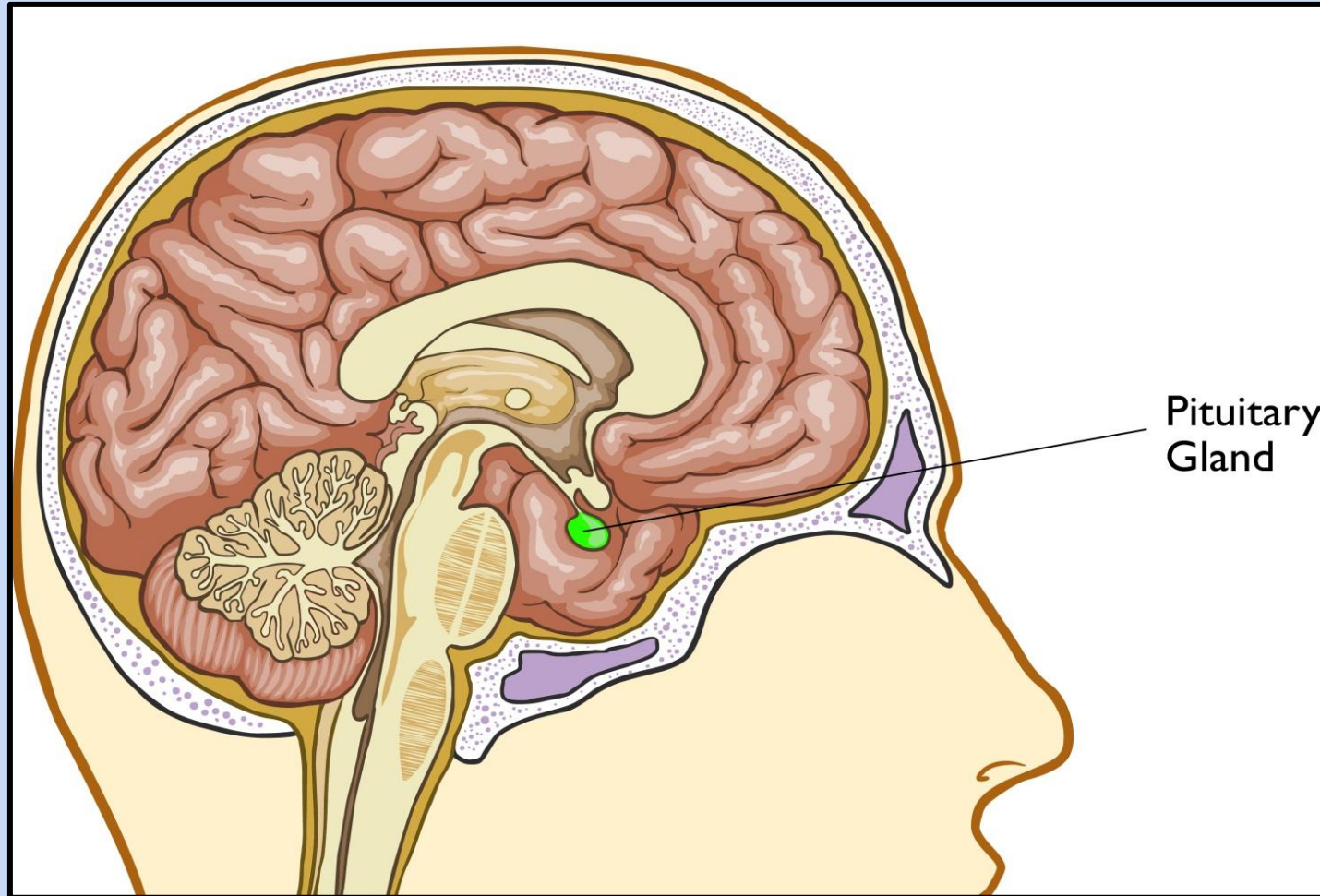


Endocrine system



Reproductive System

Reproductive System-Where it All Begins...



Pituitary Gland

```
graph TD; A[Pituitary Gland] --> B[Chemical Messages - Hormones]; B --> C[Ovaries]; B --> D[Testicles]; C --> E[Hormones]; D --> F[Hormones];
```

**Chemical Messages -
Hormones**

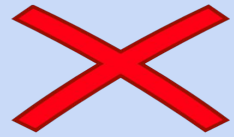
Ovaries

Testicles

Hormones

Hormones

Puberty...is it true or false?

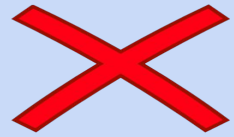


Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

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



Puberty...is it true or false?

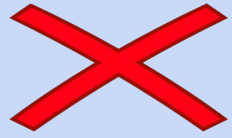


Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

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



Puberty...is it true or false?

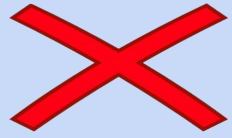


Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

 3. A person with a penis will only get an erection in the morning.



Puberty...is it true or false?

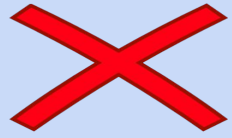


Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

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



Puberty...is it true or false?

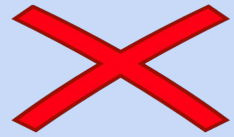


Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

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



Puberty...is it true or false?

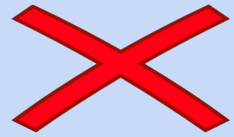


Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

 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?

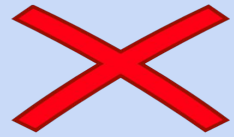


Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

 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?

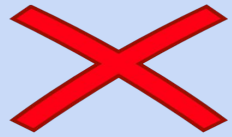


Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

 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?

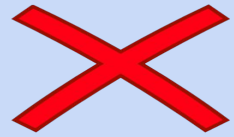


Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

 9. Vaginal discharge is a normal bodily function of the vagina.



Puberty...is it true or false?

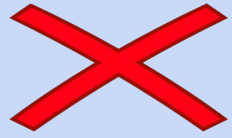


Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

_____ 10. During and after puberty stronger feelings may develop towards other individuals.



Puberty...is it true or false?

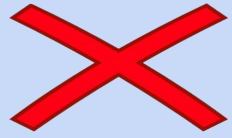


Thumbs up or down, please tell us if you think the statement is TRUE or FALSE.

 11. One change that happens during puberty is that someone's voice may change.



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.



“Homework”



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

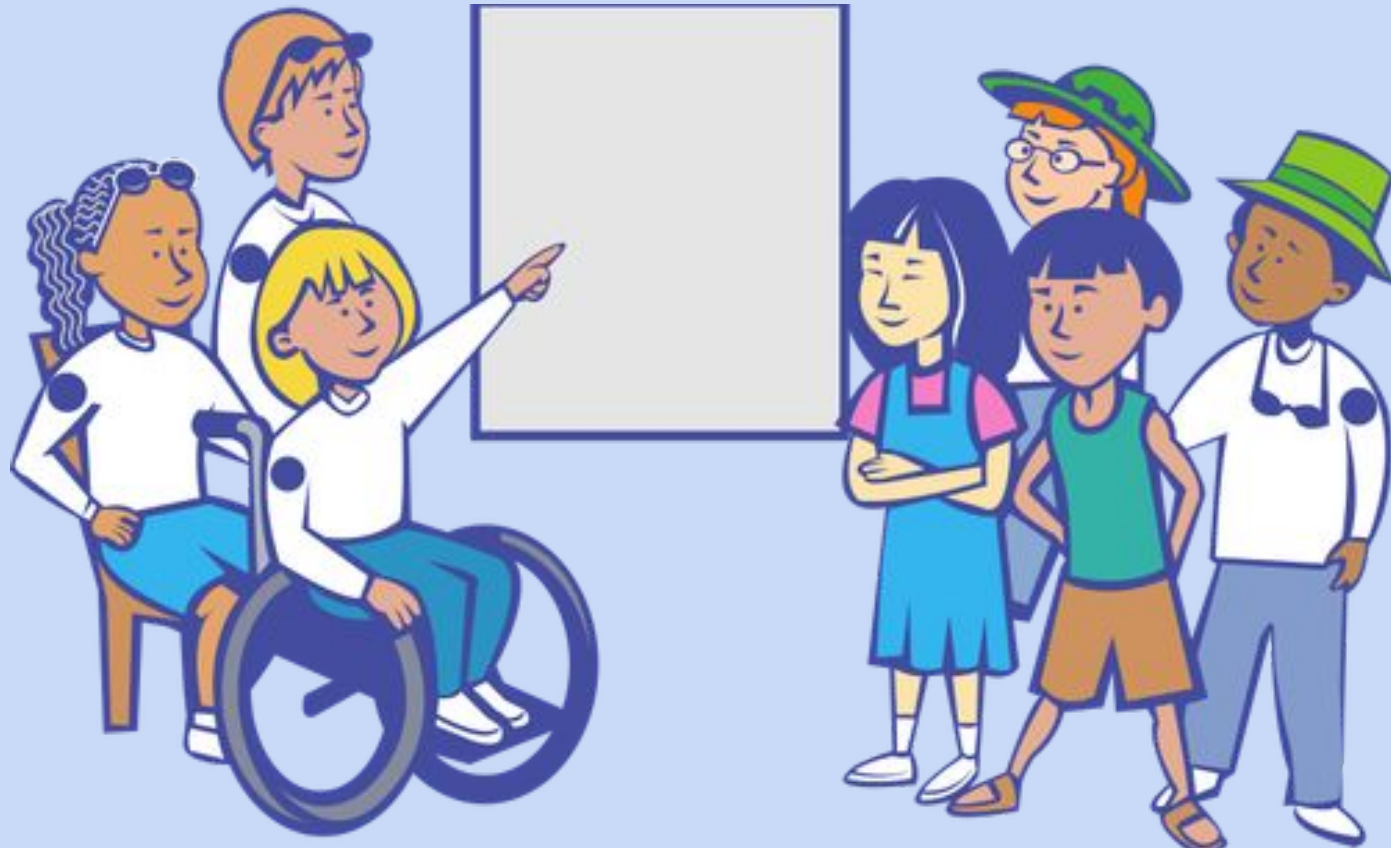
What do they remember?

How did they feel?

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

Human Growth and Development-Puberty Lessons

Grade 5 Day 2

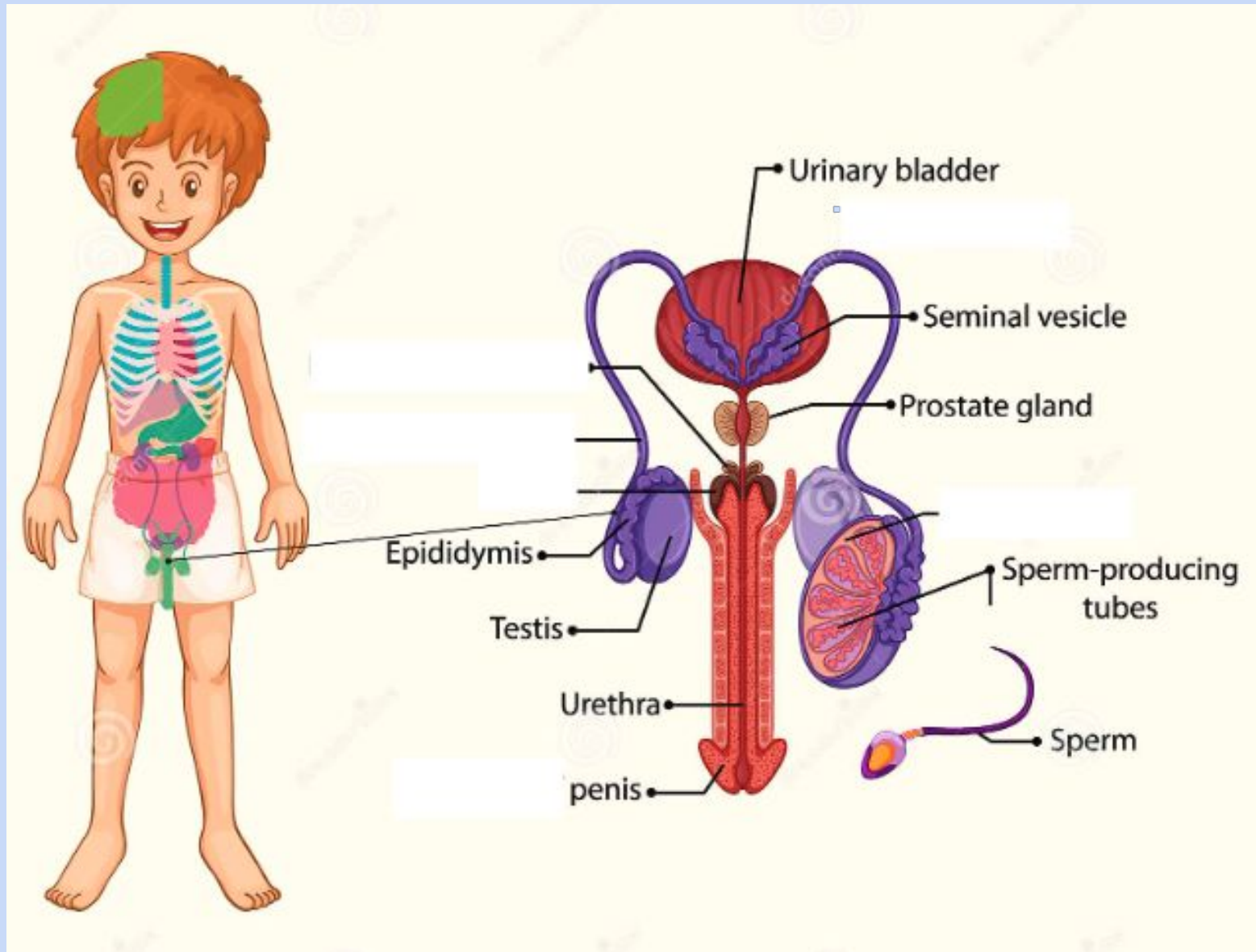


Homework Shares

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

What did they remember?

Reproductive Anatomy of People Who Have a Penis:



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 dreams?

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..



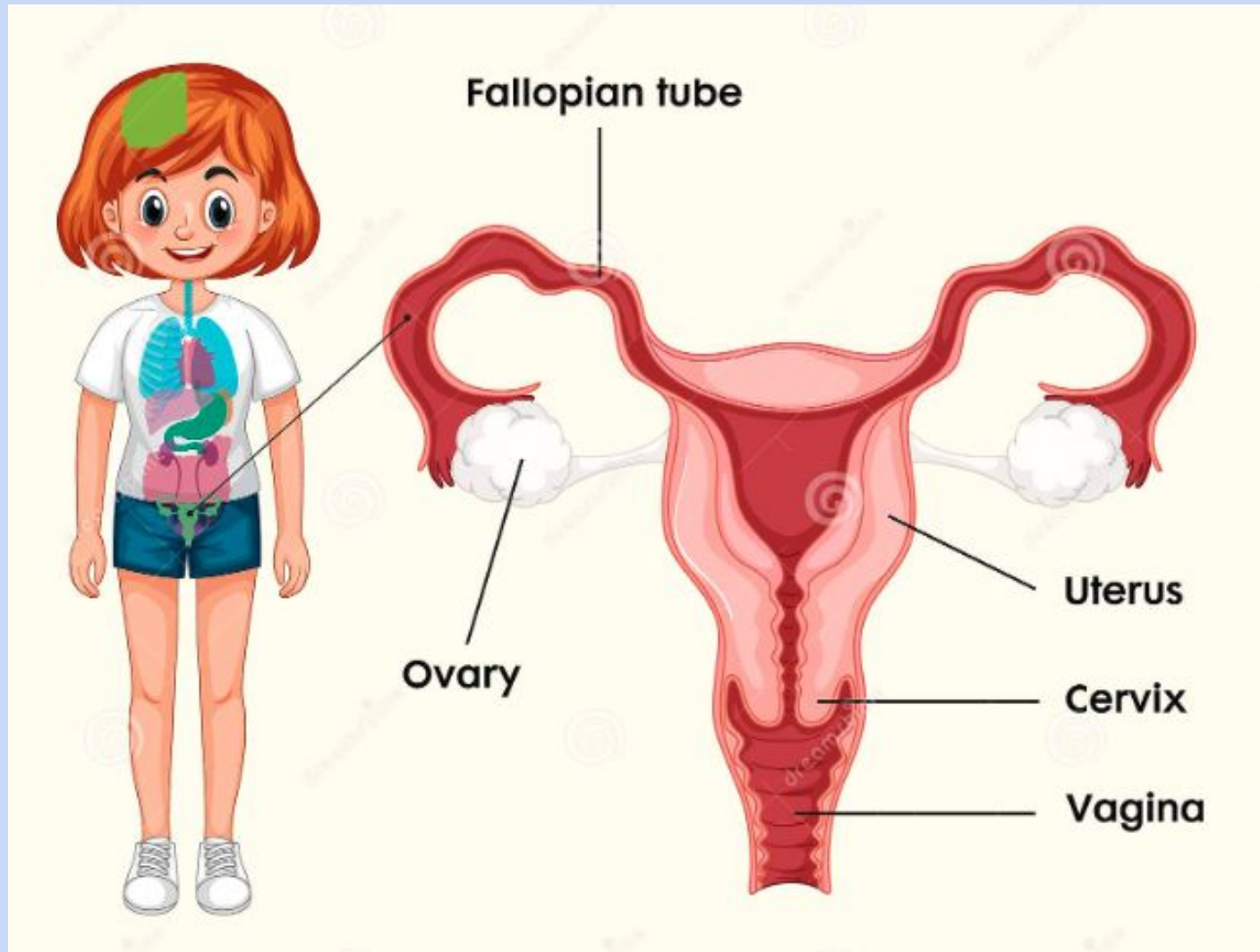
Kindness Counts



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:



Menstruation (People who have a Vagina)

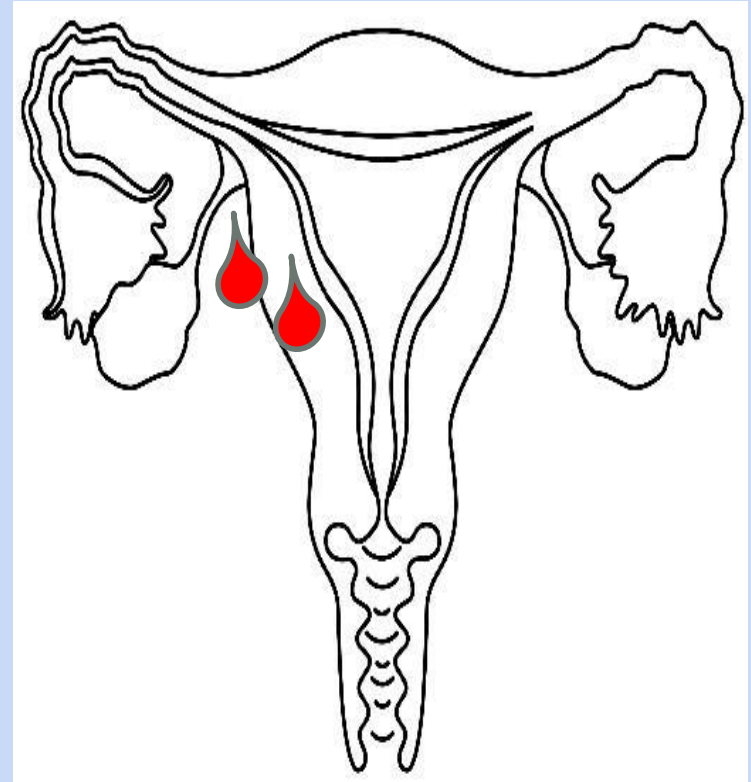
Not everyone gets periods so why do they need to know about periods then?



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.



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

Handout: Puberty Worksheet

Product Surprise Bag





Question Box

Questions & Answers

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**

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 Curriculum