

Fifth Grade Growth and Development – Girls

North Carolina Essential Standards for Healthful Living

Grade 5: 5.ICR.2 Analyze the changes and influences that occur during puberty and adolescence.

5. ICR.2.1 Recall that puberty is characterized by the development of secondary sex characteristics and onset of reproductive capacity.
5. ICR.2.2 Differentiate between accurate and inaccurate sources of information about puberty and development.
5. ICR.2.3 Summarize the functions of the male and female reproductive systems.

Learning Objectives:

The student will be able to:

1. Review the physical and emotional changes that occur during puberty.
2. Recall that individuals experience puberty at different ages.
3. Describe the personal hygiene skills needed for the adolescent years.
4. Explain the use of feminine hygiene products for menstruation.
5. Identify accurate sources of information on puberty and development.
6. Recognize proper terminology for the male and female reproductive systems.

Materials:

Puberty 101 for Girls – PowerPoint Presentation

Always Changing Puberty Program – <http://www.pgschoolprograms.com/parents> (girls' video)

Program Outline:

- I. Focus and Review
 - A. What is adolescence? The period of time in your life when you change from being a child to an adult.
 - B. What is puberty? The changes you go through while you are an adolescent.

Key points:

1. Each person is an individual; therefore, each person experiences puberty at a different age.
2. All girls go through the same basic stages of growth.

- II. Emotional, Social and Physical Changes of Puberty
 - A. Emotional changes
With class participation, discuss changes in moods and feelings that occur during adolescence. Discuss healthy, mature ways of dealing with these moods and feelings.
 - B. Social changes
With class participation, discuss social changes of puberty, including increased independence, new interests and new friendships.

Key points:

1. These are normal changes that people experience during puberty.
2. It is important to learn mature and responsible ways to handle feelings and emotions.
3. It is important to maintain respect for others.

C. Physical changes in girls

With class participation, list and discuss physical changes that happen to girls, such as size, body contours/breast development, sweat glands, hair growth, skin, and menstruation. Instructor will provide an overview of the female reproductive system and the menstrual cycle.

D. Personal hygiene

Discuss how sweat glands and oil-producing glands are more active during puberty. Describe the personal hygiene habits adolescents need to practice daily, such as bathing with soap and water, using deodorant and/or antiperspirant, and washing face and hair more often to remove excess oil. Emphasize the importance of a healthy diet, physical activity, and sleep to maintain health.

Video: Always Changing Puberty Program (girls section – 20 minutes)

E. Physical changes in boys

Boys are also going through changes during puberty. Instructor will provide a brief review of the physical changes that happen in boys and the male reproductive system.

Key points:

1. Significant growth and physical changes happen during puberty.
2. It is important for adolescents to develop personal hygiene skills and behaviors to promote healthful living.

III. Focus on menstruation

Review use of pads and what to do if supplies are needed at school. Show girls how to track period with a calendar. Show tampon and discuss how they are used. Encourage girls to talk with parent before using tampon. Inform girls about the need to change tampons regularly to prevent toxic shock syndrome.

IV. Questions and Closing

The instructor will answer questions. Students will be encouraged to talk with parents or guardians when they have questions. The teacher, counselor, school nurse, doctor or other trusted adult will be suggested as additional sources for accurate information.

Key points:

1. Talk with parent or guardian when you have questions.
2. Rely on accurate sources of information when you have questions.