

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. Identify accurate sources of information on puberty and development.
5. Recognize proper terminology for the male and female reproductive systems.

Materials:

Puberty for Girls (5th grade) – Powerpoint Presentation

Puberty Workshop Video: Girls and Puberty

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 may experience puberty at different ages.
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 ways to handle feelings and emotions.
3. It is important to maintain respect for others.

C. Physical changes in girls

List and discuss physical changes that happen in girls, such as breast development, menstruation, sweat glands, hair growth, voice changes. Instructor will provide an overview of the female reproductive system.

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: Girls and Puberty (15 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.

III. 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.