

Fourth Grade Growth and Development – Basic Outline Boys and Girls will be taught separately

North Carolina Essential Standards for Healthful Living

Grade 4: 4ICR.2 Understand the changes that occur during puberty and adolescence.
 4ICR.2.1 Summarize physical and emotional changes during puberty.
 4ICR.2.2 Recognize that individuals experience puberty at different rates

Learning Objectives:

The student will be able to:

1. Identify the physical and emotional changes that occur during puberty.
2. Recognize that individuals experience puberty at different ages.
3. Describe the personal hygiene skills needed for the adolescent years.

Materials:

Puberty 101 - Powerpoint Presentation (boys)
Puberty for Girls – Powerpoint Presentation (girls)
The Puberty Workshop - DVD (Introduction-boys)
The Puberty Workshop – DVD (Girls and Puberty-girls)

Program Outline (60 minutes)

I. Introduction of Topic

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 that you go through while you are an adolescent.) Each person experiences puberty at a different age. All people go through the same stages, but with unique timetables.

II. Emotional, Cognitive, 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. Cognitive Changes

Discuss the development of new thinking skills and self-awareness. Also caution that the “impulsiveness/risk-taking” parts of the brain development more rapidly than the “self-control/decision-making parts.”

C. Social changes

With class participation, discuss social changes of puberty, including increased independence, new interests and new friendship patterns.

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

Video: The Puberty Workshop (14 minutes)

D. Physical changes

With class participation, list and discuss physical changes that happen in the body, such as size, body contours, sweat glands, hair growth, voice, skin, and the reproductive system. Girls will also discuss menstruation and breast development along with personal hygiene.

III. 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.

IV. Questions; Questions will be answered in class, and students will be encouraged to ask follow-up questions to parents.