FIFTH GRADE
LESSON VIII
PUBERTY

Objectives
Students will
• Identify puberty as part of the life process
• Demonstrate respect for changes in own body and that of the opposite sex
• Identify and appreciate emotional and social changes during puberty
• Explain the need for increased personal hygiene

Concepts
1. Define puberty as the time in life when rapid physical and emotional changes take place to prepare the body for reproduction.
2. Toxic Shock Syndrome—girls using tampons during their menstrual period are susceptible to the risk. Symptoms: sudden fever, vomiting, diarrhea, fainting, dizziness, rash. See a physician immediately.

Materials
• Video (Girls) It’s a Change Thing (15 minutes) available from the school nurse
• Video (Boys and Girls) Feelings: Inside, Outside, Upside Down (19 minutes)
• Question box
• Worksheet “Body Changes”

Activity Choices
1. Discuss changes expected during puberty? (List under Boy/Girl heading on board.)
3. Discuss emotional changes that occur during puberty.
4. Discuss the need for increased personal hygiene.
   A. Girls only—use and care of pads and tampons. (Identify toxic shock syndrome and the potential danger involved)
   B. Need for thorough daily washing of face, hair, and body to eliminate oils and odors
   C. Need to change clothes daily
   D. Need to use deodorant or antiperspirant
   E. Discuss the importance of good nutrition and exercise
5. Exceptional Education Inclusion Activities
   A. Have students bring in pictures of themselves at different stages of life
   B. Have them state how boys and girls feel about each other in Kindergarten, in fourth grade, eighth grade, and in high school
ACTIVITY 3.1: BODY CHANGES

ADULT FEMALE BODY: broader hips; rounding of body contours.

ADULT MALE BODY: broader shoulders and chest; greater muscle development.
ADULT FEMALE BODY: broader hips rounding of body contours.

ADULT MALE BODY: broader shoulders and chest; greater muscle development.

- Facial hair
- Deepening voice
- Chest hair
- Underarm hair
- Breast development
- Menstruation and ovulation
- Pubic hair
- Sperm production and ejaculation