

## **FIFTH GRADE: GROWTH & DEVELOPMENT GIRLS**

**OBJECTIVES:** The Growth and Development class will assist the student in better understanding:

- The changes associated with female puberty, both physical and emotional, and correct terminology associated with this process.
- Important hygiene practices girls their age should develop.
- Menstruation is a bodily function which occurs in the normal development of a girl into a mature woman and positive benefits of their developmental changes.

**SESSION:** Time: 50 minutes

1. Introduce the lesson topic and show a movie that supports the curriculum
2. Review the video - emotional and physiological changes that occur in puberty and associated terminology
3. Discuss menstrual hygiene products and responsible use and hygiene practices related to their physical body changes
4. Review previously written questions and encourage the girls to continue to use their parents/guardians as a source of information regarding puberty

Revised 2/2023

## **FIFTH GRADE GROWTH & DEVELOPMENT BOYS**

**OBJECTIVES:** The Growth and Development class will assist the students in better understanding:

- The changes associated with male puberty, both physical and emotional, and correct terminology associated with this process.
- Important hygiene practices boys their age should develop.
- Some positive benefits of their developmental changes.

**SESSION:** Time: 50 minutes

1. Introduce the lesson topic and show a movie that supports the curriculum
2. Review the video - emotional and physiological changes that occur in puberty and associated terminology
3. Discuss hygiene practices related to their physical body changes
4. Review previously written questions and encourage the boys to continue to use their parents/guardians as a source of information regarding puberty