

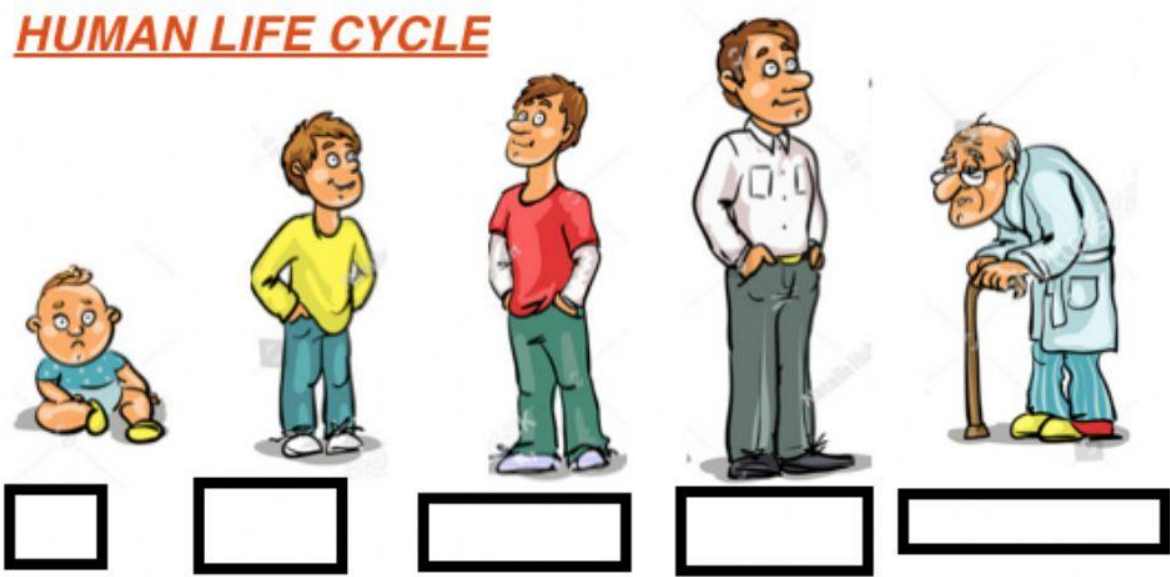
5th Grade

Human Growth & Development



Student Name:

HUMAN LIFE CYCLE



ADULT

CHILD

BABY

ADOLESCENT

OLDER ADULT

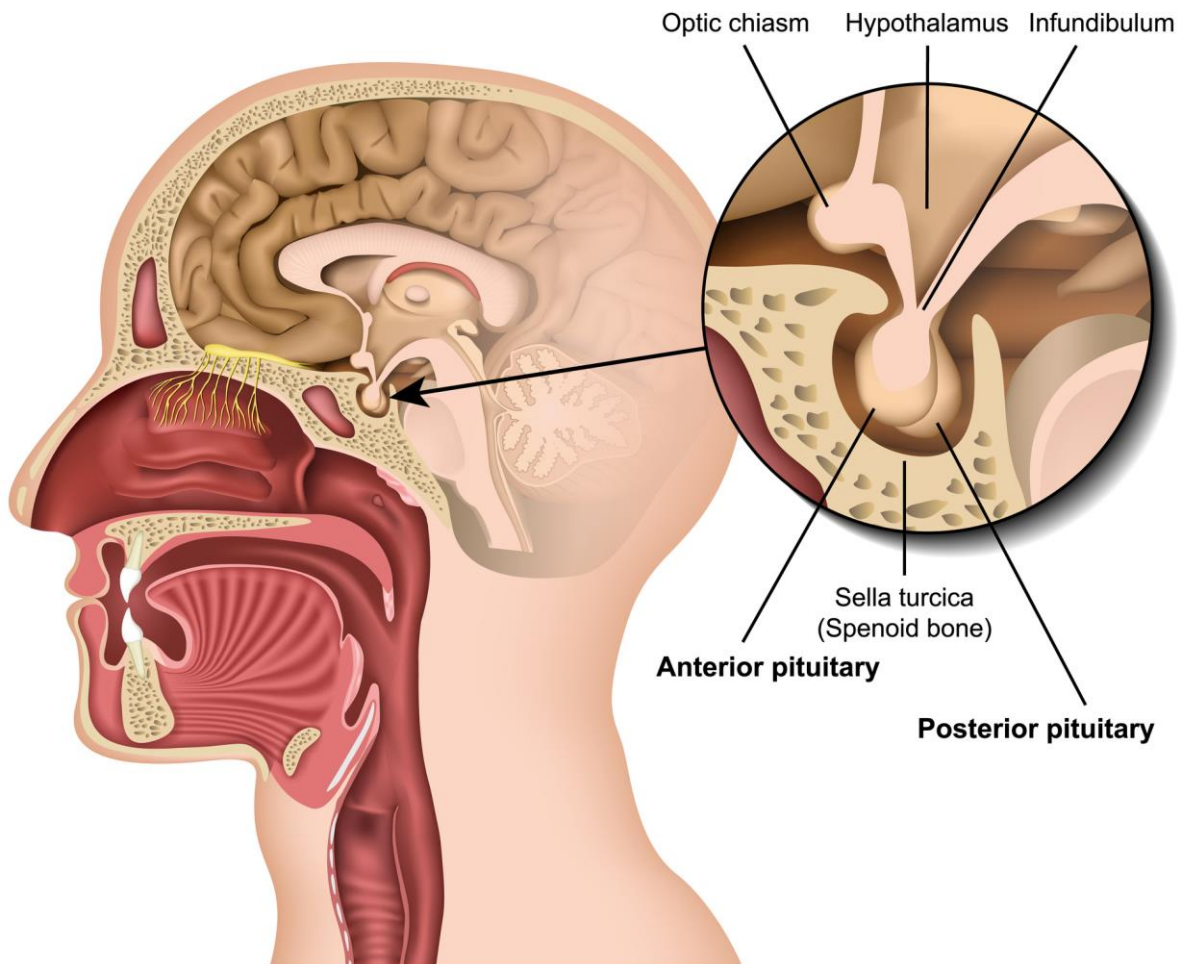
Body Systems		
Body System	Structure(s)	Function
Skeletal System		
Muscular System		
Integumentary System		
Nervous System		
Endocrine System		
Digestive System		
Cardiovascular/Circulatory System		
Respiratory System		
Urinary System		
Reproductive System		
Immune System		

Pituitary Gland

Gland: A cell or organ that secretes substances for use elsewhere in the body or releases them for elimination from the body.

Hormone: A chemical substance that is produced by a gland in your body.

Pituitary Gland: Endocrine gland that produces hormones that help control growth rate and other body functions.

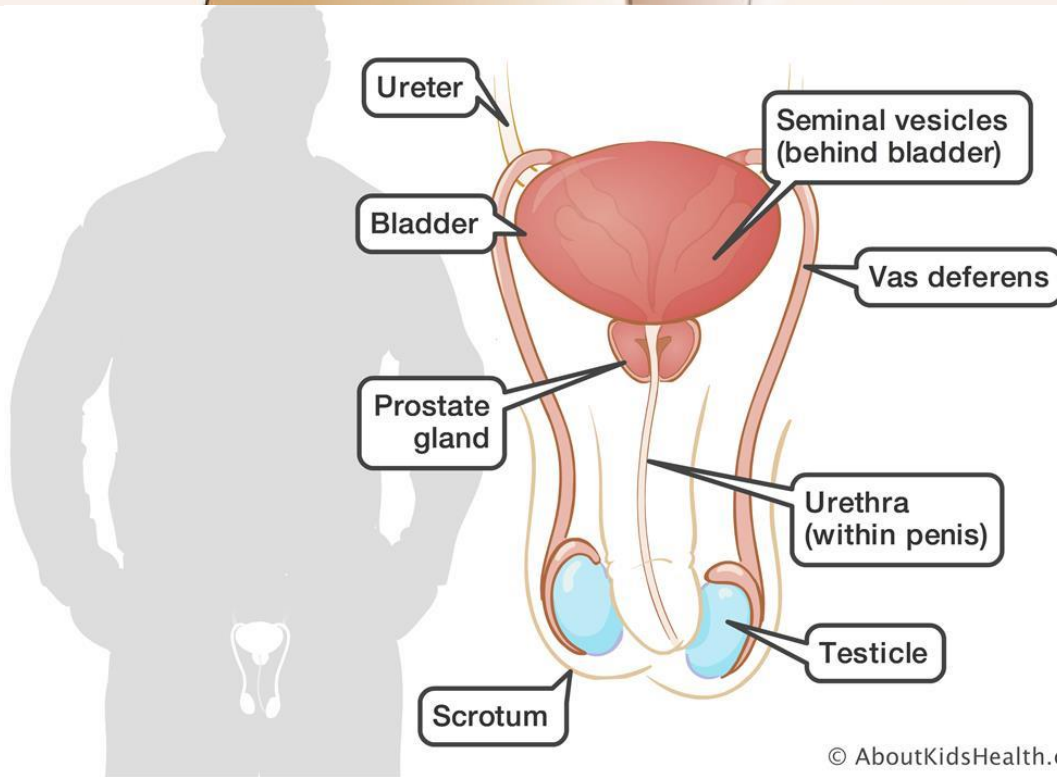
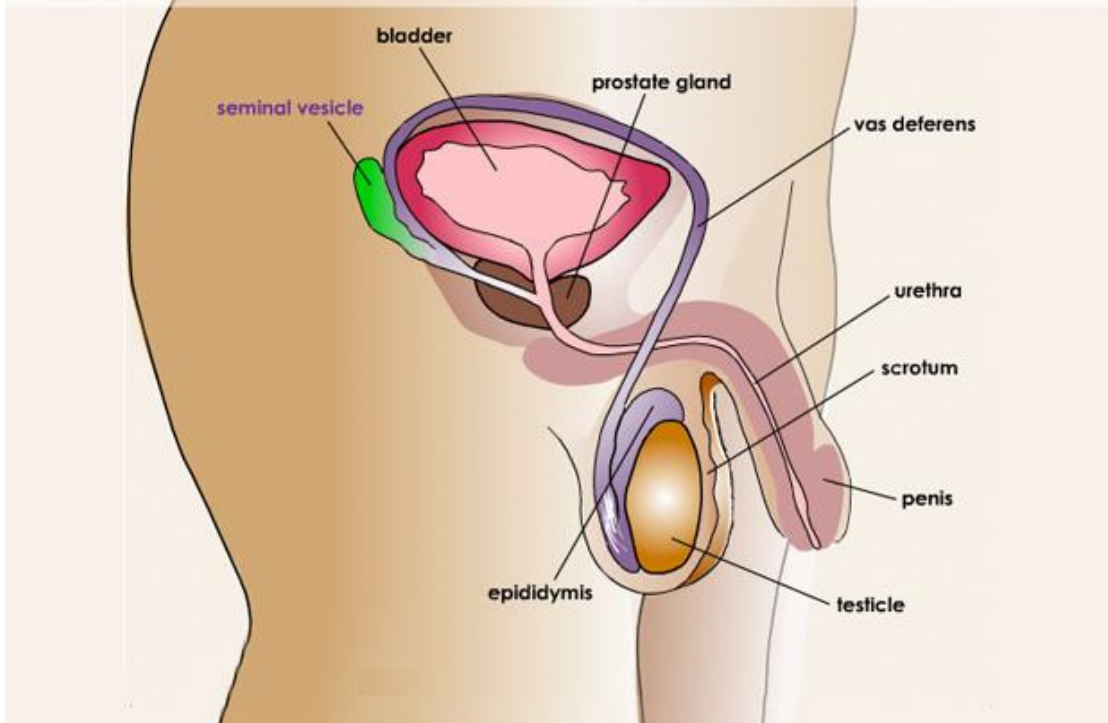


Physical Changes	Emotional Changes	Social Changes
-------------------------	--------------------------	-----------------------

Shoulders Broaden	Wish you were still a kid	Want to be liked
Body grows	Wish you were more grown-up	Want to fit in
Muscles grow	Feelings change quickly	Friendships are important
Hair Growth - Arms Legs Face Underarm Pubic Area Chest	Strong Feelings	Awkward and shy around others that you like or have a "crush" on
Penis Growth	Mood Changes	Struggle with family
Testicle Growth	Emotional feelings toward others	Want more independence
Voice deepens	Difficult to understand feelings	
Oily skin	Self-worth	
Pimples		
Increased sweat		

Male Reproductive System Terms	
Scrotum	
Testes	
Sperm Cells	
Penis	
Urethra	
Epididymis	
Vas Deferens	
Seminal Vesicles	
Prostate Gland	
Semen	
Nocturnal Emission	

THE MALE REPRODUCTIVE SYSTEM



© AboutKidsHealth.ca

Finding Friendships

Characteristics of yourself: What kind of person are you?

What makes a good friend?

How would you rate yourself as a friend, and why?

What are 2-3 things you can keep in mind to be a great friend?

Positive friendships give you...

Someone to turn to

Someone to ask questions

Someone to encourage you

Someone who knows you well

Someone to listen to you

Assertion: To state or declare in a confident and positive manner. Done in an honest and non-threatening manner.

Aggression: Hostile or violent attitude or behavior towards another. Shows disrespect by name-calling, interrupting, pushing, shoving, et cetera.

<p>“We are playing Gaga Ball and following the rules. We really want to play by the rules that you’re supposed to, and you are making rules up. Please either play by the rules that are set up or find something else to do.”</p>	<p>Aggressive</p>	<p>Assertive</p>
<p>“We were here first! Go find something else to do. We don’t want to play with you because you’re terrible at basketball.”</p>	<p>Aggressive</p>	<p>Assertive</p>
<p>“Mr. Scanlan! When we were outside at recess they kept knocking down the snow fort that we built. We asked them to stop SO many times and they wouldn’t. They keep laughing and stomping all over it and ruining everything we worked on.”</p>	<p>Aggressive</p>	<p>Assertive</p>
<p>Dad: “Hey buddy, it’s time to turn your screen off and get ready for bed. It’s a school night and you need to get to sleep.”</p>		
<p>Write an assertive response to this situation:</p>	<p>Write an aggressive response to this situation:</p>	

Importance of Family

- **Group of people you share information with**
 - Thoughts
 - Feelings
 - Positive
 - Negative
 - Day-to-day activities
 - Memories
- **Support system**
 - Praise you
 - Encourage you
 - Listen to you
 - Make you feel important
 - Love you
- **Help establish a base for friendships**
 - Building self-confidence with family helps you feel good about yourself with others
 - Family environment
 - Family values
 - Family guidelines
- **Family environment**
 - Ways family members treat each other
 - Stressors you and your family experience
 - Ways your family solves problems
 - A healthful family environment is friendly and loving
- **Family Values**
 - Beliefs a person feels are important in life
- **Family Guidelines**
 - Rules that help you know how to act

Family Guidelines and Family Values

Five family guidelines we follow are...
1.)
2.)
3.)
4.)
5.)
Five family values we have in our family are...
1.)
2.)
3.)
4.)
5.)

Objectives of Human Growth & Development

- I will develop positive feelings about myself and my growing body**
- I will be able to explain the physical, emotional, and social changes that my body will go through during puberty**
- I will be able to appreciate the importance of my family on my individual development**
- I will be able to identify and briefly explain the different systems of the body**
- I will be able to use accurate terms to explain the structure and function of the male reproductive system**
- I will be able to identify and explain the role of the pituitary gland**
- I will be able to identify the characteristics that help maintain lasting friendships**
- I will be able to analyze the difference between assertiveness and aggression**
- I will acquire responsible decision-making skills**