

Human Growth & Development





Treat the subject seriously

Use Humor Appropriately

Respect others

No gossiping

No Harassing others on Puberty

Ask Questions!



Its OK to feel awkward!!

any questions?

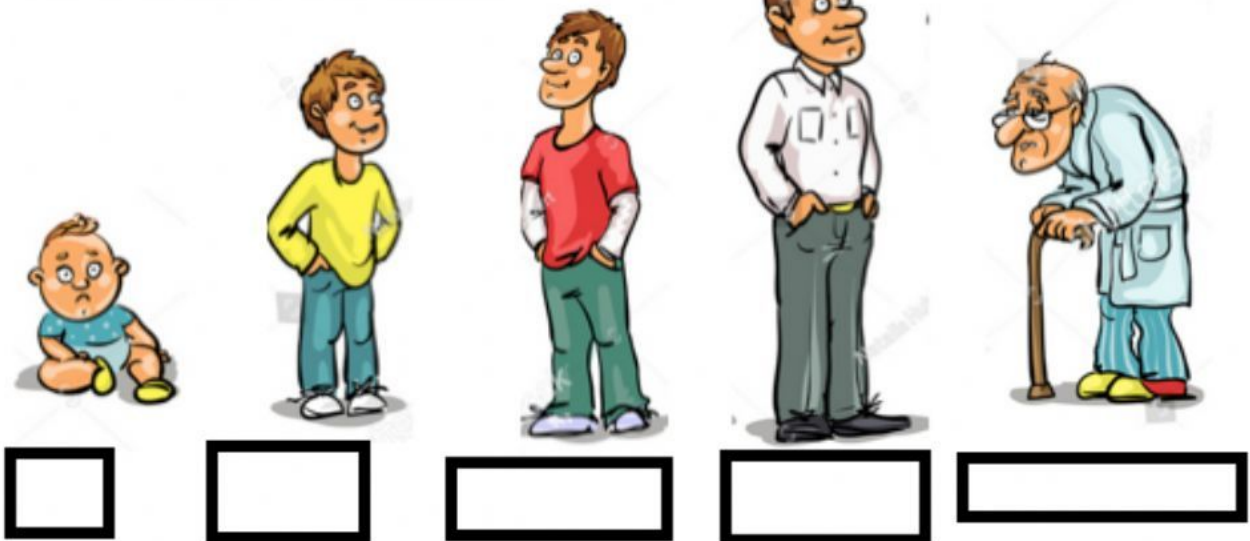




Life Cycle

Various stages of human life that you will go through until death.

HUMAN LIFE CYCLE



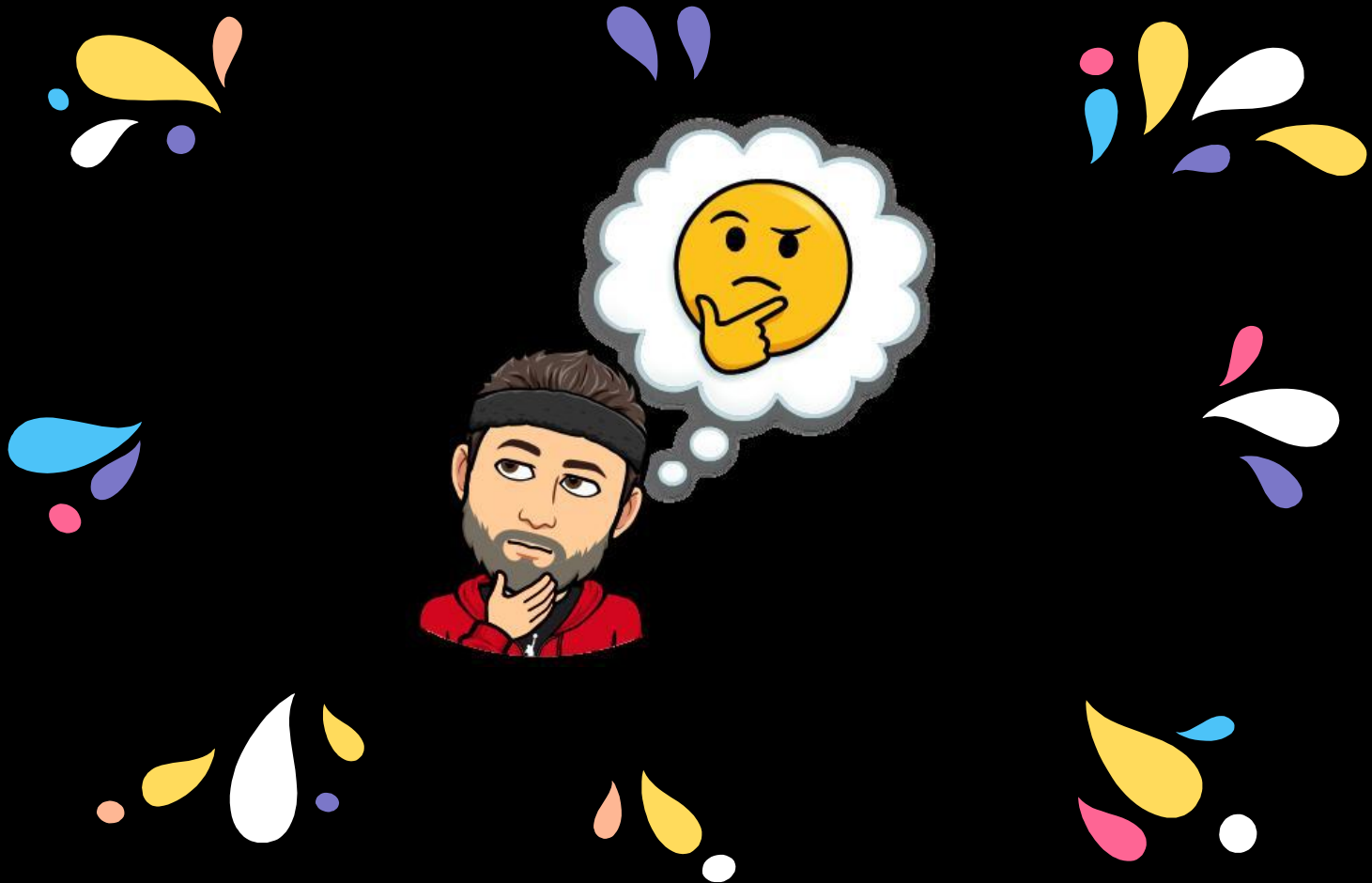
ADULT

CHILD

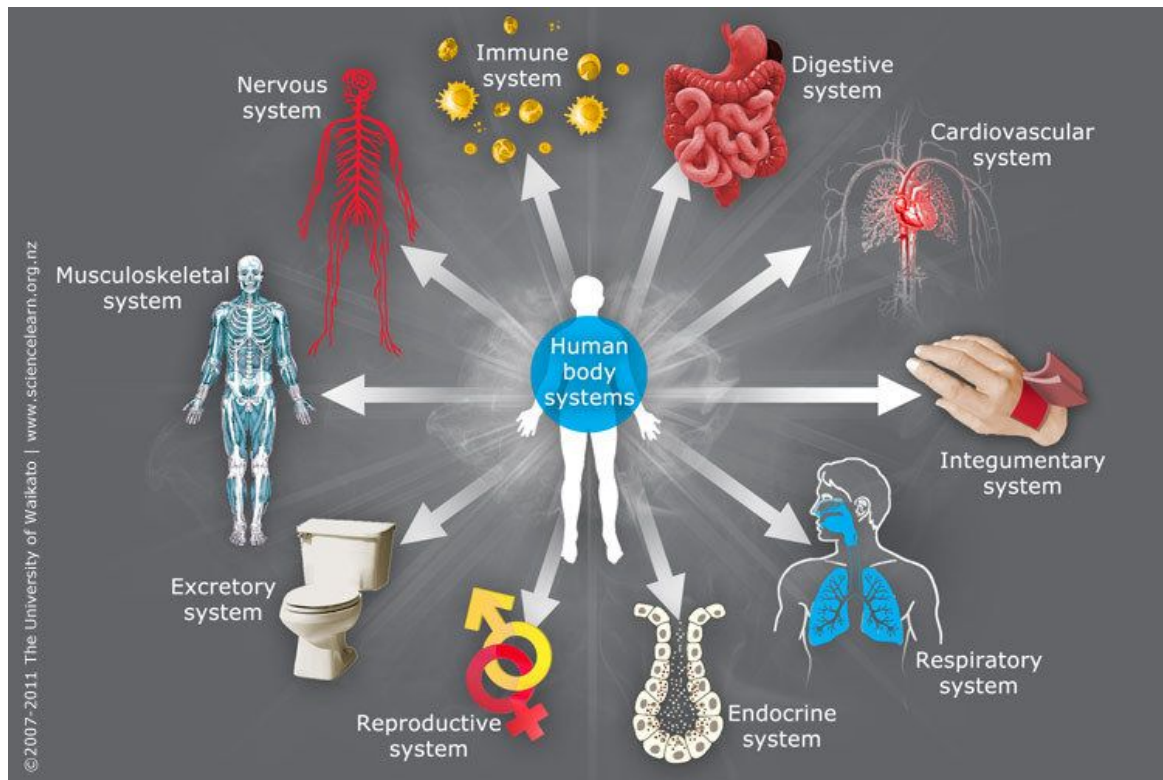
BABY

ADOLESCENT

OLDER ADULT



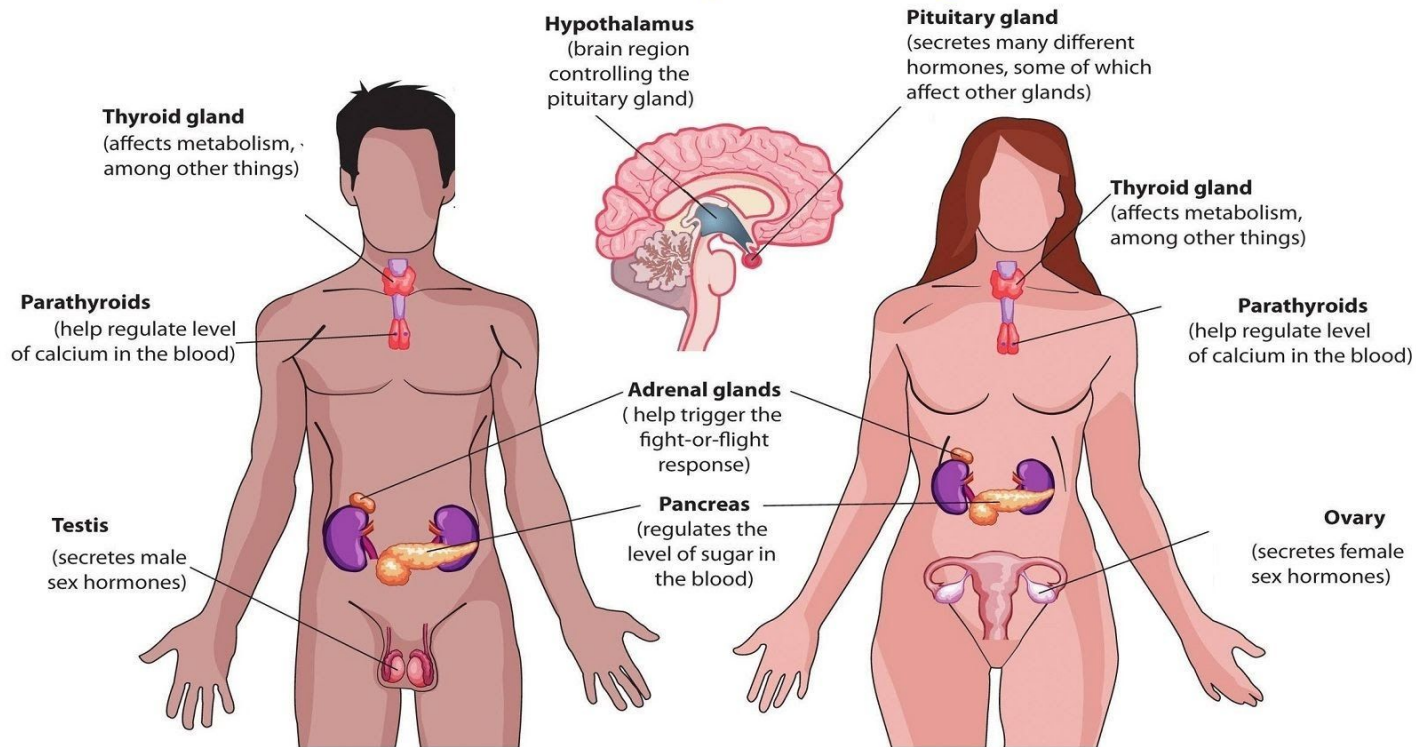
Systems of the Body



Body Systems

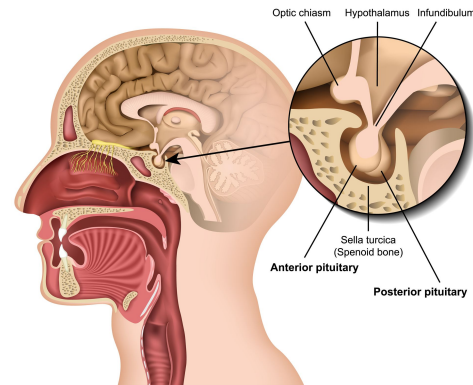
Body System	Structure(s)	Function
Skeletal System	Bones, Ligaments, Tendons, Cartilage	Framework of the body
Muscular System	Skeletal, Smooth, Cardiac	Aid in movement, blood flow and other bodily functions
Integumentary System	Skin, Hair, Nails	Protects the body
Nervous System	Brain, Spinal Cord, Nerves	Transmit nerve impulse to rest of body
Endocrine System	Collection of Glands	Regulates mood, growth and development
Digestive System	Mouth, Esophagus, Stomach, Intestines	Breaks down food, extracts nutrients, excretes waste
Cardiovascular/Circulatory System	Heart, Lungs, Arteries, Veins	Flow of blood, nutrients, oxygen, and hormones to and from cells
Respiratory System	Airway, Lungs	Brings in oxygen, expels carbon dioxide
Urinary System	Kidneys, Bladder	Eliminate waste products from the body
Reproductive System	Combination of bodily organs and tissues	Sexual function, urination
Immune System	Special organs, cells, and chemicals	Fight infection

Endocrine System Diagram



Pituitary Gland

Called the master gland because it releases many hormones that tell different parts of your body what to do. The pituitary gland is no bigger than a lima bean! Produces hormones that trigger growth/development of reproductive system/organs.





What is a Hormone?

A chemical substance that is produced by a gland in your body, released directly into your bloodstream. Specific glands produce specific hormones for specific purposes.



Male Sex
Hormone:
Testosterone

Female Sex
Hormone:
Estrogen





Testosterone

The male sex hormone responsible for puberty.



What is Puberty?

A time when a person's body, feelings,
and relationships change from a child's
into an adult's



When does it happen?

For Boys- 9/10 yrs of age up to 14 years.
For Girls- 8/9 years up to 13 yrs of age

What kind of changes?

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		



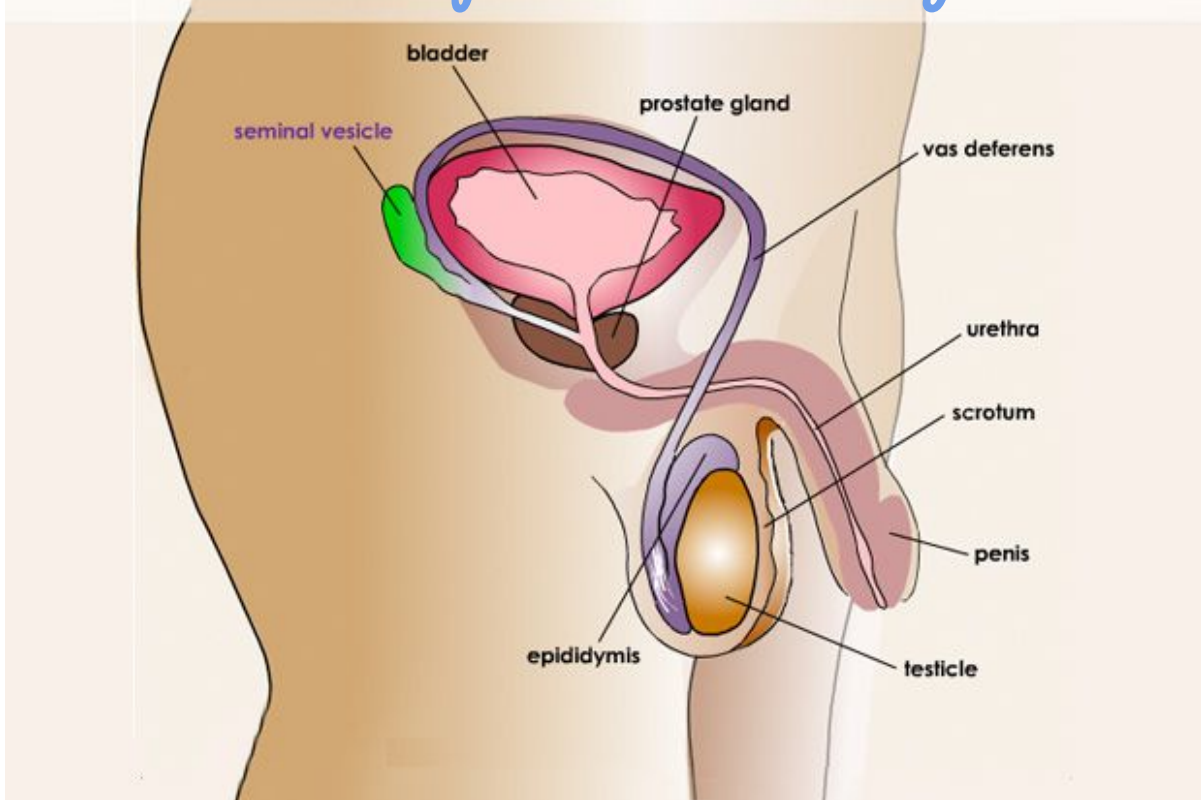
**Boys Puberty
Education Video**



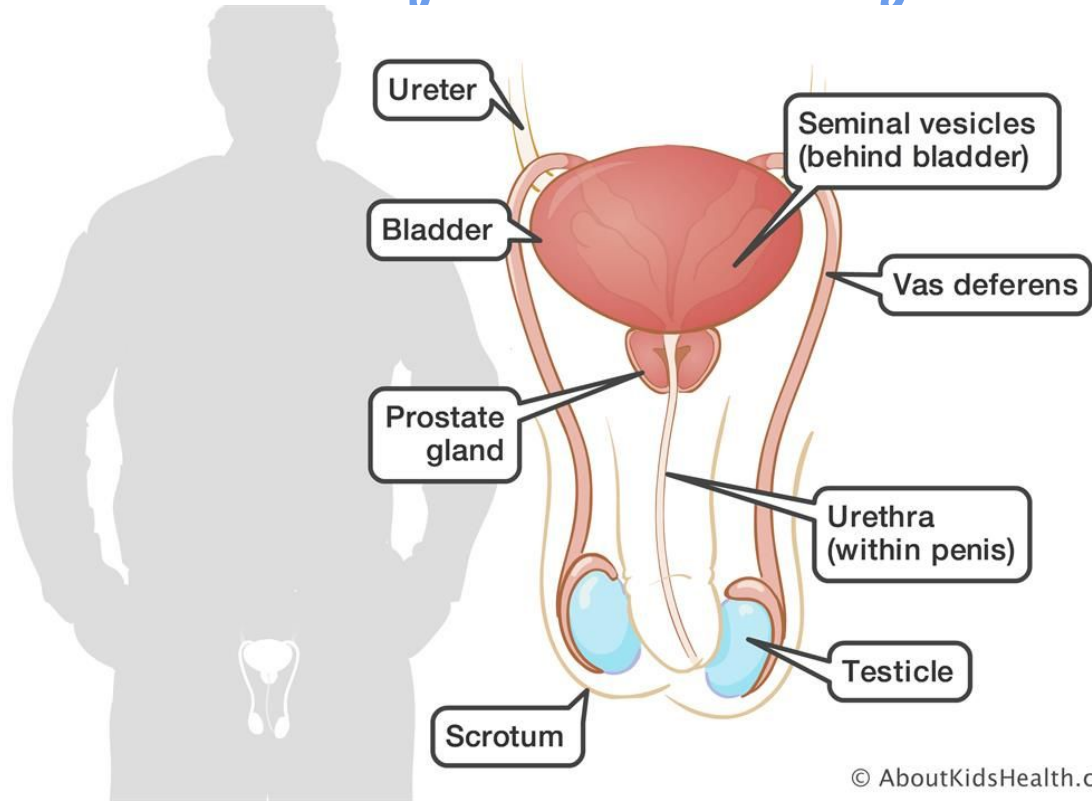


Boys and Puberty

Male Reproductive Organs



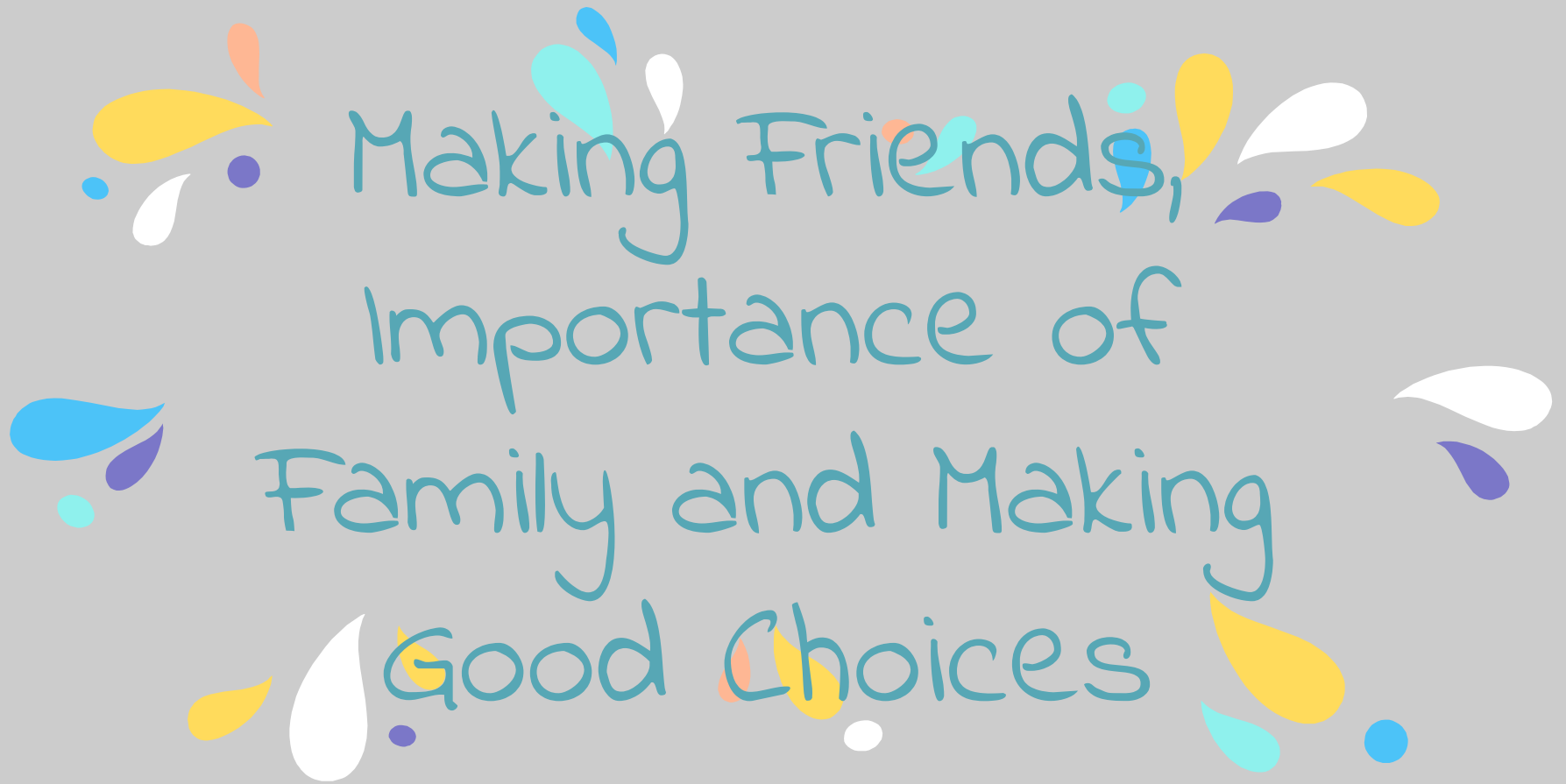
Male Reproductive Organs



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any questions?





Making Friends,
Importance of
Family and Making
Good Choices



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







Assertiveness vs Aggression

Assertive—To state or declare in a confident, positive manner. Done in an honest, non-threatening way.

Aggressive—Hostile or violent attitude or behavior towards another. Shows disrespect by name-calling, interrupting, pushing, shoving, etc.



<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>	



any questions?

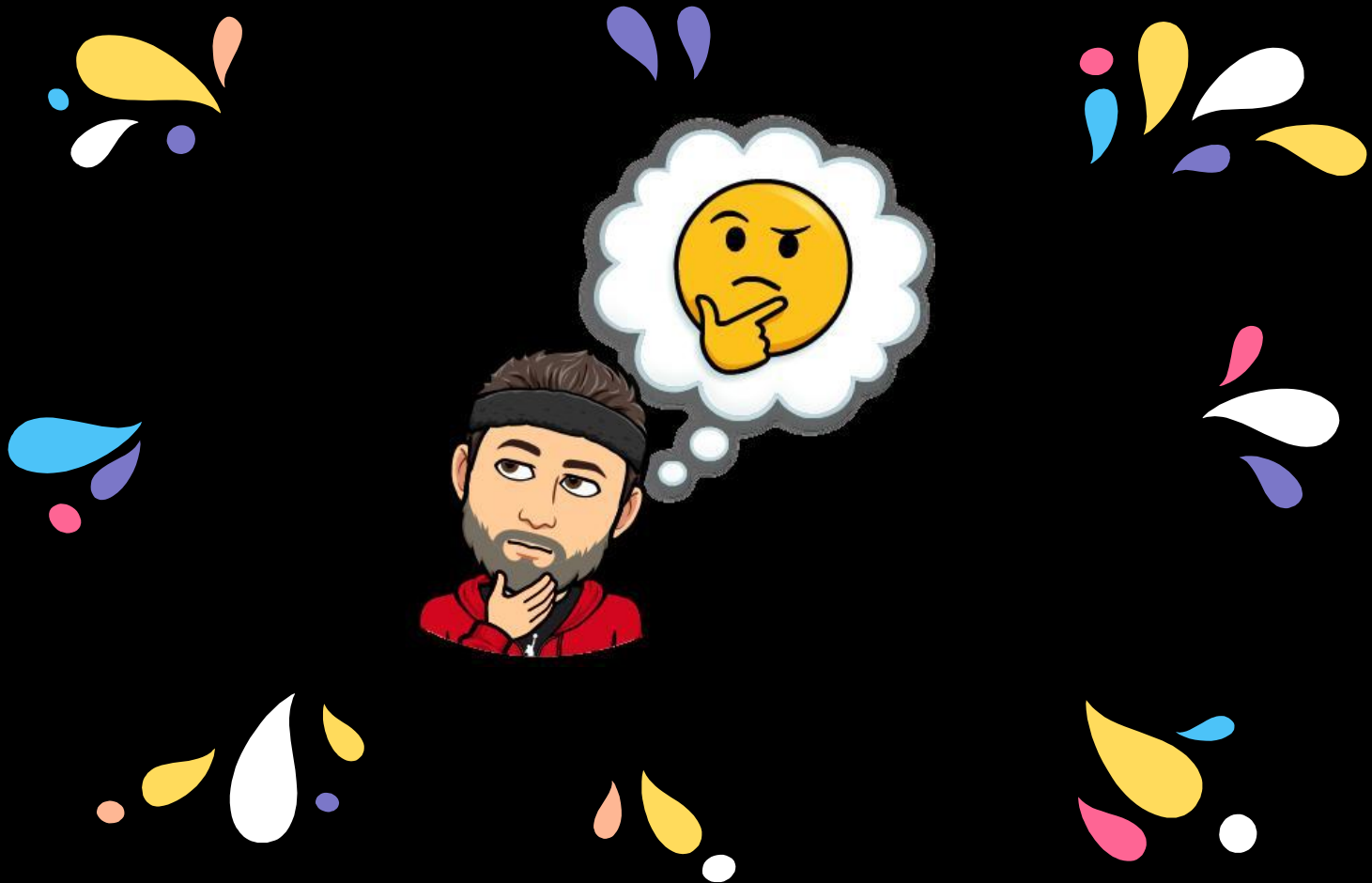




Importance of Family



- 
- 
- Group of people you share information with
 - Support System
 - Where you establish a base for friendships
 - Family Environment
 - Family Guidelines
 - Family Values
 - *What are 5 Family Guidelines and 5 Values you have at home?*



Making Responsible Choices



HAVE A GOOD



WEEKEND!



