

5th Grade Human Growth and Development (Girls)

3 Days - 40 Minutes per Day

Objectives

- 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 female 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

Day 1-Stages of Life, Body Systems, Pituitary Gland, Hormones, Puberty

1. Explain Goals of the unit
 - a. Explain what puberty is and the changes that occur to your body that are associated with puberty.
 - b. What is Puberty?
 - c. When does it happen?
 - d. Keep discussion about this topic and people's responses private
 - e. Introduce changes associated with puberty
 - i. Physical
 - ii. Emotional
 - iii. Social
 - f. Introduce the "Question Box" where students can anonymously submit questions they have that will be addressed by the teacher(s)
2. One word
 - a. Each girl will share one word that comes to mind at the beginning of this unit
3. Read "Introducing Terry"
 - a. Is Terry a boy or girl? How do we know?
 - b. State introductory facts about puberty
 - i. Starts between 9-13 years of age
 - ii. Change happens slowly
 - iii. Different for all
 - c. Make a list of changes that occur during puberty for girls, boys, or both.
 - d. Review Physical changes associated with puberty (develop at different rates and times)

- i. Growth
 - ii. Breast development
 - iii. Hips widen
 - iv. Voice Changes
 - v. Skin Changes –sweat, oil, acne (sebaceous glands)
 - vi. Hair growth-pubic, under arms, legs
 - vii. Body odor
4. Hygiene to consider to help through puberty
 - a. Shaving (personal preference)
 - b. Wash face
 - c. Oil production
 - d. Change in moods (PMS)

Day 2-Terms associated with female reproductive system

1. Begin with answering questions about being a girl and discuss
2. Identify briefly and explain the different systems of the body
 - a. Skeletal-bones (structure)
 - b. Muscular-muscles (assist with movement)
 - c. Integumentary- hair, skin, nails (protection)
 - d. Nervous-brain, nerves (command center)
 - e. Endocrine- glands and hormones (functions of body)**
 - f. Digestive- system of multiple organs (breakdown nutrients and help fuel body)
 - g. Cardiovascular/Circulatory-blood, heart, blood vessels (transport system of nutrients)
 - h. Respiratory-Lungs, nose, mouth, and airway (breath for life)
 - i. Urinary-kidneys, bladder, urethra (waste excretion)
 - j. Reproductive System- (help in the production of new life)
 - k. Immune-Special organs, cells (Fight infection)
3. Focus on the Endocrine System
 - a. Hypothalamus
 - b. Pituitary Gland
 - i. Pituitary gland and its role in the reproductive system -
Brainpop video
4. What is a hormone?
 - a. Female Sex Hormone
 - i. estrogen
5. Review Emotional Changes
 - a. Mood Swings-angry to happy to sad
 - b. Increased awareness of the opposite sex
 - c. Increased feelings of independence (friction may occur)

- i. Important to respect each other's feelings
 - d. Behavior shifts back and forth (mature to childish)
- 6. Review Social Changes
 - a. More aware of things and people around you
 - i. Cliques
 - ii. Remember that respect is deserved by EVERYONE
 - iii. Everyone changes and different times and at different rates
- 7. Introduce diagrams and terminology of female reproductive system
 - a. Terms-fallopian tubes, ovary, uterus, cervix, vagina, endometrium
 - b. Diagram and discuss the process of menstrual cycle
- 8. Introduce feminine products to use for menstruation including pads, panty liners and tampons.

Day 3-Finding Support/Friends, Assertive vs. Aggressive, Respect for Family, Making Good Choices

1. Review female reproductive system discussion (diagram and terms)
 - a. Terms and diagram and discuss the process of menstruation
 - b. Review feminine products and answer questions if any.
2. Finding support-friends
 - a. Make list of characteristics of self
 - b. Class generate list of characteristics of good friends
 - c. Compare class generated list of good friend characteristics to list of self
 - d. Evaluate themselves and set goals to be better friends
 - e. Importance of friendships
3. Importance of Family during puberty
 - a. Praise you, encourage you, listen to you, make you feel important
 - b. Make you feel special-build self-confidence-helps you feel good about yourself with others
 - c. Family Environment-how family treats each other affects health
 - d. Family Values- beliefs a person feels are important in life (as you watch their behavior, you learn their values)
4. Girls Puberty Education Video

