

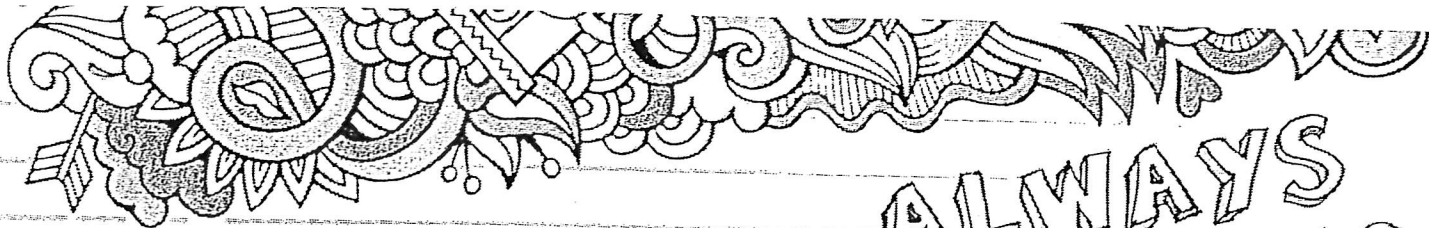
5th Grade

Human Growth & Development



Name _____

This word cloud features a variety of terms including: **Women**, **Empowerment**, **Activism**, **Strength**, **Equality**, **Respect**, **Power**, **Gender**, **Education**, **Work**, **Leadership**, **Community**, **Justice**, **Change**, **Progress**, **Confidence**, **Resilience**, **Empathy**, **Collaboration**, **Innovation**, **Advocacy**, **Empowerment**, **Support**, **Network**, **Resilience**, **Confidence**, **Empathy**, **Collaboration**, **Innovation**, **Advocacy**, **Empowerment**, **Support**, **Network**. The words are arranged in a pattern that forms the outline of a woman's face and body, with the most prominent words being the largest.



ALWAYS CHANGING

Activity Sheet 1

Introducing Terry

Hi! I'm Terry. Do you ever feel like I do? Like your whole body's changing. Sometimes, I think an alien has taken over mine. It seems every day brings a new change.

One of the things I notice is that none of my clothes seem to fit for very long. My jeans are too short (or my legs are too long.) My T-shirts are too tight. Even my feet seem to grow a size every six months. I kind of like being bigger though. My parents say I'll be taller than they are.

I'm not sure how I feel about some of the changes. For example, I have hair in places I've never had hair in before. And there's someone in my class that I really like. Whenever we're close, I get kind of nervous, and then I start to blush. What a klutz!

Some of the changes are just embarrassing. I worry about body odour, even though I shower and use deodorant everyday. And then, there's the subject of pimples. Well, we all know about them. Just when you're getting ready to go someplace special, and you know that "someone" will be there, a pimple appears. It's like magic.

Sometimes I wonder what will happen next. I realize I'm becoming an adult, and I do feel more grown up than I did two years ago. Everyone seems to survive puberty. I guess I will too. In fact, I'm kind of looking forward to seeing what will happen next.

* Make a list of some of the changes that occur during puberty. Organize the changes in a chart like this:

Changes During Puberty	Could Only Happen To Boys	Could Only Happen To Girls	Could Happen To Both Boys And Girls
Example: Grow taller			✓

CHANGE	HAPPENS TO GIRLS	HAPPENS TO BOYS

Sentence Starters:

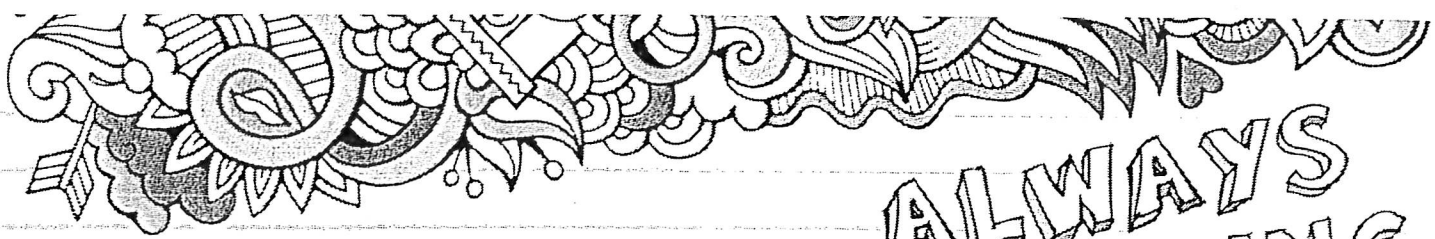
1. One great thing about being a girl is..

2. Something I am dreading about growing up is...

3. Something I want others to know about me is...

4. Something I look forward to related to growing up is...

5. Something that I wish other girls would not do is...



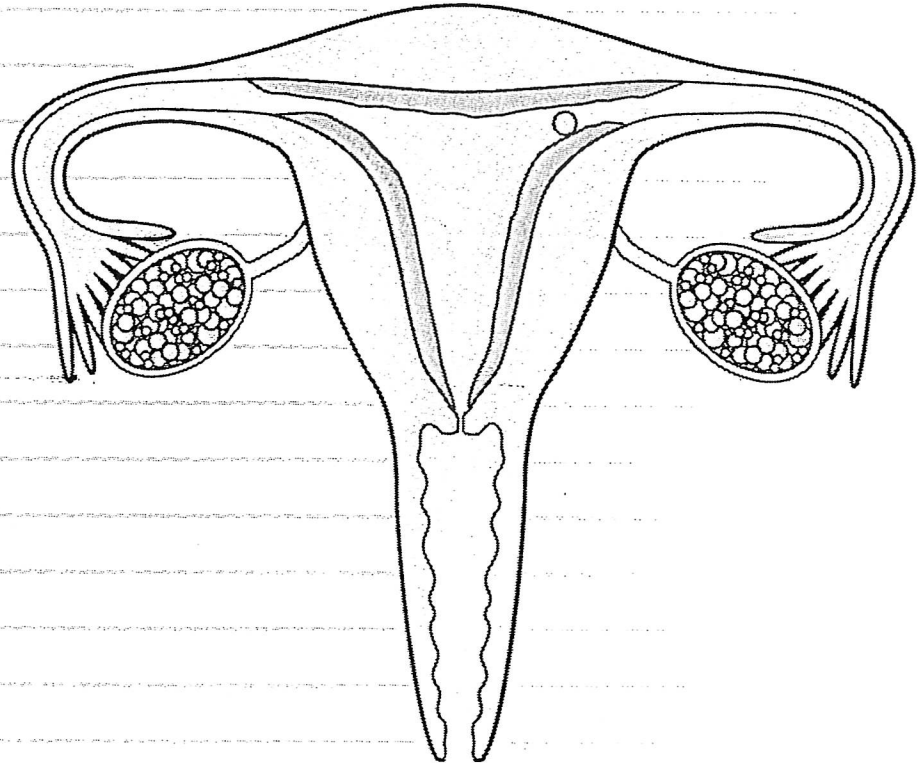
ALWAYS CHANGING

Activity Sheet 2

Facts about the Female Reproductive System

Use the words below to label the diagram. Then write each word next to its definition.

- 1 FALLOPIAN TUBES
- 2 OVARY
- 3 UTERUS
- 4 CERVIX
- 5 VAGINA
- 6 ENDOMETRIUM



DEFINITIONS

- _____ The lower part of the uterus that has a small opening into the vagina
- _____ The two tubes which link the ovaries and uterus
- _____ Two glands on either side of the uterus that release female sex hormones, estrogen and progesterone, and ova (eggs)
- _____ The hollow muscular organ that holds and nourishes the fetus
- _____ The passageway of muscles that joins the uterus to the outside of the body
- _____ The thick soft lining that grows on the inside of the uterus each month

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

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