

Grade 5: Sexual Growth and Body Image

Educational aims

1. Become aware of the psychological and physical changes of puberty
2. Understand the role of puberty in relation to reproductive abilities

Children will:

- Understand the psychological and physical changes at puberty (ex: Body changes, nutritional needs, hygiene, independence, modesty, etc.)
- Understand the various feelings commonly associated with puberty (ex: sudden changes in mood)
- Understand the concept of sexual awakening and how it is different for everyone.
- Understand that the onset and occurrence of puberty is different for everyone and can evoke very different feelings both positive and negative.
- Understand the role of puberty on reproductive abilities (ex: menstruation, production of sperm).

Activity: Should explain the first signs of puberty, when they appear on average for girls and for boys. Reassure the students about the pace of change and how it is specific to each person and occur over a few years.

- Ask student to name some examples of physical changes in puberty for girls and boys, both psychological and physical.
- Review the sexual organs for boys and girls both internal and external.
- Review the physical changes in 5 major steps using the Tanner tables for girls and boys.
- Using some of the examples of “feelings” about pubertal development discuss the positive and negative feelings that might be felt during the changes of puberty.
- Discuss with the students who they can talk with if they have concerns or questions.
- Put the students into teams and have them prepare a quiz with 5 open-ended questions (ex: at what age do most girls start menstruating?) and 5 closed questions (ex: true/false, myth/reality). Have students share their work with the class.