

## Grade 4: Sexual growth and body image

### **Educational aims**

1. Identify the main changes of puberty in overall growth
2. Share feelings about growing up

### **Children will:**

- learn about changes in puberty in overall growth (physical changes, emotional changes, etc.)
- discuss the main physical/psychological changes for boys and girls and how each person will develop at their own pace.
- discuss various feelings, positive and negative, that can be associated with the onset of puberty.
- develop a respect for differences
- discuss the people in their lives that they can talk about their feelings to.

**Activity:** Introduce students to the first changes associated with puberty, and help students to understand that everyone developed at their own rate and can experience different feelings.

- Ask student to bring in photos of themselves at three different stages of development (ex: baby, kindergarten, and grade 4). Once the class has all the photos have the students install the photos on a clothes line in the order that they feel they belong. View the timeline to point out that everyone is different and will develop at their own pace. Have a discussion about what you can do to have a healthy body.
- Hold a brainstorm about all the changes that occur during puberty. Review all the private body parts of girls and boys, internal and external.
- Give each student a card that identifies a different feeling and have them either discuss or write about how that feeling might apply to going through puberty. Students can also be put into groups to hold a discussion.
- Produce a written production or a collective display with the title “Puberty, and me” and have students express what they have learned in a creative way.
- Write a letter to someone around them to explain how they feel about puberty.
- Choose or develop one or more emoticons illustrating the feelings related to puberty.
- Discuss who they can go to if they have questions or concerns.