

5th Grade Puberty Education

Review Ground Rules.

Curriculum: Puberty and Hygiene

Classroom rules.

1. Overview of Puberty (will be done with boys and girls separately)

Objective: Understand physical, emotional and social changes during puberty.

Key Topics:

- What is puberty: introduction to hormones.
 - Puberty is the period of growing and changing from a child to an adult. It begins to prepare people for being capable of reproduction. It generally begins between the ages of 8-16. Everyone is different and will go through puberty at their body's own rate.
- Staying healthy during puberty: physical activity, adequate sleep, eating healthy, reducing stress.
- Normalizing differences: happens to everyone, just not at the same time, everyone grows at their own pace.
- Changes in boys:
 - How puberty starts: Hormones are messengers from the brain that start puberty, they tell the body what to do. In males they tell the testicles to make the hormone testosterone and sperm.
 - Physical: voice deepening, hair growth (face, arm pits, pubic), growth spurts, erections, ejaculation, nocturnal emissions, shaving (rinsing/changing blade), increased sweat, acne.
- Changes in girls:
 - How puberty starts: Hormones are messengers from the brain that start puberty, they tell the body what to do. In females they tell the ovaries to make estrogen and triggers the growth and release of eggs.
 - Physical: breast development, hair growth (arm pits, pubic), cramps, menstruation, growth spurts, discharge, shaving (tricky spots, rinsing/changing the blade), increased sweat, acne.
- Video
 - Boys: <https://www.youtube.com/watch?v=2XF0awGRTWs> (17 mins)
 - Girls: <https://www.youtube.com/watch?v=gV21b3ZpSLg> (19 mins)

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Activities:

- Question box for anonymous questions.
 - Having questions is normal and expected, you will have a lot of questions. Don't be afraid to ask but ask the right person so you get the correct answer!
- Age-appropriate visuals: menstrual care items, how to use, how often to change.
 - Underwear, pads, tampons

2. Emotional and Social Aspects of Puberty

Objective: Recognize and manage emotional changes and social dynamics during puberty.

Key Topics:

- Just as hormones during puberty trigger changes to your body physically they also cause changes to how you feel on the inside. As your body adjusts to the hormones so is your mind. The emotions you feel can range from confusion, anxiety, or getting upset more easily. These emotions are all normal during this time of change.
- Mood swings are hard, when you feel on top of the world one second and in the dumps the next. But you don't have to go through them alone.
- How can you cope?
 - Building self-esteem and confidence, find activities that are fun and healthy.
 - Activity in a bit.
 - Have a trusted adult you can talk to and know who that will be for you before you need them.
- Peer pressure and body image.
 - Everyone will go through these changes, but not everyone will go through it at the same time or experience the exact same thing.
 - There is no right or wrong way to look.
- Respect for personal boundaries and differences.

Activity:

- Small group discussion on body positivity, ideas/activities for coping with strong emotions.
 - Have them write down/decorate at least 3 ideas on how to remain positive about their bodies or ideas/activities they can do. Then have a volunteer from each group share out loud.

3. Hygiene

Objective: Understand the importance of daily hygiene for health and confidence.

Key Topics:

- Daily Habits: brushing teeth (bad breath), bathing (after sports), wash hair (oily), handwashing, clean feet, wearing clean clothes.
- Pre-teen specific, choosing personal care products: sweat, deodorant (controls bacteria odor) vs anti-perspirant, skincare (more oily, T-zone, gentle face soap) dental care.
- Healthy eating and its impact on body changes.

Activities:

- Show and tell of personal care items.
 - Volunteer draws an item out of the mystery bag, shows peers, states what it is and what they learned about it: how it is used, how often, what it does etc.
- Create a personalized self-care plan.
 - Include how they will care for their daily physical hygiene needs, one way they will cope with strong emotions, who is their trusted adult they will talk to with questions or times of need.

Family Communication:

- Provide a letter home summarizing the curriculum, allow parent to choose to opt child out if they choose.

Resources:

- <https://www.scholastic.com/parents/family-life/kids-health/10-ways-to-teach-preteen-hygiene.html#:~:text=Encourage%20frequent%20hand%2Dwashing%2C%20especially,preventable%20infections%20and%20transmittable%20viruses.>
- <https://kidshealth.org/en/teens/puberty.html#:~:text=How%20Does%20Puberty%20Start?,%2C%20body%20odor%2C%20and%20acne.>