

Austin ISD Human Sexuality and Responsibility

Grade Level: 3

Unit: Human Sexuality and Responsibility

Ground Rules

Classroom safety is crucial. Children feel safer and more at ease when they know the ground rules and see that they are enforced. Just as you set rules for your class at the beginning of the school year, we encourage you to set ground rules, or review ground rules at the onset of this curriculum.

Students will describe or identify:

1. Two classroom ground rules;
2. Two ways rules are kept;
3. A parent(s) or trusted adult to talk to about today's lesson.

Teacher Tip: Review "Guidelines for Discussion" to ensure a safe climate for the discussion of sensitive topics. For questions that teachers don't feel comfortable answering, please refer that student to a trusted adult.

Use equity practices to solicit responses from all students such as: popsicle sticks, randomizing apps, Think-Pair-Share, talking chips, etc.).

Lesson 5: Puberty and Adolescent Development

LESSON SUMMARY: Puberty and Adolescent Development. Students learn about body changes that occur during puberty and good personal hygiene practices.

NSES

PD.5.CC.2: Explain how the timing of puberty and adolescent development varies considerably and can still be healthy.

PD.5.INF.1: Describe how friends, family, media, society and culture can influence ideas about body image.

PD.5.AI.2: Identify parents or other trusted adults of whom students can ask questions about puberty and adolescent health issues.

LESSON OBJECTIVES

Explain the variations of timing of puberty;

Describe how media and society influence body image;

Identify trusted adults to whom students can ask questions.

MATERIALS

Pre-cut set of Puberty Changes in Me: LIFE STAGES PHOTOS

Sentence strip per student; colored pencils

Set of pictorial Puberty Changes cards

VOCABULARY

puberty

hygiene

BEGINNING: Engage (10-15 minutes)

Activity: Student Timeline and Diary Entry

Directions:

Pass the *Puberty Changes in Me: Life Stages* photos around the group and ask students to look at the photos—how old are the people in the photos? Are they girls/women or boys/men?

Ask for feedback about each of the photos. Arrange the photos youngest to oldest, in life stages.

Discuss some of the changes they notice. Also, share other things that might occur during a person's life.

Give each student a sentence strip.

In the middle of the sentence strip write the title, "My Timeline."

Have the students write at one end, "I was born." At the other end write, "Me today."



Ask the students to fill in their timeline with important changes that have happened so far in their lives.

Examples: spoke first words, learned to walk, learned to talk, learned to ride a bike/balance, big event(s) or celebration(s), general changes that have to do with their bodies, new siblings, etc. It may include sad events as well (e.g., illness, death, accidents).

MIDDLE: Explore (20-25 minutes)

Directions:

Read *Puberty*.

Ask if anyone knows what it means for a young person's body to transition into the body of adult.

Share that females and males are adults when their bodies have prepared them to have children—to reproduce. Although right now they are still children in the next few years their bodies will start this change. Today we are going to begin the discussion of this time in our life so you will be prepared when the changes start and not to be scared or freaked out because we all go through these changes.

As you write the word puberty on the board over-exaggerate its pronunciation: "Pyoo-burr-tee!"

Read the script below.

OK, so it's a funny word—but what is puberty, anyway?

Puberty is the name for the period of time in your life when your body begins to change from a child to an adult. During puberty, your body will grow faster than at any other time in your life, except when you were a baby. Your body and your emotions will start to change.

It's important to know that **everybody goes through these changes**. Some of us will start sooner than others and for some people the changes may happen faster; no two people are exactly alike. But one thing everyone has in common is that **we all go through puberty**. We just experience it on our own timeline.

It helps to know about the changes that puberty causes before they happen. That way, you know what to expect.

Puberty usually starts between ages 8 and 13 in girls and ages 9 and 15 in boys. This wide range in ages helps to explain why, soon, some of your friends will look like young kids and others will start to look more like adults.

When each person's body is ready to begin puberty, a part of the brain called the hypothalamus releases special hormones that tell your body it's time for puberty to begin. These hormones send messages to different parts of the body to signal it is time for the change to begin.

First: It's a Growth Spurt

A spurt is when something happens in a hurry. And a growth spurt is just that: The body is growing really fast! When you go through puberty, it might seem like your sleeves are always getting shorter. That's because you're having a growth spurt that lasts for about 2 to 3 years. Some kids grow 4 or more inches in a year!

Not only are you growing in height during puberty, you will seem to always need new shoes! Your feet are growing faster than everything else. This can make you feel clumsy or awkward. This is normal, too! The rest of your body will eventually fill out and shape up, and you won't feel as clumsy and awkward.

Next: Hair, Oil and Sweat

Both boys and girls start growing more body hair. Hair starts to grow under your arms. Hair starts to grow on your private areas, or genitals. Males start to grow hair on their faces.

Not only do you get more hair, but the hair on your head starts to get oily, so it needs to be washed and tended to more often.

Your face starts to get oily as well. This can start to cause pimples and acne. You want to wash your face with soap and water often to prevent the situation from getting out of hand.

The changes don't stop with more hair and oil; "Oh, my!" Your sweat glands start to develop. So, when you get hot you sweat more, especially under your arms. And now that your body is going through puberty, the sweat makes you stink. You guessed it...more scrubbing baths and showers to get the stink off of you. Now, it's time to take action...after the shower or bath when your body is good and clean and "stink-less" you NEED deodorant to help prevent the stink from occurring again.

All this cleaning and scrubbing and using deodorant is called personal hygiene.

And: Your Body starts Taking Shape (This is different for males and females)

Boys' bodies fill out and change to a broader/wider shape.

1. A boy's shoulders will grow wider, and his body will become more muscular.
2. The male reproductive organs (penis and testicles) grow larger and the testicles start producing sperm.
3. Boys' voices start to "crack" and eventually become deeper. Boys also develop an "Adam's apple."

Girls' bodies fill out and change into a curvier shape.

1. A girl's hips get wider and their breasts develop. Girls may start wearing bras around this time.
2. Girls' voices can change as well. However, their voices don't "crack" and they don't get an Adam's apple.
3. The female reproductive organs start producing eggs in a monthly cycle. This cycle is called the menstrual cycle and is also known as a "period."

There is so much going on during puberty that your body needs more energy so your appetite increases. Many boys and girls experience weight gain during puberty. It's easy to eat the wrong things and gain too much weight. So, you want to eat as healthy and avoid too much "junk food."

At this this time, the teacher may want to address body image and how social media influences body images by stating: Do you ever wish you could change something about your body? If so, you're not alone. Lots of people feel unhappy with some part of their looks. But when you get stuck on what you don't like, it can really bring down your [self-esteem](#).

You don't need a perfect body to have a good body image. When you like your body as it is, right now, you boost your body image. And your self-esteem too.

But what if I need to be in better shape? Some people think, "When I get in better shape, I'll like my body." But it's best to start the other way. First, accept your body. Find things to like about it. Take good care of your body. When you like your body, it's easier to treat it right.

Want to look and feel your best? Here are some tips:

Accept Your Body

- **Nobody's perfect.** Everybody wants to be liked and accepted just as they are. That's true for every BODY, too! See your body the way it is. Be less of a critic. Be more of a friend.
- **Don't body-shame yourself.** When you make harsh comments about your own body, it hurts your self-esteem. That's true whether you say it out loud or think it to yourself. It hurts just as much as if someone else said it. Be kind. Respect yourself, even if you have things to work on.
- **Build a better habit.** Do you have a habit of putting your body down? To break that bad habit, build a good one in its place. Tell yourself what you like instead of what you don't. Keep doing it until it is a habit.

Note: The following activity can be done as a class, in pairs or individually.

Print the pictorial puberty changes cards and the headings.

Post the following titles on the wall/board in three columns: BOYS/GIRLS/BOTH.

Decide where under each column each randomly picked card should be placed. Students may need prompts by using the pictures on the cards as visual cues or asking students to think about older teens they know who have gone through puberty.

As a class, review the card placements, and make the necessary changes according to the Puberty Changes answer key.

Explain changes that participants do not understand.

END: Explain (10-15 minutes)

Activities about **Puberty** have a purpose that may not be apparent to third graders. It is important that you provide closure through questioning skills to assess if your students understand the lesson.

Directions:

Ask students to define and use the vocabulary (time line, puberty, hygiene).

Review today's talk about puberty.

Ask: "Do all humans change, grow, and develop at the same time?" [No, everyone has his/her own timeline.]

"Do all humans change, grow, and develop in the same way?" [No, everyone develops into his/her own person.]

"What are some ways girls and boys can practice hygiene?" [bath, shampoo, launder clothes, wear deodorant, brush your teeth.]

Have students write a "Diary entry" to themselves about the changes on the back of their timeline.

Encourage them to think about what they have heard about puberty today and include in the diary entry what changes that come with puberty they are most curious.

Ask students to be sure to include at least one question they could ask their trusted adult about puberty.

Stages of Life images

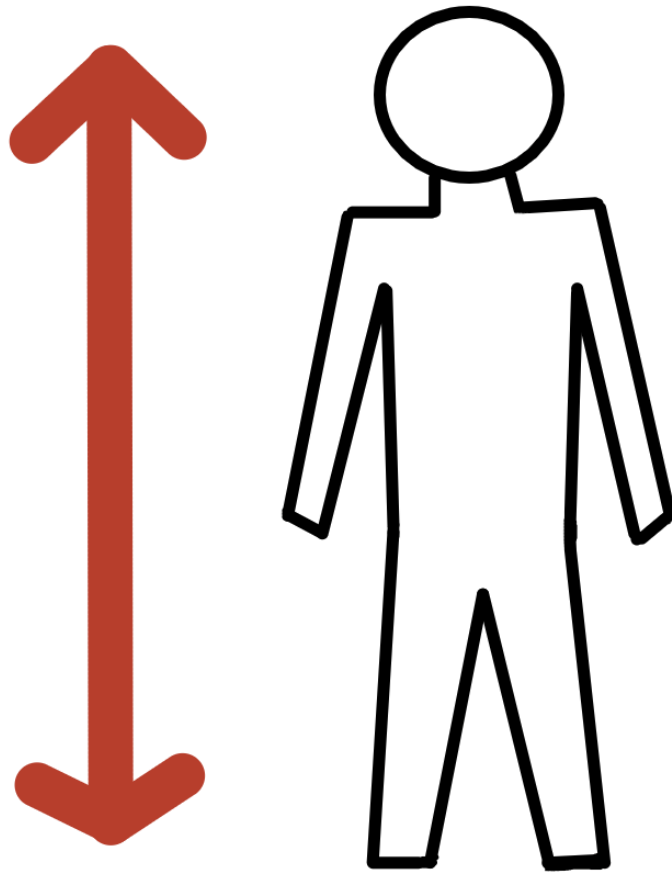


Stages of Life images



Stages of Life images





Grow taller



image attribution: <https://www.clipart.emai>

Skin gets oily



Voice changes



image attribution: <https://www.clipart.email>

Hair gets oily



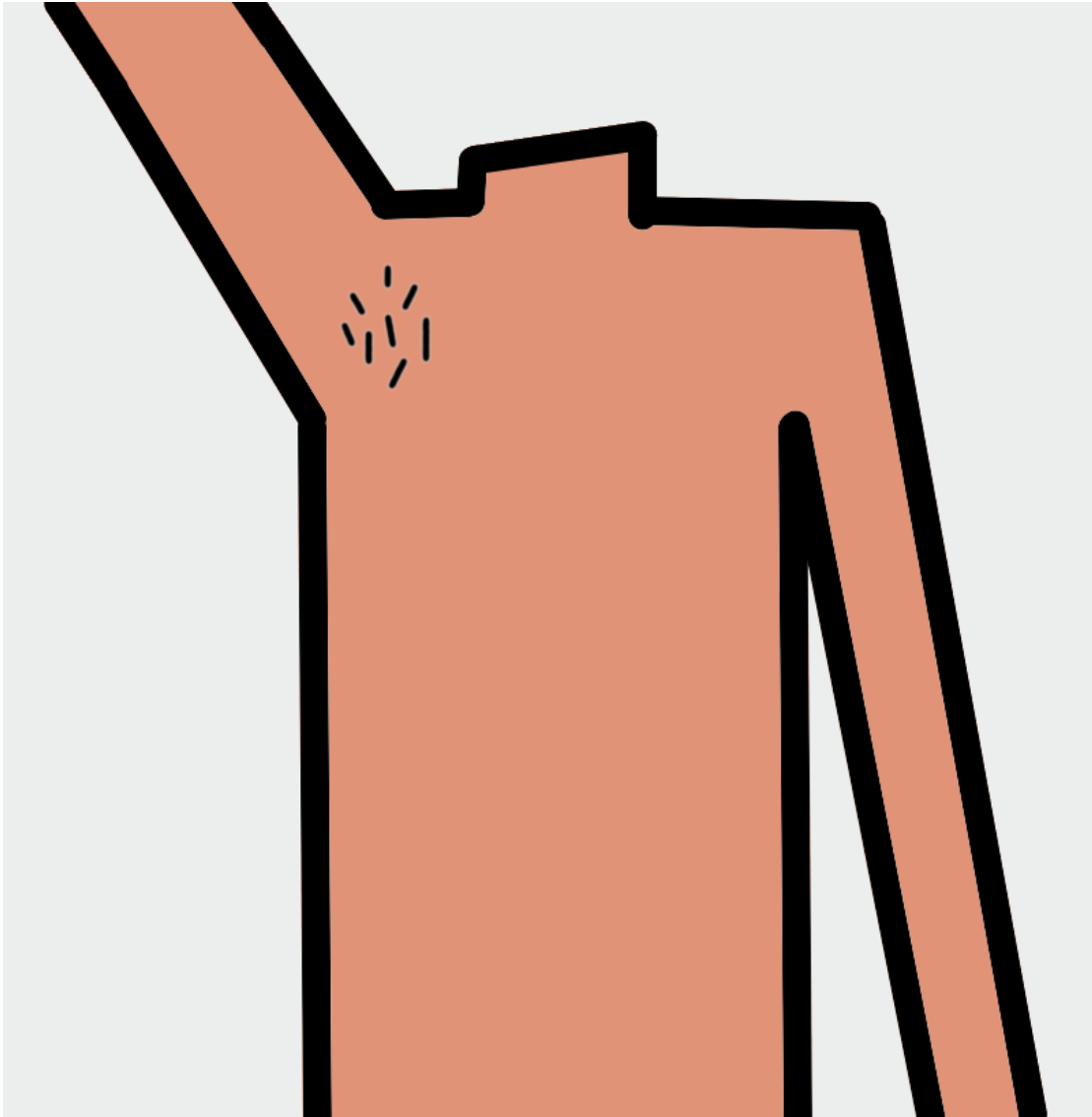
Hair grows
on Face



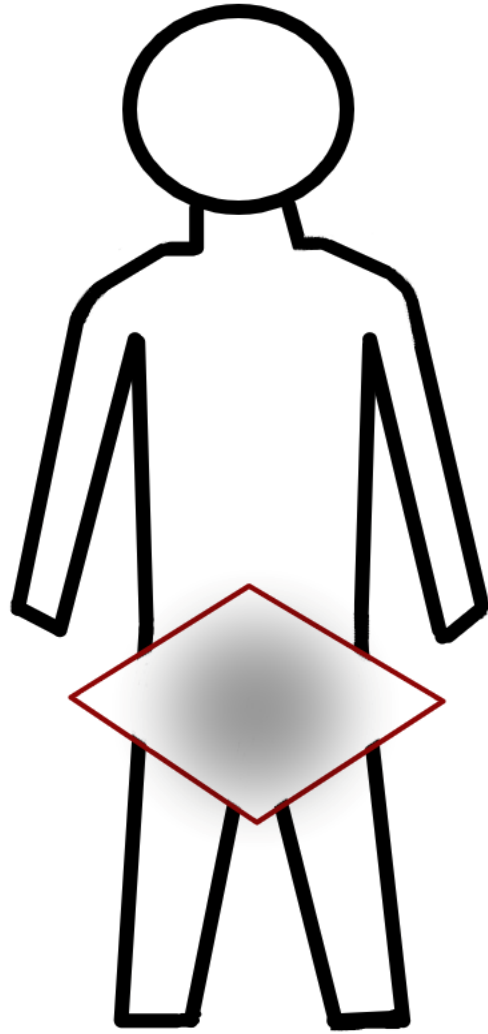
Acne
(pimples)



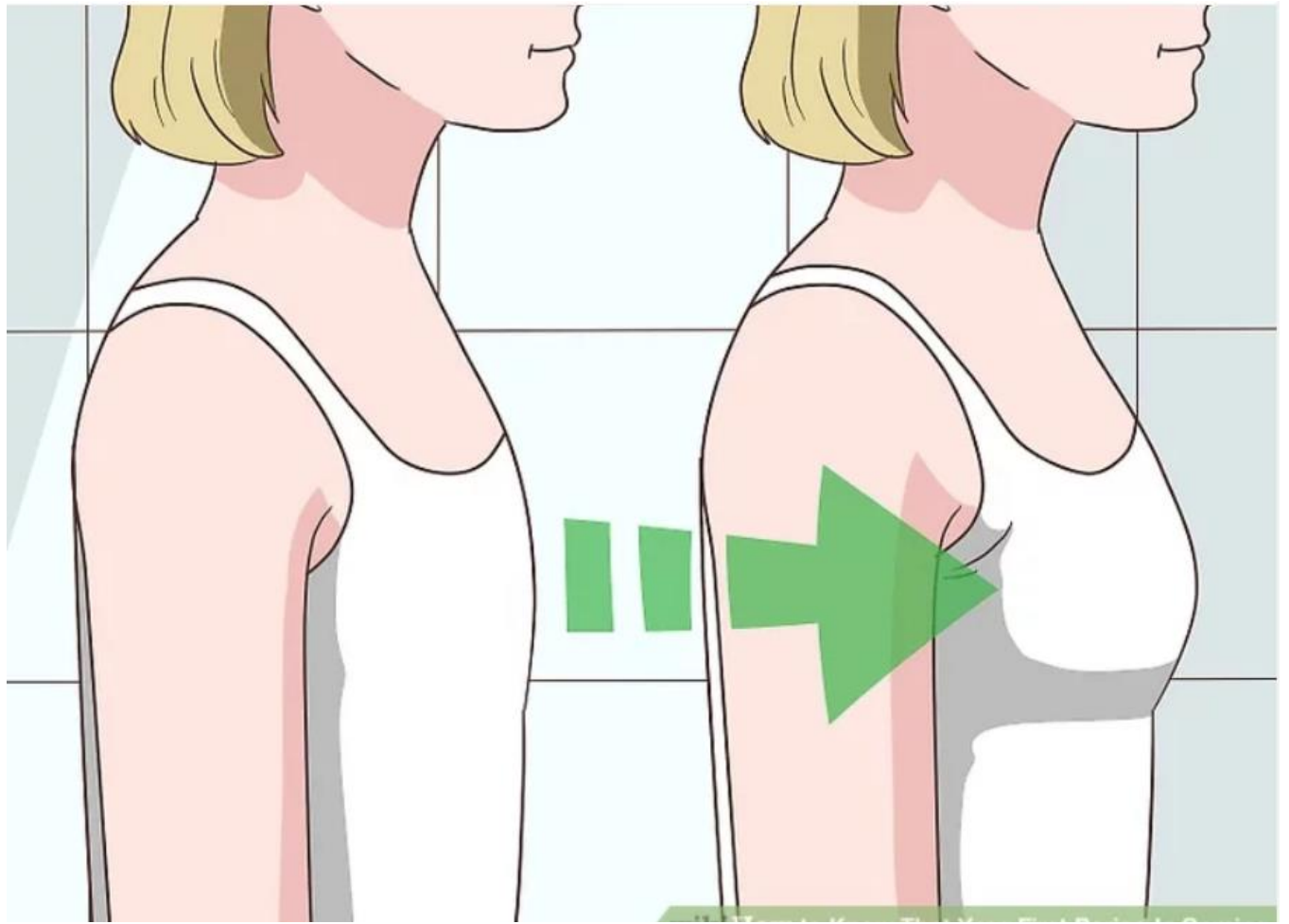
Sweat glands
develop



Hair grows
under arms



Hair grows on
private areas
(genitals)



<https://www.wikihow.com/Know-That-Your-First-Period-Is-Coming>

Breast develop



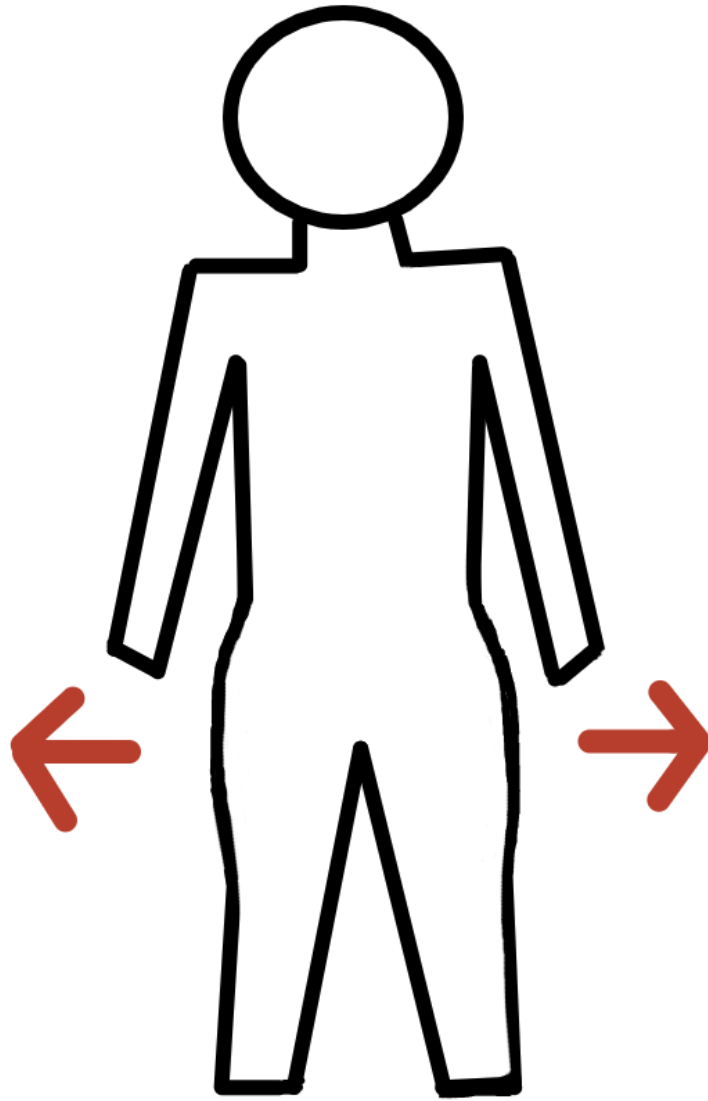
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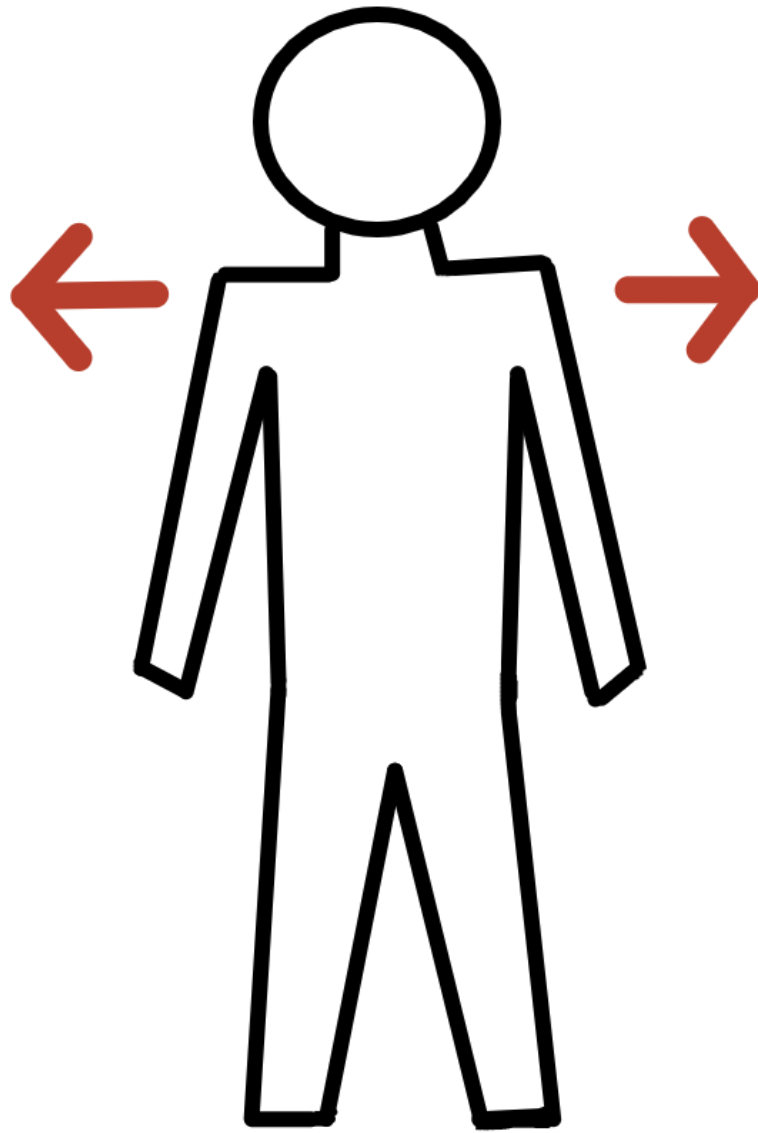
Deodorant

<https://clipartstation.com/wp-content/uploads/2017/11/good-grooming-for-kids-clipart-12.jpg>

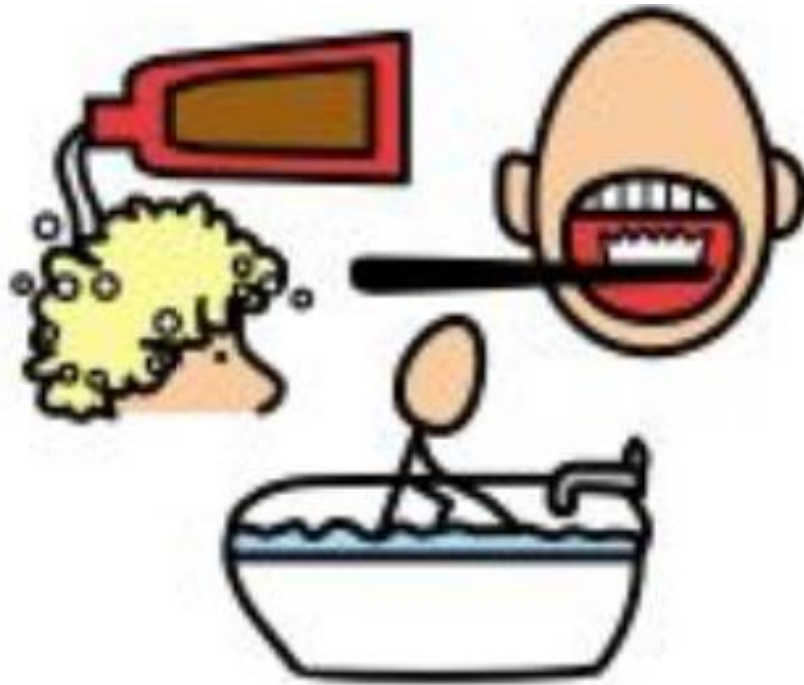
Wear deodorant
to help prevent
body odor



Hips get wider

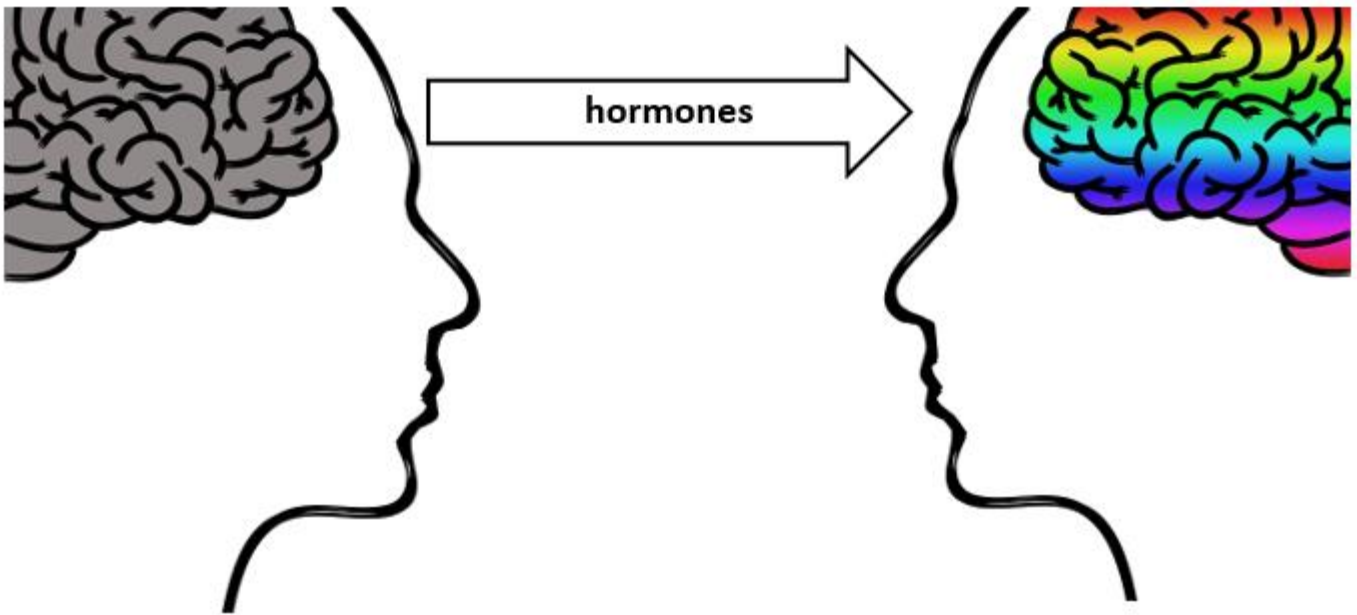


Shoulders
get wider



<https://clipartstation.com/wp-content/uploads/2017/11/good-grooming-for-kids-clipart-12.jpg>

Personal hygiene



Start producing
hormones

Changes in me: PUBERTY: PICTORIAL CHANGES **KEY**

Girls

- Breasts develop
- Hips get wider

Boys

- Hair grows on face
- Shoulders get wider

Both

- Grow taller
- Skin gets oily
- Acne (pimples)
- Voice changes
- Hair gets oily
- Hair grows in underarm
- Hair grows on genitals (pubic hair)
- Sweat glands develop
- Body starts producing hormones that trigger puberty
- Personal hygiene
- Wear deodorant to help prevent body odor