

Austin ISD Human Sexuality and Responsibility

Grade Level: 5

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 students to talk 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 3: Puberty & Personal Hygiene

LESSON SUMMARY: Puberty and Personal Hygiene. Students learn about the changes that occur during puberty and the increased need for personal hygiene.

NSES

PAD.5.CC.3: Describe how puberty prepares human bodies for the potential to reproduce.

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

PD.5.AI.1: Identify medically accurate information and resources about puberty and personal hygiene.

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

PD.5.SM.1: Explain ways to manage the physical and emotional changes associated with puberty.

LESSON OBJECTIVES

Describe the potential to reproduce in humans;

Identify accurate information about puberty and hygiene;

Identify trusted adults to talk to about puberty and hygiene;

Explain how to manage physical and emotional changes during puberty.

MATERIALS

Copies of student handout for Always Changing: A Video About Puberty

VOCABULARY

Puberty: a period of time when your body begins to change and develop as you transition from a kid to an adult; your body becomes capable of reproduction.

Hygiene: the practice of keeping one's body clean and healthy.

Reproduction: the biological process by which offspring—babies—are produced.

Hormones: chemical messengers produced by the body that help to control and regulate body processes, including growth, development, and reproduction.

Body image: a subjective picture of one's own physical appearance established both by self-observation and by noting the reactions of others.

BEGINNING: Engage

Activity: **All humans change, grow, and develop.**

Directions:

Display image of stages in a human's life, such as the one below (note: very few images were labeled for reuse; the one below is).



Ripon, Nazrul I. "Life Stages." Wikimedia- Common, Nazrul I Ripon, 1 Jan. 2014, commons.wikimedia.org/wiki/File:Life-stages.jpg#filelinks. (Accessed August 29, 2019)

Have students interpret the projected image.

Ask them to assign labels and approximate age ranges to each stage. (Example: The image is showing stages in the life of someone from baby to senior citizen. The baby is about a year old, the boy is between 3 and 6, etc.)

Ask the students what stage they are in.

Tell them that during this stage they will begin to notice changes in their bodies as they transition from child to teenager to adult. Ask the students if they know the word that describes this period of change in their lives (puberty).

Tell the students that everyone goes through puberty, although, just as with anything else, not everyone goes through puberty at the same time or the same rate. Typically, girls start puberty earlier than boys, somewhere between ages 8 and 13, with boys starting somewhere between ages 9 and 14.

Tell the students that it helps to learn about puberty and the changes involved because then they will know what to expect and how to manage the experience.

MIDDLE: Explain

Activity: **Always Changing/Puberty**

Directions:

Tell the students that they are going to watch a video that will answer a lot of the questions they might have about the changes that occur during puberty. In fact, the video is led by students just like them asking these questions. Tell the students to look for physical and emotional changes that occur during puberty, and practices of good hygiene for people going through puberty.

Distribute the handout Always Changing: A Video About Puberty

The front of the handout has some guiding questions that follow along with the video.

The back is blank for other notes and questions the students have. These notes and questions are for themselves and to share with a parent if they wish.

NOTE: Pause the video at your discretion to clarify information and/or guide students in their note-taking.

Show the video: Always Changing (Note: there are girls-only and boys-only versions of the video)

<https://www.pgschoolprograms.com/Educators> or on YouTube at

<https://www.youtube.com/watch?v=tKfJ8w7XX6E&t=274s>

(Make sure you are logged in to your Google account. Click on the blue button- "Sign in".)

After watching the video:

Review the answers to the questions on the front of the handout.

Have students make corrections as needed.

Do not have the students share any notes or questions they have written on the back of the handout.

Tell the students they can share those notes and questions with a parent.

END: Evaluate

Activities about **Puberty and Hygiene** have purposes that may not be apparent to 5th graders. It is important that you provide closure through questioning skills to assess if your students understand the lesson.

Activity: **Jeopardy**

Directions:



Project and play **Puberty Jeopardy** <https://www.playfactile.com/whatispuberty>

Always Changing: A Video About Puberty

The front: guiding questions on puberty that the video answers.

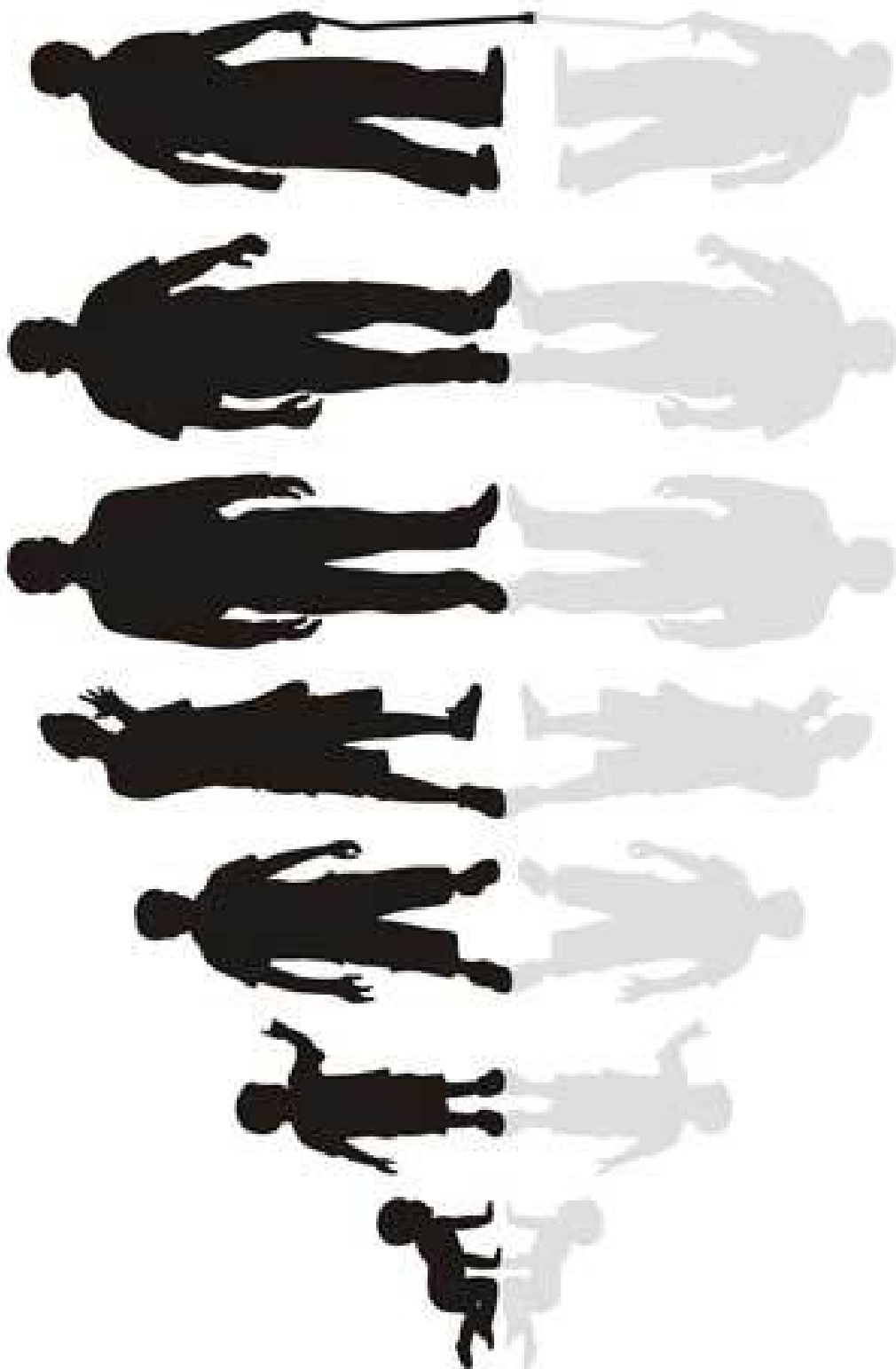
The back: a blank area for you to write any questions you have about puberty and the changes that happen. (This is your area for reflection and is to remain private unless you choose to share.)

1. What exactly is puberty anyway?
2. What causes the changes that occur during puberty?
3. How long does it take for the changes to occur?
4. What are some of the physical and emotional changes that girls will experience?
5. What are some of the physical and emotional changes that boys will experience?
6. When does puberty usually start in girls and when does it start in boys?
7. What is hygiene and why is it super important during puberty?
8. What are some good hygiene practices that I need to start soon?

Other Notes and Questions I Have About Puberty

Private//Confidential

A trusted parent(s) or adult I can share my questions and concerns about puberty with is _____.



Ripon, Nazrul I. "Life Stages." Wikimedia- Common, Nazrul I Ripon, 1 Jan. 2014, commons.wikimedia.org/wiki/File:Life-stages.jpg#filelinks. (Accessed August 29, 2019)

Always Changing: A Video About the Four Stages of Puberty

TEACHER KEY (The responses here are from the video; however, answers could vary.)

1. What exactly is puberty anyway?

Puberty is a series of changes that your body—and all of your friends' bodies—will go through as you grow up and eventually become an adult.

2. What causes the changes that occur during puberty?

It all starts here in a tiny little gland located under the front of your brain called the pituitary gland. For girls, your pituitary gland sends a signal to your ovaries to begin making a hormone called estrogen. The estrogen made by your ovaries during puberty travels throughout your entire body and causes the changes. Boys go through this process too, but the hormone in charge of their body changes is called testosterone. As boys begin puberty, the pituitary gland sends a signal to their testicles to begin making testosterone, which causes their bodies to grow and develop, too.

3. How long does it take for the changes to occur?

Whether you're a boy or a girl, these changes happen slowly over time.

4. What are some of the physical and emotional changes that girls will experience?

For girls, you'll get taller during puberty. Your breasts will get bigger. You'll start growing body hair in new places and you may get body odor. Your skin and hair may become oily, and you may get pimples. You may also get angry more easily and go through mood swings. The biggest change you'll experience is that you'll start your period—menstruation.

5. What are some of the physical and emotional changes that boys will experience?

Boys will get taller, bigger and stronger. Just like girls, your skin and hair may become oily, and you may get pimples. You may sweat more and develop body odor. Your penis and testicles will start to get bigger and longer, and you'll begin producing sperm, which is the male reproductive cell. Your testicles will start hanging lower and you'll begin to grow pubic hair at the base of your penis. You'll also grow hair in a few other new places, like on your face, under your arms, on your legs and sometimes on your chest. Your body shape will fill out to be more like a grown man. Your chest and shoulders will become broader. Your muscles will become more developed. Your voice may also start to "crack" as it becomes deeper.

6. When does puberty usually start in girls and when does it start in boys?

Puberty for boys usually starts between the ages of 10 and 17; for girls, puberty usually starts between the ages of 8 and 13. The changes that occur during puberty last for a several years.

7. What is hygiene and why is it super-important during puberty?

Hygiene involves those practices that help you keep your body clean and healthy. This is especially important during puberty because you start producing a certain kind of sweat that can cause body odor when it mixes with bacteria. Also, your body starts producing sebum, an oily substance that can cause acne and make your hair look and feel greasy.

8. What are some good hygiene practices?

Bathing and shampooing daily, brushing and flossing teeth twice a day, washing face and hands, using deodorant, shaving safely, clipping nails. Other healthy practices include eating nutritious foods, exercising, and getting plenty of sleep (especially following a regular sleep routine).

Always, P&G School Programs, director. *Always Changing and Growing Up*. YouTube-Always Changing and Growing Up-Co-Ed Puberty Education Video, Always, 4 Oct. 2016, www.youtube.com/watch?v=tKfJ8w7XX6E&t=274s. (Accessed August 29, 2019)