

Next Up

Puberty and Adolescent Development Program 2021-2022 School Year

This program will be presented in gender-separated groups.

5th Grade Outline for a 60- or 90-Minute Program

Shorter time frames are not available.

Introduction: Who am I?

Students reflect on their own identity.

We are all unique! We are all learning, growing, and have dreams and goals.

Healthy choices lead to healthy consequences.

Interactive game demonstrates how our choices can help or hurt our ability to reach our dreams and goals.

Growing up, Puberty, Adolescence

Introduction and definition of BIG WORDS - puberty, adolescence, reproduction.

When does puberty begin? This is different for everyone and typically ranges anywhere from about 9-14.

Changes begin in the brain with HORMONES before our body begins to change with growth spurts.

Changes happen both inside (feeling different) and outside (looking different).

Common myths about puberty. If you have questions, it is important to talk to your parents.

The Making and Miracle of YOU: Where did I come from?

Fertilization through fetal development including video clip with ultrasound images.

Changes for both boys and girls - hair, skin, eyes, emotions (including how they affect relationships).

Healthy Decisions - The body needs healthy nutrition, plenty of exercise, and enough rest.

Amazing Anatomy- MALES and FEMALES

Identifying terminology and function of the reproductive system:

Female - vagina, uterus, fallopian tubes, ovaries, menstruation, fertilization

Male - penis, urethra, vas deferens, testes/testicles, scrotum, ejaculation

The following information is presented to the specified gender only:

Female - feminine hygiene / Male - erections, wet dreams

Sex- What it is, what it is NOT

Three ways to think about sex: gender, reproduction, intimacy

Sex is NOT a game, "making love", or like seen on TV or media

What love is- giving, freedom, respect, honesty, protecting, encouraging

As suggested by the CDC and directed by the Texas Education Code, sex is best shared in a long term, mutually monogamous relationship, or marriage.

Beware of Sexual Abusers: Sexual abuse is never the victim's fault.

Who may be a sexual abuser? Recognizing forms of sexual abuse.

If you are, or have been, involved in sexual abuse, (1) Stop; (2) Get away; (3) Tell an adult.

Healthy Relationships

Choose your friends wisely - Friends can influence you to make positive choices or negative choices.

A good friend is someone you can count on, trust, considers your feelings, listens, and encourages you.

Dating relationships -

It is best to start with a friendship.

Not a game but a part of learning to have healthy relationships.

Always ask and follow your parents' rules.

Peer pressure- Examples of how peers can try to influence positive or negative decisions.

Conclusion

Make healthy choices that will give you freedom to reach your dreams and goals!

A voluntary, anonymous survey is offered to students. Compiled results and comments are sent to the school.