

Next Up

Puberty and Adolescent Development Program 2023-2024 School Year

4th & 5th Grade Outline for a 60- or 90-Minute Program

Shorter time frames are not available.

This program will be presented in age appropriate, gender-separated groups.

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 / Sex / Relationships

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, hygiene, 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 ONLY in 5th Grade*)
- The following information is presented to the specified gender only:
 - Female - feminine hygiene, breast buds
 - Male - erections, wet dreams (*5th grade only*)

Sex- What it is, what it is NOT (ONLY 5th Grade)

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

Sex is NOT a game, "making love", a way to hurt someone, or like what's seen on TV or media

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

Sex is best shared in a life-long committed relationship, usually seen in a marriage.

Beware of Sexual Abusers (Senate Bill 9 Component)

Sexual abuse is never the victim's fault.

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

If you are encountering, or have encountered, a sexual abuser, (1) Tell them to stop; (2) Get away; (3) Tell an adult.

Private parts are private. Tell an adult if anyone ever makes you feel uncomfortable/unsafe.

Healthy Relationships

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

Dating relationships (*ONLY in 5th Grade*)

- 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.

Conclusion / Survey

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.