

***GROWTH AND CHANGES***  
**Grade 5**  
**Course Description**  
**(Boys - 5 lessons; Girls - 5 lessons)**

The *Growth and Changes* puberty and adolescence program is offered to all New Hanover County Schools' Grade 5 students. This program meets portions of North Carolina Department of Public Instruction's ***Healthful Living*** standard course of study and essential standards. *Growth and Changes* teachers are licensed and trained health educators.

The role of the *Growth and Changes* program is to supplement and assist the parent in the education of his/her child as it relates to the physical, emotional and social changes of puberty and adolescence. Parents are encouraged to review class materials and open a dialogue about what is being learned.

**Topics taught in *GENDER SEPARATED* classes: (5 lessons)**

- Friendships (healthy and unhealthy relationships)
- Positive and negative personality traits
- Hormonal effects on emotions
- Puberty: understanding what is normal and what is not
- Effects of the hypothalamus and pituitary glands on the reproductive system
- Secondary gender characteristics that occur during puberty
- Structure, function and purpose of their own reproductive system, including medically accurate diagrams and terminology
- Fertilization and human reproduction (egg cell + sperm cell)
- Procedures to follow for personal body safety
- Recognizing, responding to and consequences of gender harassment
- Resources available in answering questions related to puberty
- Summative assessment

**Topics taught to *GIRLS ONLY*:**

- Ovulation and menstruation
- Dispel myths and fears related to "periods"
- Types of feminine hygiene products
- Proper usage and disposal of feminine hygiene products
- Possible health risks that can be associated with improper use of feminine hygiene products

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*The trained health educators will answer student questions that are within the realm of the curriculum. Student questions that are outside the Growth and Changes topics will be deferred to the parent or guardian.*