

5TH GRADE GROWTH AND DEVELOPMENT



PUBERTY

- Time when the body physically changes from child to adult. You will mature at your own pace. Don't be concerned if puberty starts earlier or later for you.
- Girls may begin puberty 2 years earlier than boys
- Transition from girl to woman/from boy to man over a period of 3 to 4 years
- Reproductive system starts to work
- Physical changes are not the only changes that occur. Your emotional and social lives will change too.

Puberty

- Changes begin on the inside of your body long before you see changes on the outside. Puberty starts when a gland just beneath the front of your brain—the pituitary gland—sends a signal for your body to increase production of certain hormones.
- The body of a boy makes testosterone. The body of a girl makes estrogen and progesterone. These hormones are responsible for the changes that occur in your body.

Changes in Females and Males

- Growth spurt
- Hair growth (under arms, pubic area, legs)
- Contour and body shape change
- Increased personal hygiene needs
- Activation of sweat glands - body odor
- Increased oil production – acne
- Mood changes

Comparison of Females & Males

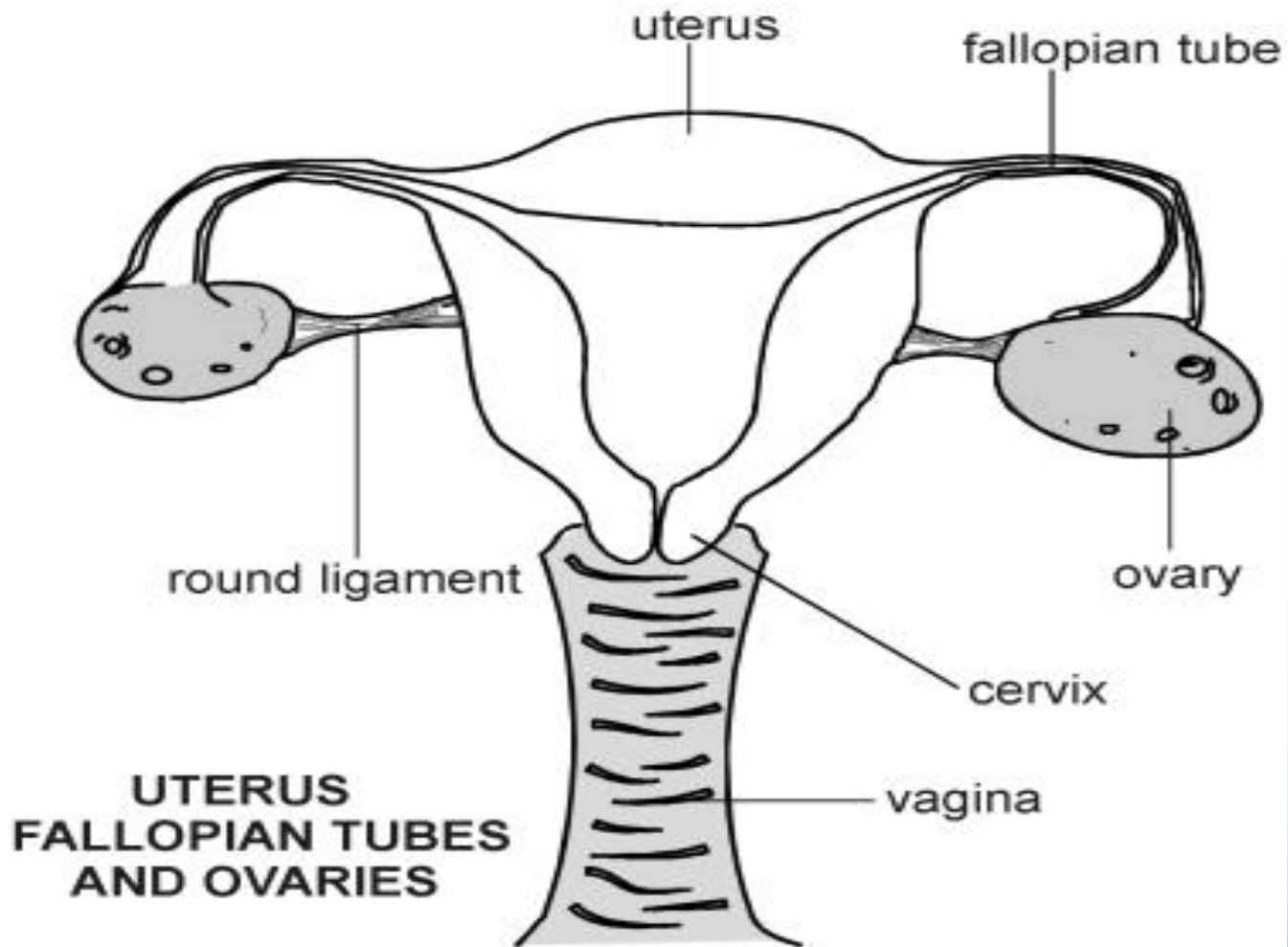
Female

- Puberty starts at age 8-14
- Ovaries – estrogen & progesterone
- Reproductive cell – eggs (eggs in ovaries at birth)
- Increased hip & breast development
- Menstruation

Male

- Puberty starts at age 9-15
- Testicles – testosterone
- Reproductive cell – sperm (produced daily)
- Increase in muscle mass
- Voice changes

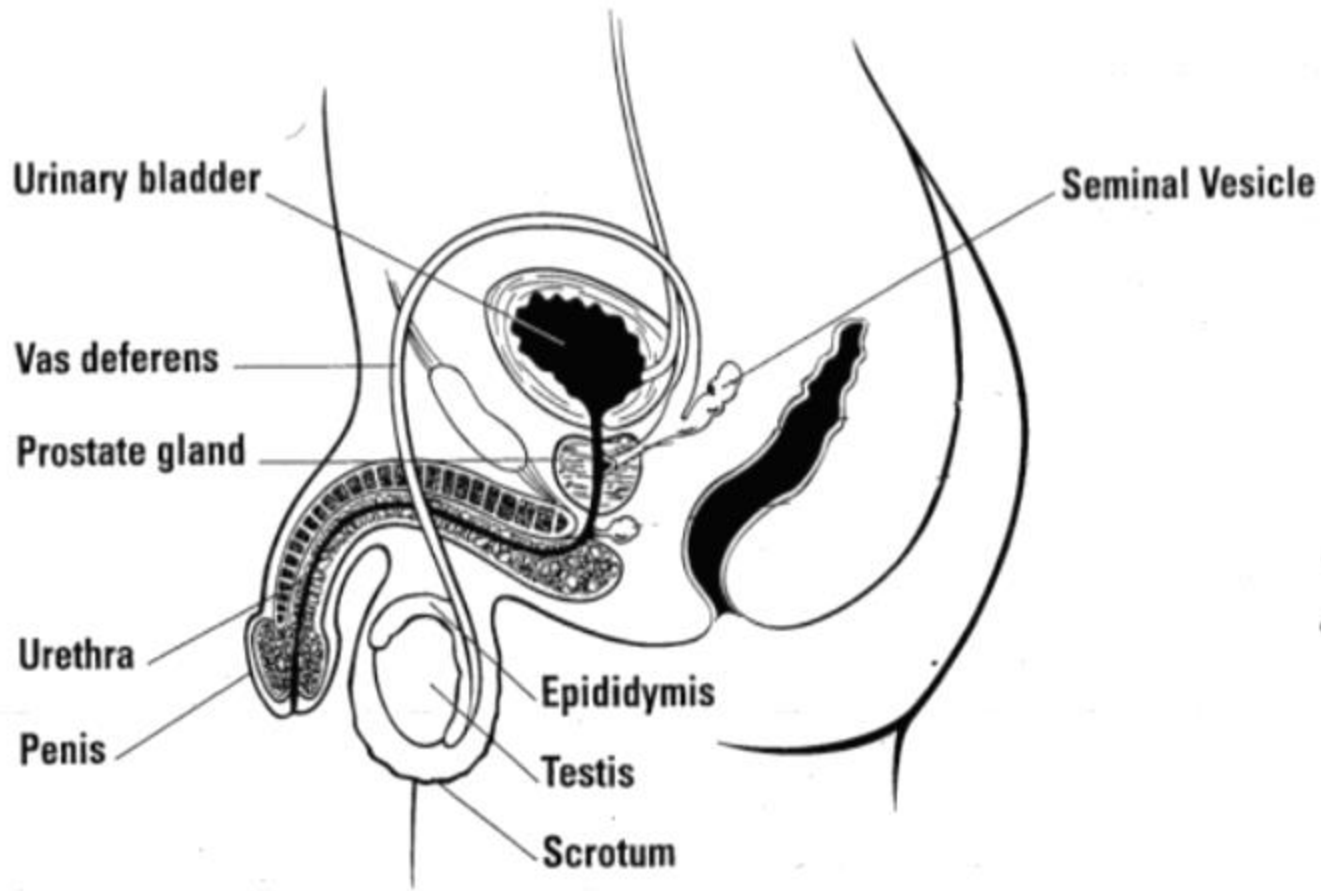
Female Anatomy



Female Reproductive System

- Inner lining of uterus begins to thicken
- Ovulation or release of an egg from ovary
- Egg travels through fallopian tube to uterus
- If egg does not get fertilized, the thickened layer of the uterus is shed (menstruation)
- Menstruation is the monthly flow of blood from the uterus to the outside of the body that usually lasts 3-7 days

The Male Reproductive System



Male Reproductive System

- The main purpose of the male reproductive system is to produce sperm - the male reproductive cells. During puberty, testosterone enables the testicles to start producing mature sperm for the first time.
- When sperm are released from the testicles they mix with a fluid in the vas deferens to make the seminal fluid which is called semen.
- Semen is released through the urethra in the penis.
- Urine also leaves the body through the urethra, but never at the same time as semen.

Healthy Hygiene Habits

- You will have to assume responsibility for your changing body and develop new hygiene habits. Oil and sweat glands become more active during puberty so your body requires more attention from YOU.
- Bathe daily with soap paying particular attention to your private area, underarms and feet.
- Wear clean clothes daily.
- Wear deodorant daily.
- Brush your teeth and floss.
- Make healthy food and snack choices.
- Be physically active everyday!
- Sleep and relaxation are important too.



Emotional Changes

- During puberty you may become more emotional and react more strongly than you did before; wide emotional swings are caused by hormones. Everything feels more intense.
- Mood swings and feelings are all a normal part of growing up. One day you may feel irritable and super sensitive and the next day be in a great mood! Adjusting to body changes and new expectations for behavior can cause low self-esteem and moodiness.
- Don't be afraid to talk to a trusted adult if you feel overwhelmed or need help/advice.
- As a preteen, you may also experience a change in self-confidence as your body grows. This growth can occur faster or slower than your peers causing you to feel awkward or embarrassed.

Social Changes

- Your family is the most important group of people to you. This is where you develop your identity.
- As you get older you may notice that you care more about how your peers view you, vs. how your family views you, such as how you dress, talk or act. This is a normal change as you grow.
- Friends may change or stay the same, sometimes weekly! This can even happen with your toys, games and hobbies. Your life can be a mix of old and new interests.
- This is an important time to remember to listen to your heart and be true to yourself. Know your values and make good decisions.

Social Changes

- Be honest about your feelings. People usually respect someone who speaks up and says, "I don't feel good about this."
- Just say "NO". Don't be trapped into having to give reasons or to defend yourself.
- Don't get involved in making fun of others or gossiping about them.
- Don't choose your friends based on how they look, where they live or because your friend told you to be or not to be friends with them.
- Don't let your friends control the way you think, feel or act.
- Be a GOOD friend and have GOOD friends.

Social Changes

- Cell Phones! Remember it is NOT healthy to be on your phone most of the day. There is a lot of research about how it affects you mentally and physically.



QUESTIONS?