

## **Fifth Grade Growth and Development**

# Fifth Grade Growth and Development- Girls

Welcome to Fifth grade Growth and Development for Girls

**Today, you will be participating in Paradise Valley Unified School District's Human Growth and Development program.**

**This program is specifically designed for students who have parent and/or guardian permission to participate.**

**A few more things about this program.**

**Human growth and development is a broad and continuous process. As you enter adolescence there is rapid physical and social development. It is during this time that you need to understand what it means to grow up and to assume more responsibility for yourself.**

**The more you understand about your body and how it works, the more confident you will feel about yourself.**

The purpose of the class is -

- To introduce you to the physical and emotional changes associated with puberty
- Learn physiology and correct terminology of the parts of the female reproductive system
- Learn the menstrual cycle - What to expect during a period and how to manage periods while continuing with your normal activities

First, some ground rules

- Do not discuss the content material with other students, this is for you only as 5th grade girls
- If you have questions, ask a parent or another trusted adult
- **That trusted adult could be a parent or a guardian or any adult family member who is helping raise you. These are the people who will help guide you to set your values and help answer your questions**

Now let's start by finding out what you know already about puberty.

True or false?

Puberty involves physical and emotional changes (wait 5 sec)

The answer is true - Puberty involves lots of physical and emotional changes.

To help bust body odors shower and apply deodorant once a week. (wait 5 sec)

The answer is false - You will need to get used to showering more often and using deodorant daily.

For most girls, puberty begins between the ages of 8 and 13. (wait 5 sec)

The answer is true - it's a range of years.

On average, the menstrual flow lasts 3 to 7 days. (wait 5 sec)

The answer is true for most girls and women.

You should not bathe, exercise or swim when you have your period. (wait 5 sec)

This is false - you may engage in all your regular activities when you have your period.

Periods always come on a regular schedule. (wait 5 sec)

False - hormone levels can vary month to month to impact when a period happens.

Everybody can tell when you are having your period. (wait 5 sec)

False - not unless you tell them!

You should change your pad every 3 to 4 hours during your period. (wait 5 sec)

This is true.

The following two questions are multiple choice -

The changes that happen to you during puberty usually happen -

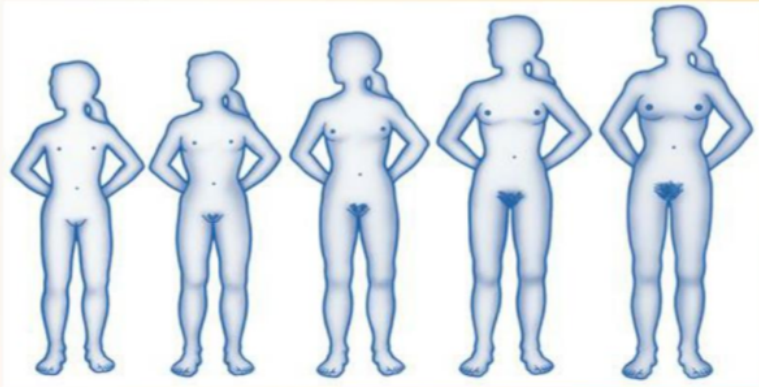
a) overnight b) gradually over a few years c) on your 11th birthday or d) in 2 weeks (wait 5 sec)

The answer is b) -gradually over a few years... it takes time

During puberty girls a) develop breasts b) have their periods c) grow hair under their arms and

in their pubic area d) all of the above (wait 5 sec)  
The answer is d - Yes, it's all going to happen

## Female Stages of Development



This slide shows the external changes that happen in a girl's body during puberty.

Stage 1 ages 8 to 12 - There are no signs of development

Stage 2 ages 8 to 14 - There is increased height and weight and breast buds appear and also light pubic hair

Stage 3 ages 9 to 15 - Breasts become rounder and fuller, pubic hairs are thicker, and a clear to white-ish vaginal discharge begins and some girls start their period late in this stage.

Stage 4 ages - 10 to 16 underarm hair appears, breast changes and for many girls their period starts.

Stage 5 ages 12 to 19 - the overall look is of a young woman... breast development is complete height is fully attained and periods come regularly

So, at what stage is an 11 year old? (wait 5 sec)

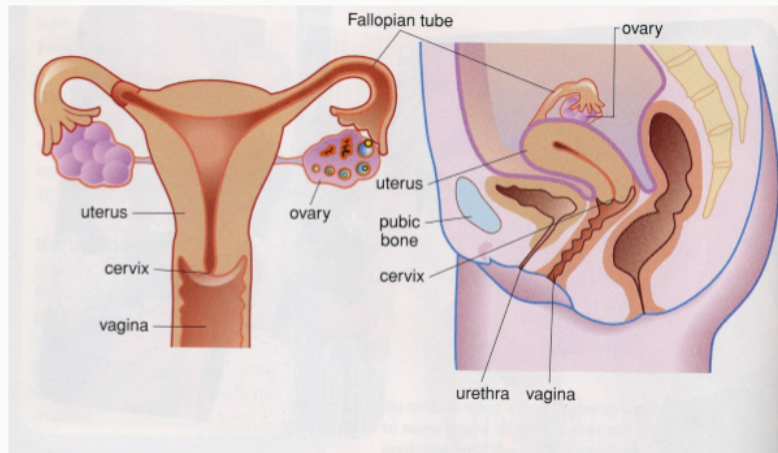
Anywhere from Stage 1 to 4. Remember, these changes happen at different times for everyone.

Let's start the video now (19 minutes)

VIDEO

These are two views of the female reproductive system.

## Female Reproductive System



Ovaries - Two glands on either side of the uterus that contain a woman's egg cells and produce estrogen, progesterone and other hormones

Egg - Also called an ovum, is the female reproductive cell

Fallopian tubes - Two tubes connecting the ovaries to the uterus through which the egg travels

Uterus - also called the womb a muscular organ lined with soft, nourishing tissue the carries the embryo until birth

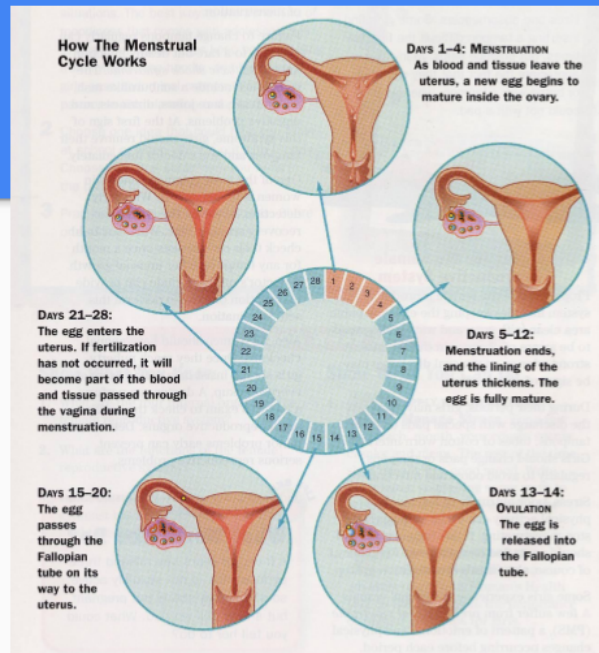
Endometrium - a spongy blood-filled tissue that lines the uterus and nourishes the developing embryo. This lining is discharged during menstruation or period

Ovulation - The moment at which the egg is released from an ovary

Cervix - The base of the uterus with a small opening between the uterus and the vagina

Vagina -The flexible passageway leading from the cervix to the outside of the body. Menstrual fluid flows from the vagina.

# Menstrual Cycle



This slide shows the menstrual cycle

Days 1-4 are the heavier days of menstrual flow, when blood and tissue leave the uterus.

Days 5-12 are lighter days and the end of the menstrual flow. The lining of the uterus starts to thicken and an egg matures in the ovary.

Days 13-14 is when the mature egg is released into the fallopian tube. This is called ovulation.

Days 15-20 The egg passes through the fallopian tube on its way to the uterus.

Days 21- 28 The egg enters the uterus. If fertilization does not take place, it will become part of the blood and tissue through the vagina during menstruation.

Once again remember the ground rules for outside this classroom

- Do not discuss this material with other students outside the classroom, it's for 5th grade girls only.
- If you have questions, ask a parent or another trusted adult.

We would like to leave you with the following thoughts. Every person goes through these changes. It's wondrous and exciting but it's also awkward sometimes. You're all on this journey so please be kind to one another. When you notice that the girl in line in front of you has blood on her skirt, think before you smirk or point it out to others. When the girl working in your group suddenly bursts into tears, think before you say something mean. Remember emotions are personal and can be embarrassing. It could be you in that situation and it just might be tomorrow. Be kind, understanding and be discreet. Speak quietly and privately to that person, be supportive and avoid hurting their feelings if you can. If you feel that you can't talk to that person, speak quietly to the teacher so that he or she can take care of it. These changes from child to adult are amazing! Relax and enjoy the journey.



# 5th Grade Growth and Development- Boys

Welcome to the 5th grade human growth and development class for boys



Today, you will be participating in Paradise Valley Unified School District's Human Growth and Development program.

This program is specifically designed for students who have parent and/or guardian permission to participate.

A few more things about this program.

Human growth and development is a broad and continuous process. As you enter adolescence there is rapid physical and social development. It is during this time that you need to understand what it means to grow up and to assume more responsibility for yourself.

The more you understand about your body and how it works, the more confident you will feel about yourself.

## The purpose of the class is:

- To introduce you to the physical and emotional changes associated with puberty
- Learn physiology together with correct terminology of the body parts of the male reproductive system

First let's review some ground rules-

- Do not discuss the content material with other students, this is for you only as 5th grade boys
- If you have questions, ask a parent or another trusted adult
- **That trusted adult could be a parent or a guardian or any adult family member who is helping raise you. These are the people who will help guide you to set your values and help answer your questions**

Now let's start by finding out how much you know already about puberty

True or false?

For most boys, puberty starts between the ages of 10 and 17 (wait 5 sec)  
The answer is true

All boys start shaving during puberty (wait 5 sec)  
That's false

Mood swings are often a part of puberty (wait 5 sec)  
This is true

To help smell fresh, shower and apply deodorant once a week. (wait 5 sec)  
False, you will need to get used to showering more often and using deodorant everyday.

During puberty, your voice may crack because your vocal cords are growing. (wait 5 sec)  
True, as the vocal cords lengthen your voice will crack unexpectedly from time to time

Wet dreams are abnormal. (wait 5 sec)  
This is false. Wet dreams are common, especially during puberty.

Changes that happen during puberty usually happen all at once. (wait 5 sec)  
False, it takes years for all the changes to happen.

Puberty involves physical and emotional changes. (wait 5 sec)  
True, it describes becoming a mature adult, physically and emotionally

The following questions are multiple choice-

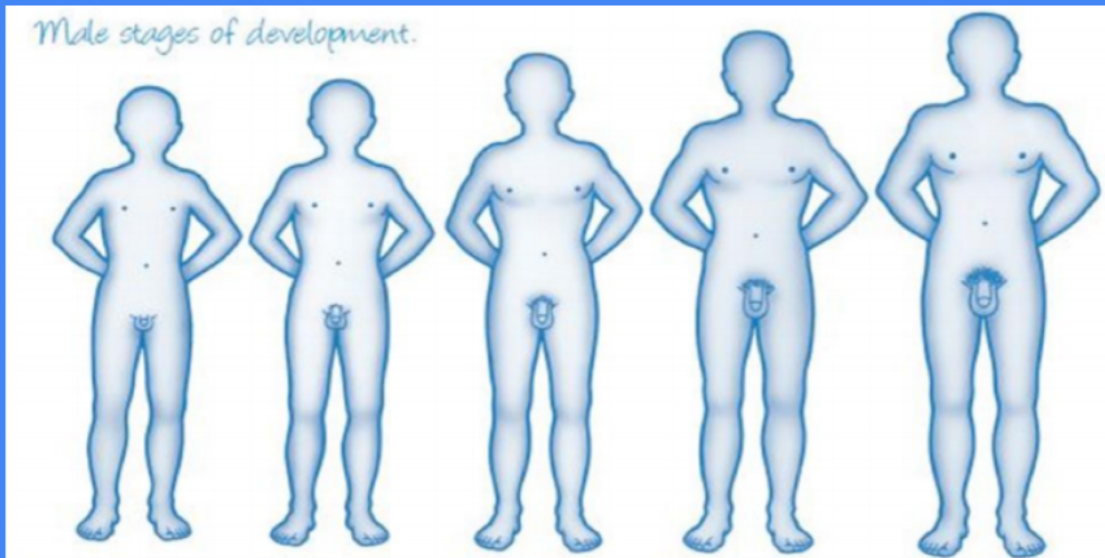
For most boys during puberty a) the voice deepens b) the body grows taller and more muscular c) hair grows under arms, on the face and in the pubic area d) penis and testicles grow larger or e) all of the above (wait 5 sec)

The answer is e - all of the above. Yes, it is all going to happen.

One body change that happens to you during puberty is a) you sweat less b) you sweat more c) your body naturally smells better d) you eat less or e) all of the above (wait 5 sec)

The answer is b..Yup, you sweat more

## Male Stages of Development



This slide shows the external changes that happen in your bodies during puberty.

Stage 1 ages 9 to 13 - no visible signs of development

Stage 2 ages 9 to 15 - testicles and scrotum grow larger and fine pubic hair begins to grow

Stage 3 ages 11 to 16 - the testicles and scrotum continue to develop. The penis grows larger and pubic hair becomes thicker. The vocal cords increase in size causing the voice to deepen.

Height and weight start to increase noticeably now.

Stage 4 ages 12 to 17 - The growth spurt continues, shoulders begin to broaden and the physique becomes more muscular. The penis grows in width and length, underarm hair and whiskers appear. Sperm production and ejaculation begins

Stage 5 ages 14 to 18 - The overall look is that of a young man. The external genitalia have an adult appearance, growth spurts slows, facial hair grows heavier, body hair grows across the chest.

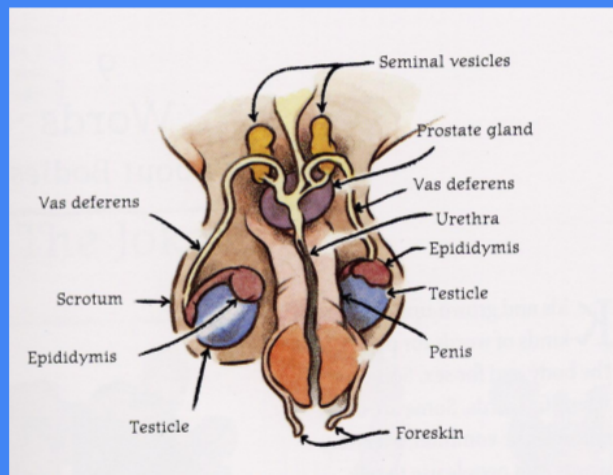
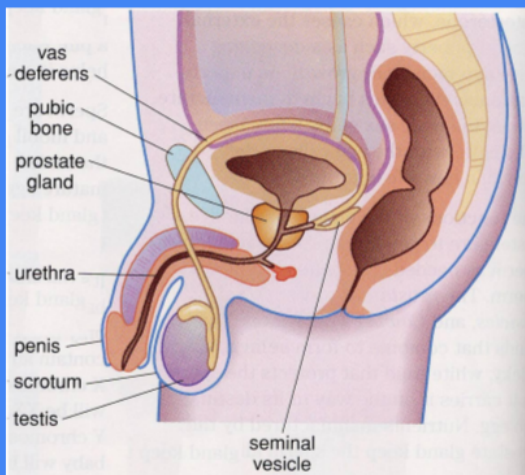
So, at what stage is a 12 year old?

Anywhere between Stages 1 and 4. Again, these changes happen at different times for everyone.

Let's start the video now

VIDEO (about 15 minutes)

## Male Reproductive System



This slide shows two views of the male reproductive system

Scrotum - a sac of skin that holds the testicles

Testicles - also called the testes, are two oval-shaped glands that are contained in the scrotum. they produce testosterone and sperm

Penis - male sex organ and also serves to pass urine

Foreskin - a fold of skin that covers the end of the penis, sometimes it is surgically removed shortly after birth (circumcision)

Sperm (spermatozoa) - the male reproductive cell

Prostate gland - a gland that produces seminal fluid

Seminal vesicles - a gland that produces seminal fluid

Semen - a mixture of seminal fluid and sperm

Epididymis - Tubes that carry sperm to the vas deferens / sperm duct

Vas deferens - tubes in which sperm is combined with seminal fluids from the prostate gland and seminal vesicles to make semen

Remember the ground rules for outside this classroom

- Do not discuss the material with other students, this is for you only as 5th grade boys.
- If you have questions, ask a parent or another trusted adult

We would like to leave you with the following thoughts. Every person goes through these changes. It's wondrous and exciting but it's awkward sometimes. You are all in this together at some point in this journey so please be kind to one another. When the boy who's presenting his report in class suddenly sounds like Minnie Mouse, think before you laugh at him. He's already embarrassed. When you sit down next to another boy and he has some body odor, think before you smirk or say something nasty. These changes are personal and sometimes embarrassing. Just remember it could be you in that situation and it just might be tomorrow. Be kind and be discreet.. speak quietly and privately to that person. Be supportive and try not to hurt their feelings. If you feel that you can't talk to them, then speak quietly to the teacher or other adult who's there so that he or she can take care of it. Growing from a child to adult is an amazing journey so relax and enjoy this time of your life.