

Human Growth and Development Curriculum

HUMAN GROWTH AND DEVELOPMENT 4th Grade

Materials:

Always Changing School Program, 1999, The Proctor and Gamble Company

Teacher's Guide

- A Guidebook for girls about growing up and a sample packet of personal hygiene items for girls
- Video
- A guidebook for boys about growing up and a sample packet of personal hygiene items for boys

The guidebooks are specific to the sex of the student. The video includes a 'girls only' segment and a 'boys only' segment.

COURSE OUTLINE:

GIRLS	BOYS
▪ Overview of Growth and Development at Puberty	▪ Overview of Growth and Development at Puberty
▪ Female Stages of Development	▪ Male Stages of Development
▪ Overview of the Female Reproductive System	▪ Overview of the Male Reproductive System
▪ Explaining Menstruation	▪ Puberty Experiences for Boys
▪ Personal Hygiene	▪ Personal Hygiene

LEARNING OBJECTIVES:

- Understand the physical and emotional changes students experience during puberty, and acknowledge these changes as a normal part of growth and development.
- Understand that personal hygiene is each individual's responsibility.
- Learn the physiology of their bodies and correct terminology for parts of the reproductive system.

Human Growth and Development Curriculum

- Girls: Understand the menstrual cycle, what to expect during a period, and how to manage periods while continuing with normal activities.
 - Boys: Understand some of the physical changes that will occur as they approach puberty.
- DISTRICT PROCEDURES:**
- This course will be taught to the 4th grade students during the second semester.
 - Parents are given the opportunity to 'opt out' of this instruction for their student(s). Sample letters are included with this curriculum guide. Schools may choose to send the letter that requires parent permission or the letter that asks parents to respond only if they wish to 'opt out'.
 - This module is taught to same sex groups. Whenever possible the boys are taught by a male instructor and the girls are taught by a female instructor.

See Appendix A for Sample Letters