

North Allegheny School District Growth and Development

Grade 4 Girls

Class Objectives

- Understand the emotional and physical changes of the female body during puberty.
- Understand the basic concepts of the female reproductive system.
- Introduce feminine hygiene products.
- Review basic hygiene, exercise and nutrition.
- Encourage positive self-image and healthy self-esteem.
- View video *Meet the New You! For Girls* (Marsh Media, item #:9570IN).
- Open discussion reflecting on class content with the intent of fostering parental discussion.

About the Video: *Meet the New You! For Girls Grades 3-5*

- This curriculum provides an age-appropriate introduction to puberty for younger students. It focuses on physical development, personal hygiene, and emotional changes. Designed for students who are not yet ready for instruction on reproduction, the program offers clear, accessible information to help them understand and prepare for the changes ahead.

Topics include:

- When to expect the onset of puberty
- Physical and emotional changes
- Menstruation
- Importance of good hygiene, exercise, nutrition and sleep
- Self-esteem and body image