

North Allegheny School District Growth and Development

Grade 5 Girls

Class Objectives

- Review of physical and emotional changes of puberty.
- Review products for personal hygiene including skin care, hair care, deodorant, and sanitary products.
- View of Getting To Know Your Body and Using Pads for Period Protection (Period Prep Class 101 from RedDrop).
- Discussion covering the following issues: respect for others, personal responsibility of their changing body and differences in maturing.
- Encourage girls to express their feelings promoting a positive attitude towards puberty.
- Open discussion reflecting on class content with the intent of fostering parental discussion.

Period Prep Class

- *Getting to Know Your Body Video* from Red Drop
 - Introduces terminology of body parts to better understand the physical changes occurring during puberty.
 - Makes those hard to have conversations more manageable and more informative
 - Provide puberty resources and expertise for you and your family
 - Identify symptoms and predictors of a period
- *How Do You Put On A Pad* video from Red Drop
 - Explains how to use pads for protection
 - Provides a demonstration on how to correctly apply a pad

Bloodborne Pathogens

- Bloodborne Pathogens will be discussed with the 5th grade students during the Growth & Development lesson
- The pathogens that will be discussed are HIV, Hepatitis B and Hepatitis C.
- See the chart to the right for the topics that will be touched on.
- More in depth discussions about these pathogens will be discussed in middle school.

