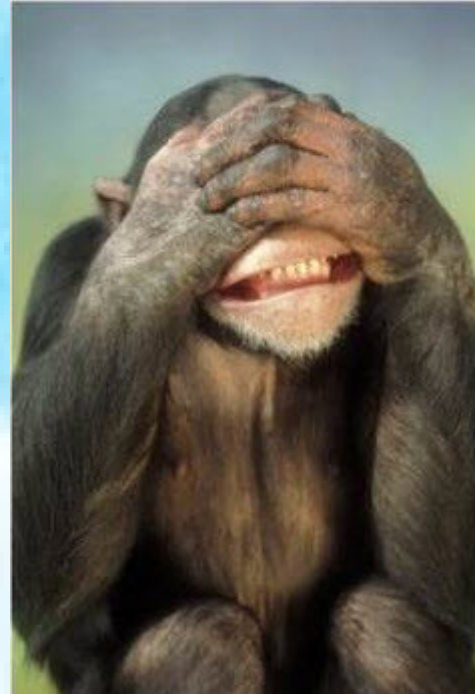


# 5th Grade Growth and Development

Presented by Kelsey Rockstroh, BSN, RN

# Oh My...Changes

Each year the nurses have the opportunity to speak to the 5th grade girls about growing up and how your body changes. Some of the information may make you uncomfortable or embarrassed since you're not used to talking about these things at school and that's ok.





At this stage in your life, your body and emotions are going through lots of changes-Puberty. Perspiration increases and B.O. develops, hair and skin become more oily, height and weight increase, increase in size of penis, scrotum, and testicles, and cracking and deepening of the voice. Nocturnal emissions, also known as “wet dreams”, may begin. Puberty for boys usually starts between 9-16.



It is important to remember  
that it is different for  
everyone, so you should  
not compare yourself to  
your classmates/friends.  
Find someone to talk to  
about this!

Always Changing About You!



# Nocturnal Emission

What is a nocturnal emission?

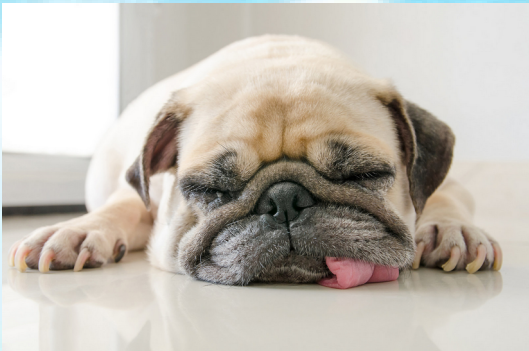
A nocturnal emission — also called a wet dream — is when a male ejaculates while sleeping. During ejaculation, semen (the fluid that carries sperm) comes out of the penis. When you wake up you may notice a wet, sticky spot on your underwear that's not pee. Wet dreams are a normal part of growing up and aren't a health problem.

Why does this happen?

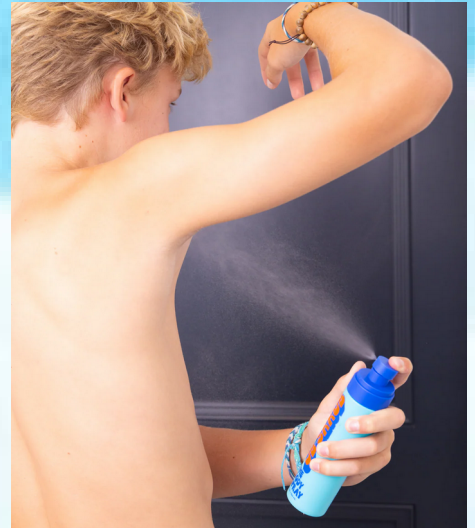
Your body makes more testosterone during puberty, which is a hormone that plays a crucial role in the development and maintenance of male reproductive organs, physical characteristics, and overall health.

# Hygiene and Healthy Habits

Now that you are growing your body need a little extra loving care! Here are some things that are important for your body to stay balanced during these important changes:



- Bathe Daily and Wash Hair
- Clean clothes, especially underwear
- Deodorant
- Get lots of sleep and exercise
- Eat well-balanced meals



# In Middle School Gym...

You will change clothes for gym in middle school. You will change in the boy's locker room.

PLEASE TAKE HOME TO WASH GYM CLOTHES  
AT THE END OF THE WEEK-NO LONGER!

It is a good idea to pack an extra deodorant to put on before and after gym class. Staying hydrated is also important for being successful in gym class.

# We are All in This Together!



Just like boys are going through changes, so are girls. It is important to know that this is all normal and we should not make fun of each other or laugh at our peers when they are going through these changes. It is all normal and a part of growing up.

# QUESTIONS

If you have any questions at this time, please write them on a piece of paper and place them in the air for us to grab.

All questions will be anonymous.



# References

1. Cleveland Clinic. "Puberty." *Cleveland Clinic Health Library*, 26 Aug. 2024, <https://my.clevelandclinic.org/health/body/puberty>. Accessed 29 Oct. 2025.
2. Nemours Children's Health / KidsHealth. "What Are Wet Dreams? (for Teens)." *KidsHealth*, Sept. 2024, <https://kidshealth.org/en/teens/expert-wet-dreams.html>. Accessed 29 Oct. 2025.