

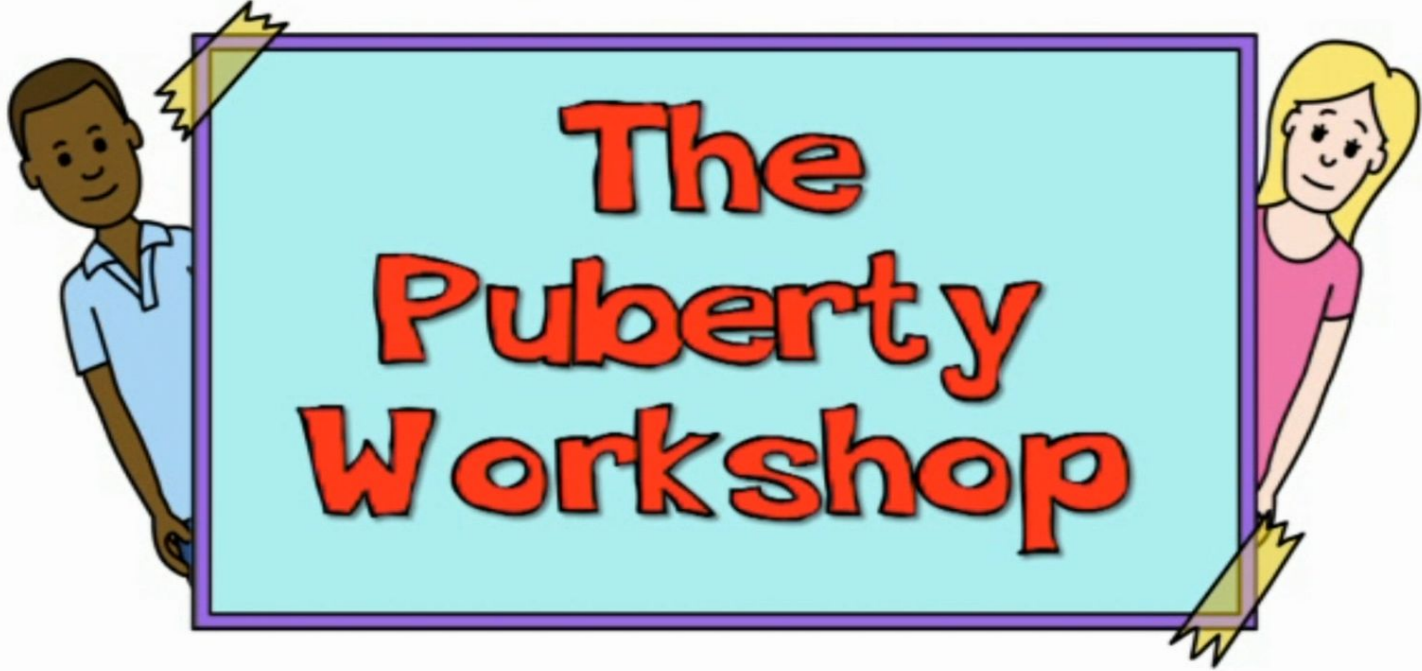
## 5th Grade Puberty

- Boys/Girls are separated for this discussion.
- Boys only see the **blue slides** and girls only see the girl sections **pink slides**.
- Slides in **yellow** are seen by ALL students

Slide show is also separated by “days” to make you aware of what will be discussed each day, with the understanding that students do ask questions that may be unrelated to that days’ topic.

# Puberty: Day 1

## What is Puberty

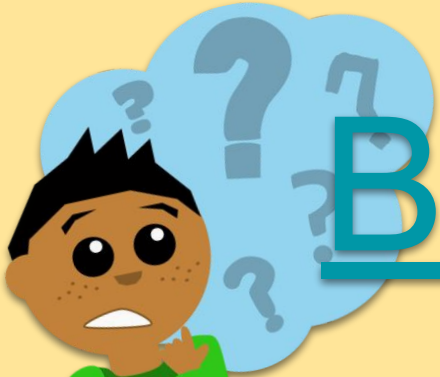


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FOR VIDEO\***

# What Is Puberty?

**VIDEO 1**  
**WHAT IS**  
**PUBERTY?**

Google Form for anonymous questions



Boys Questions

The illustration shows a cartoon boy with dark skin, black hair, and freckles, wearing a green long-sleeved shirt. He has a thoughtful expression with his hand to his chin. A blue thought bubble above him contains several question marks of varying sizes.



Girls Questions

The illustration shows a cartoon girl with dark skin, brown hair in a bun with a purple bow, and freckles, wearing a purple long-sleeved shirt. She has a thoughtful expression with her hand to her chin. A purple thought bubble above her contains several question marks of varying sizes.

# Pre and Post Test

It usually takes about a year for the changes of puberty to happen.

**FALSE!**

**Most changes of puberty take place over the span of about 5 years.**

# Pre and Post Test

Boys usually start going through puberty at a younger age than girls do.

**FALSE!**

**It is actually the opposite - girls start puberty at a younger age than boys.**

# Pre and Post Test

It's a good idea to bathe or shower daily, use deodorant and take better care of your personal hygiene during puberty.

**TRUE!**



# Pre and Post Test

Body hair that grows during puberty should be removed.

**FALSE!**

**Although it is common in some cultures for people to remove their body hair, it is not necessary to do so.**

# Pre and Post Test

During puberty, boys and girls usually need less sleep than they used to require.

**FALSE!**

**The opposite is true - you need more sleep since your body is doing so much growing during puberty.**

# Pre and Post Test

Hormones cause changes of puberty to occur in both males and females.

**TRUE!**

# Pre and Post Test

During puberty, girls begin menstruation and boys begin to produce sperm.

**TRUE!**

# Pre and Post Test

Moody behavior stops once puberty begins.

**FALSE!**

**Both boys and girls experience mood swings because of the hormonal changes that are happening.**

# Pre and Post Test

During puberty, boys and girls may become more interested in social relationships, greater independence, and making new friends.

**TRUE!**

# Pre and Post Test

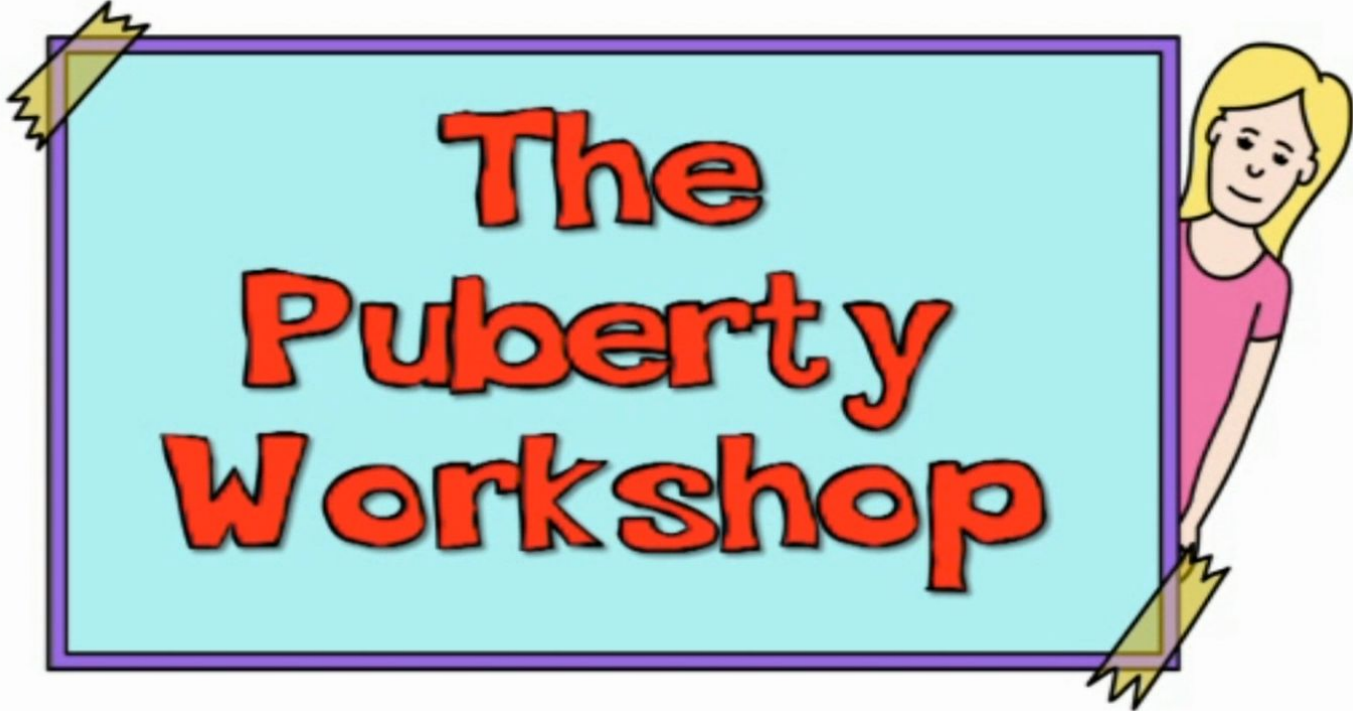
Hormones cause changes of puberty to occur in both males and females.

**TRUE!**

# Puberty: Day 2

## Girls and Puberty



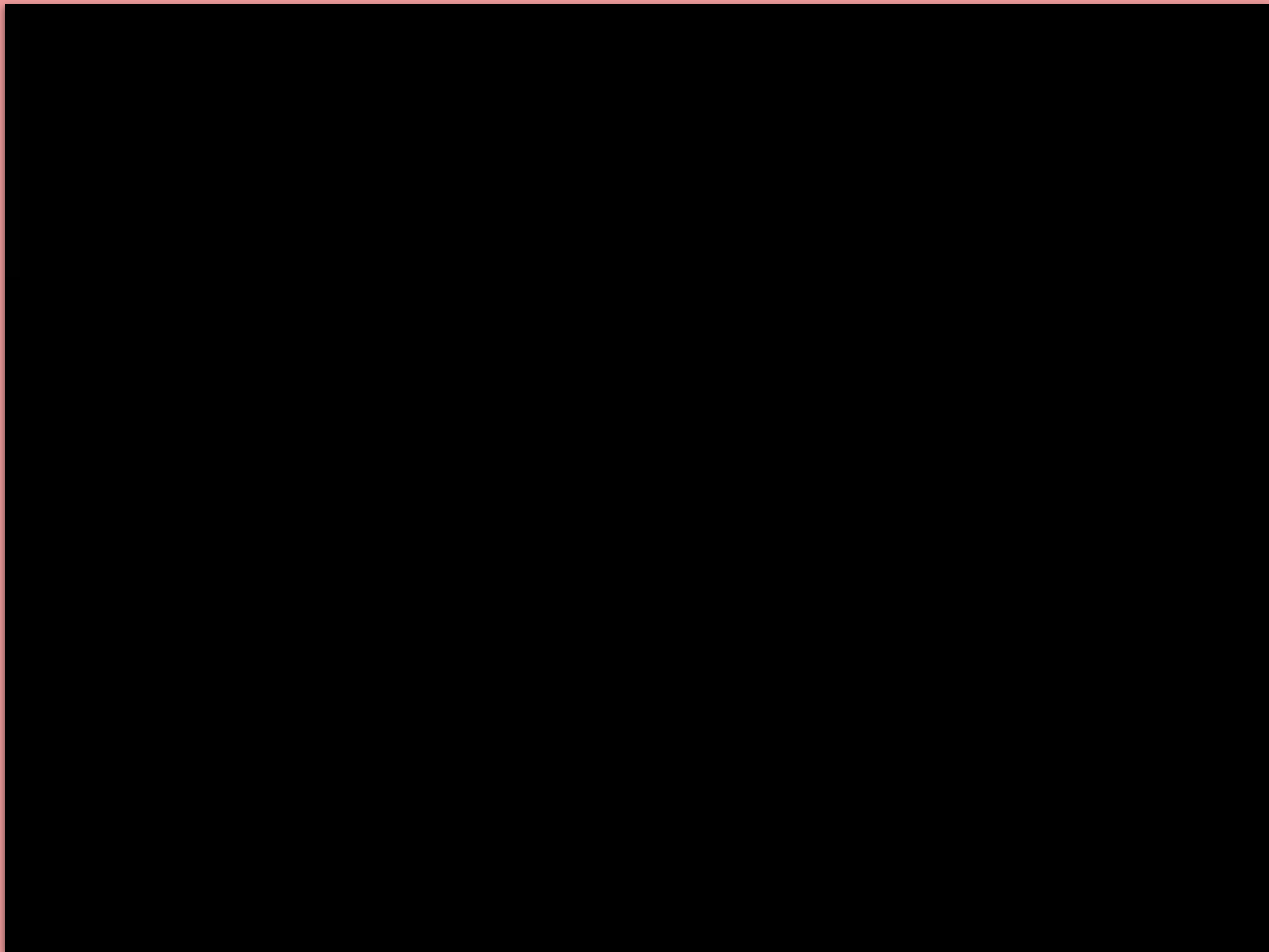


# The Puberty Workshop

**Girls and Puberty**

**\*CLICK PICTURE  
FOR VIDEO\***

**VIDEO 2**  
**GIRLS AND**  
**PUBERTY**



# Pre and Post Test - GIRLS

Breast development is one of the first signs of puberty for girls.

**TRUE!**

# Pre and Post Test - GIRLS

It is normal for a girl's developing breasts to feel a little sore or tender.

**TRUE!**

# Pre and Post Test - GIRLS

Usually, both of a girl's breasts are exactly the same size.

**FALSE!**

**Breasts are rarely exactly the same size. The difference is generally not noticeable.**

# Pre and Post Test - GIRLS

Puberty begins more or less at the same age for all girls.

**FALSE!**

**Girls begin to experience the changes of puberty between the ages of 8 - 15 yrs old.**

# Pre and Post Test - GIRLS

The ovaries are the female sex glands.

**TRUE!**

# Pre and Post Test - GIRLS

Ovulation occurs when an ovary releases  
an egg.

**TRUE!**



# Pre and Post Test - GIRLS

If sperm does not fertilize the egg, the girl's menstruation period will begin.

**TRUE!**

**If male sperm does fertilize the egg (which means to join together), this is how pregnancy occurs.**

# Pre and Post Test - GIRLS

Most girls get their period about once a year.

**FALSE!**

**Most girls get their periods about once a month ...  
every 28 days.**

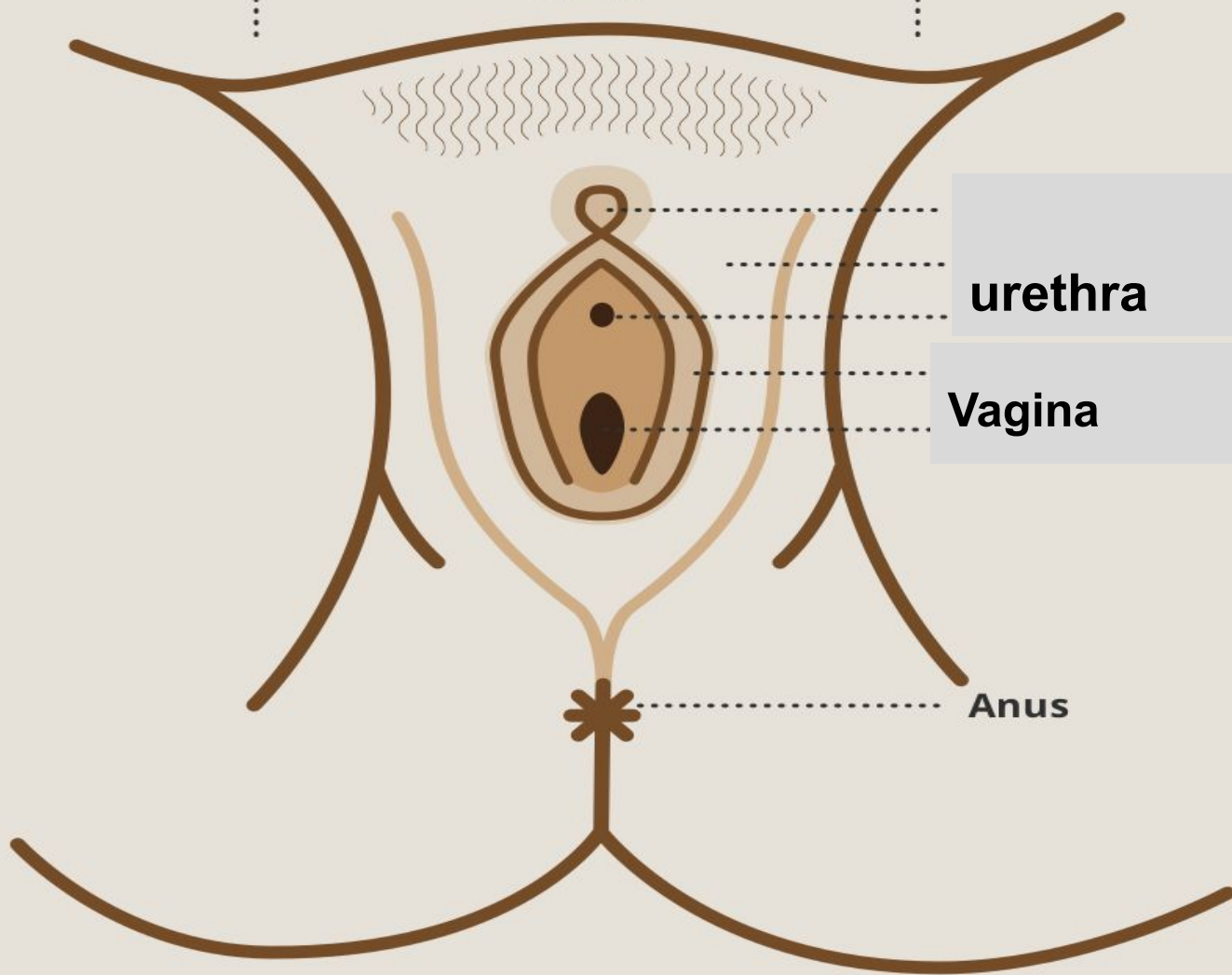
# Pre and Post Test - GIRLS

It's not a good idea to exercise during your period.

**FALSE!**

**It's a great idea to exercise during your period - the activity can help boost energy and release cramps, too.**

# Female External Parts





## **QUESTIONS**

**About your  
period?**



# Can I go swimming?

- This is not a problem. However, you will want to use a tampon so you don't bleed on your swimsuit
- Wearing a pad is not advised, when swimming. Pads are absorbent, so the pad will completely fill with water leaving no room to absorb your period fluid.



# What Happens If I Don't Have Pads or Tampons Handy?

**Go see the school Nurse**

**“It’s personal”**

**Carry a small bag with supplies in it.**

**Use toilet paper**

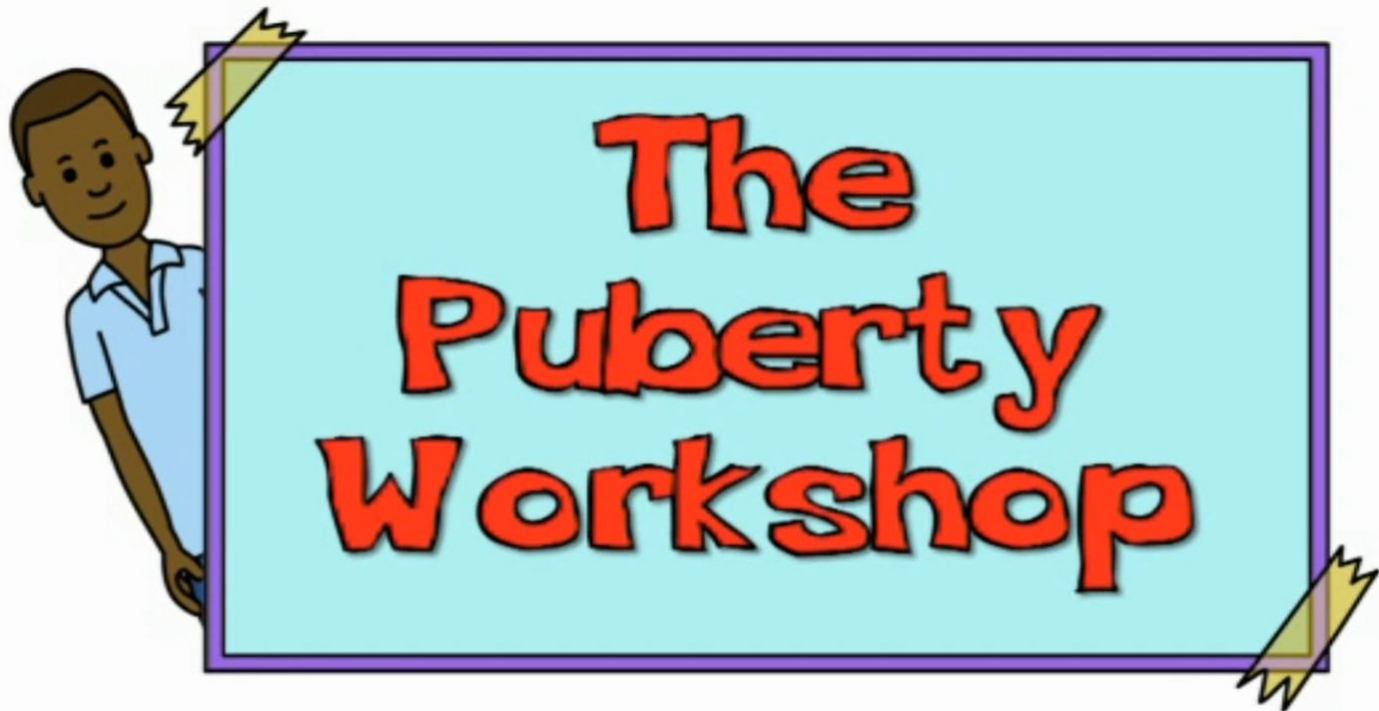
**Period panties**

# Girls Recap

- **Expected changes**
- **Menstruation**
- **Pad and Tampons**

# Puberty: Day 2

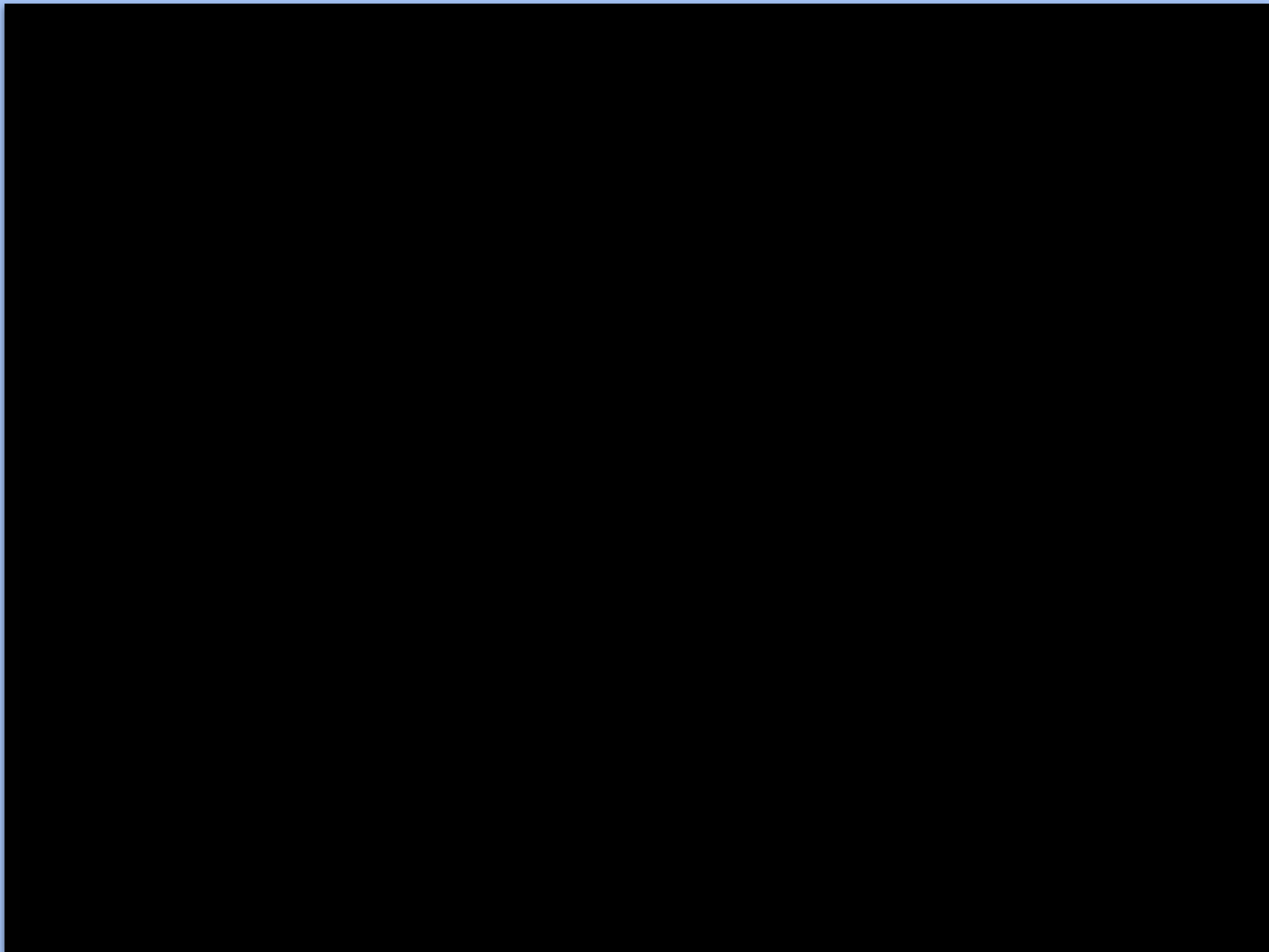
## Boys and Puberty



**\*CLICK PICTURE  
FOR VIDEO\***

**Boys and Puberty**

**VIDEO 2**  
**BOYS AND**  
**PUBERTY?**



## Lesson 2 Boys Pre and Post Test

Puberty begins at the same time for all boys.

**FALSE!**

Boys (and girls) begin puberty on their own timetable. The age when puberty begins varies from one boy to the next. Most boys will begin puberty at some time between ages 10-14

## Lesson 2 Boys Pre and Post Test

The male reproductive system has both internal and external parts.

**TRUE!**

## Lesson 2 Boys Pre and Post Test

The penis contains a bone and many blood vessels.

**FALSE!**

There is no bone in the penis. The penis is made of spongy tissue and blood vessels



## Lesson 2 Boys Pre and Post Test

Boys can control when they get an erection.

**FALSE!**

Boys cannot control when they get erections. Often, an erection is an involuntary response

## Lesson 2 Boys Pre and Post Test

Sperm is produced in the penis.

**FALSE!**

Sperm is produced in the testicles. It travels through the vas deferens and leaves the body through the penis

## Lesson 2 Boys Pre and Post Test

Boys begin producing sperm during puberty.

**TRUE!**

## Lesson 2 Boys Pre and Post Test

Sperm travels out of a male's body in a fluid called semen.

**TRUE!**

## Lesson 2 Boys Pre and Post Test

Even though urine and semen both leave the body through the penis, they cannot be released at the same time.

**TRUE!**

## Lesson 2 Boys Pre and Post Test

It is normal for the boys to experience slight breast development during puberty.

**TRUE!**

## Lesson 2 Boys Pre and Post Test

Boys' voices usually get a little higher during puberty.

**FALSE!**

Boys' voices usually get deeper (lower) during puberty.

## Lesson 2 Boys Recap

- Expected changes
- Erections (normal and uncontrollable)
- Ejaculation (nocturnal emission)



# Puberty: Day 3

## Hygiene and You




PERSONAL  
**HYGIENE**

*Keep Clean, Be Healthy!*

Pimples and greasy hair are a result of:

- A. A bad diet (eating chips and chocolate)**
- B. Overactive oil glands in your skin**
- C. Not enough exercise**

What is the best way to take care of oily hair:


- A. Shampoo and conditioner 3 x's a day**
  - B. Use lots of styling products**
  - C. Wash hair everyday or every other day**
- 

What's the best way to deal with pimples:

- A. Wash face with soap and water each day, especially after sweating**
- B. Squeeze or pop your pimples**
- C. Scrub face 5 or more times a day.**

**A**

The best way to fight body odor is to:

- A. Bathe every day, wear clean clothes, and apply deodorant.**
  - B. Use lots of body spray, cologne, perfume.**
  - C. Wear 2 layers of shirts each day.**
- 

T or F: Antiperspirant and deodorant are the same thing?

**False**

**Deodorant** masks body odor.

**Antiperspirant** prevents or dries up sweat.

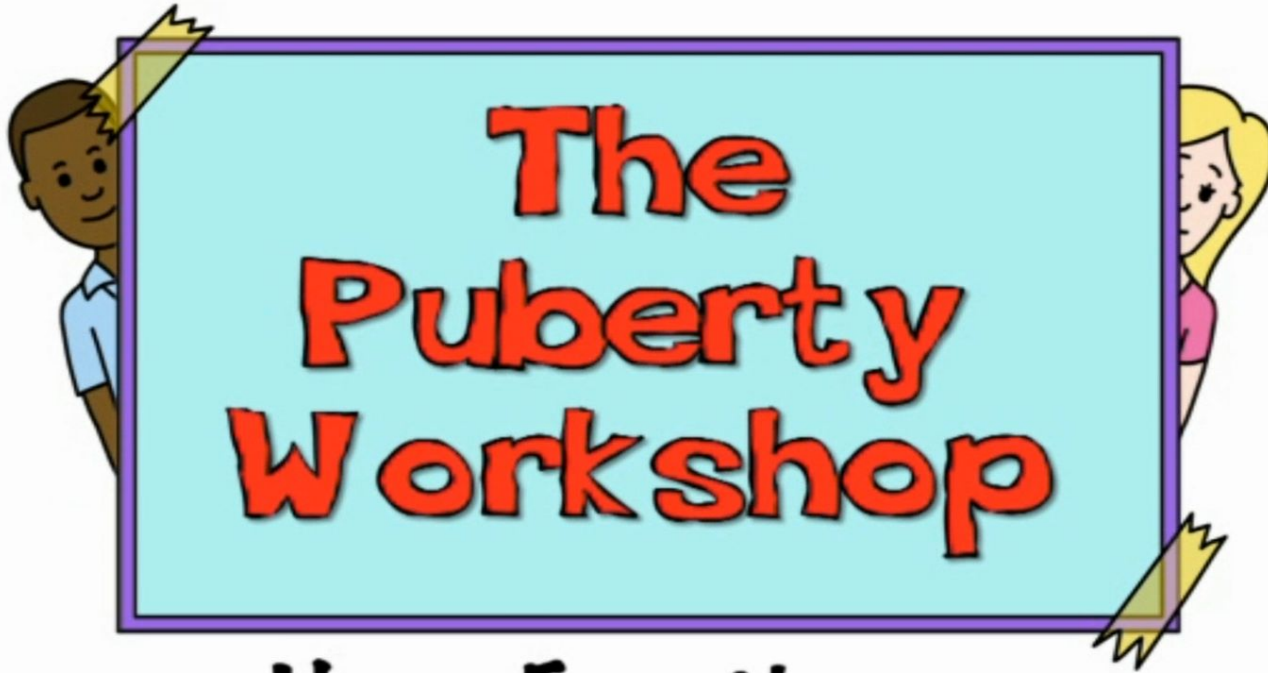
T or F: Body odor and bad breath are caused by bacteria?

TRUE

Odor-causing bacteria multiply on your skin or in your mouth. Bathing and brushing your teeth daily to help control odors.



## Lesson 3



*\*CLICK PICTURE  
FOR VIDEO\**

**New Emotions,  
New Feelings**

**VIDEO 3**  
**NEW**  
**FEELINGS**  
**NEW**  
**EMOTIONS**

## **Lesson 3 new feelings and emotions**

Boys and girls may experience romantic feelings towards others during puberty.

**TRUE!**

# Lesson 3 new feelings and emotions

Adolescence is the time in a young person's life when the physical changes of puberty occur as well as many emotional changes.

**TRUE!**

## **Lesson 3 new feelings and emotions**

Celebrities, models and athletes look the same in real life as they do in photographs.

**FALSE!**

Most photos and even videos of celebrities have been digitally altered to make them appear thinner, more muscular, and/or to remove any imperfections.

# Lesson 3 new feelings and emotions

It's normal for boys and girls to feel awkward or self-conscious about their appearances during puberty.

**TRUE!**

# Lesson 3 new feelings and emotions

It's helpful to compare your body to those of your friends, so that you can more accurately decide what your body should look like.

**FALSE!**

Every person is unique and every person develops differently and at their own rates. There is no “wrong” way to go through puberty.

## **Lesson 3 new feelings and emotions**

It's normal for boys and girls to argue more with their parents during puberty.

**TRUE!**



## Lesson 3 new feelings and emotions

Most boys and girls should start dating by the time they are 13.

**FALSE!**

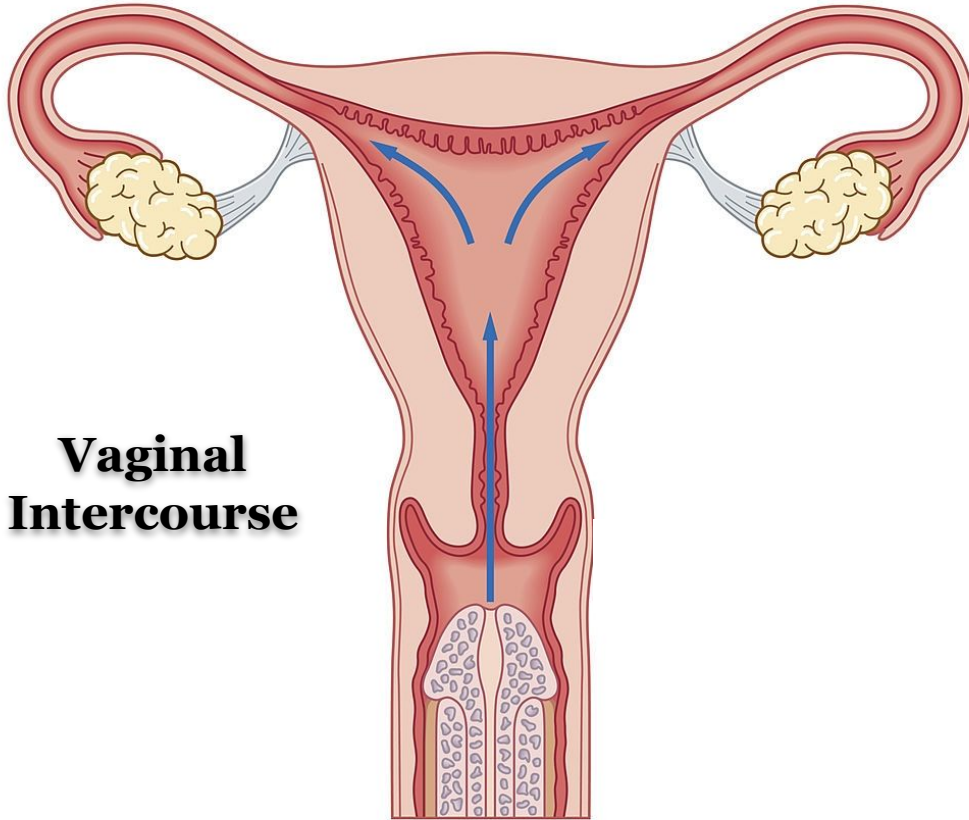
Each person should make the decision for themselves when they should start dating. This is not something anyone should be forced into or made to feel bad if they don't yet have interest.

# Puberty: Day 4

Pregnancy  
and

Gender Identity

# How Does a Pregnancy Occur?



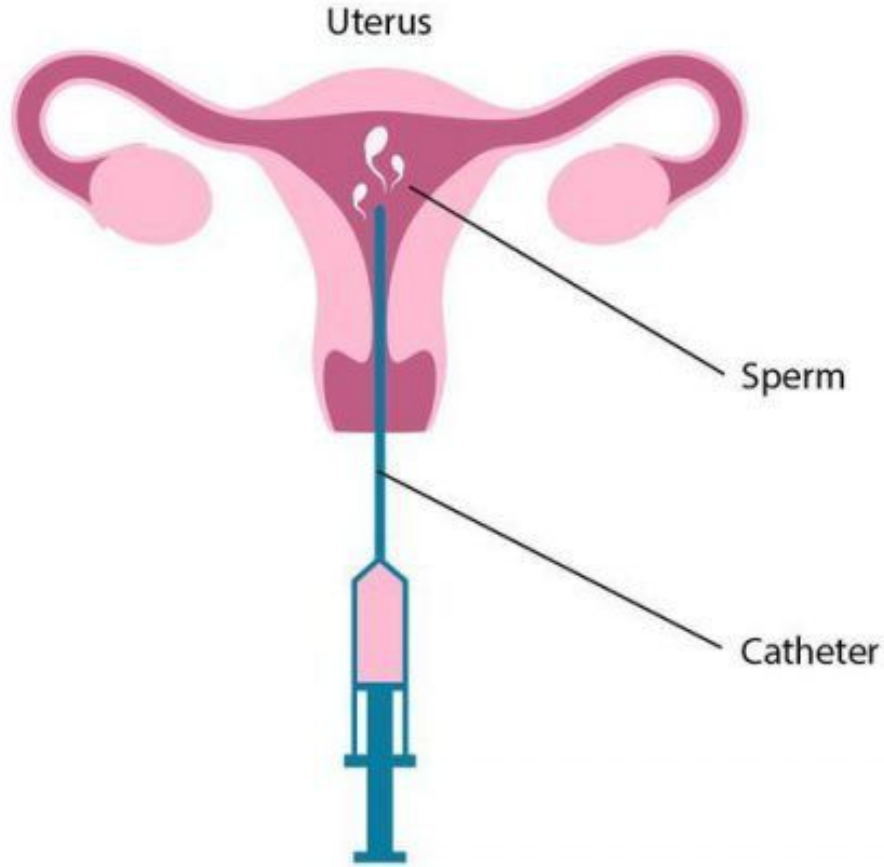
**Vaginal Intercourse**

This occurs when the penis is inserted into the vagina and ejaculates semen.

The sperm travels through the cervix to the uterus and Fallopian tubes where it searches for an egg.

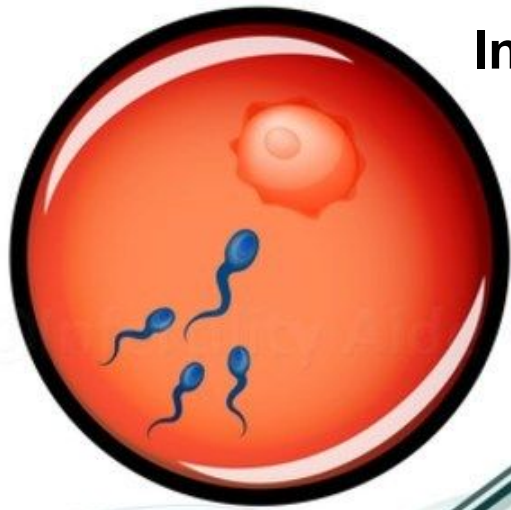
If the sperm penetrates the egg, a pregnancy is started.

# Artificial Insemination



When a doctor places the sperm directly in the uterus using a catheter.

## In Vitro fertilization



After hormonal treatment to help a woman's body develop more eggs, a doctor will combine those eggs with sperm and allow them to grow under close observation.

When they are ready, they will be put back into the uterus to fully develop.



# SEXUAL ORIENTATION & GENDER IDENTITY

 OSMOSIS.org

GENDER

ROLES AND

STEREOTYPES



amaze

**Sexual orientation** is who you think you are attracted to or could see yourself loving.

**Gender identity** is who a person sees themselves as on the gender spectrum (such as female, male, non-binary).

**Everyone's gender is unique to them. ...**

Things, like toys and clothes, don't have genders - people have genders.

You can't tell a person's gender just by looking at them.

Your body doesn't determine your gender.



# Riddle!

A father and son are in a car crash and are rushed to the hospital. The father dies. The boy is taken to the operating room and the surgeon says, "I can't operate on this boy, because he's my son."

# Gender equity at work, play, and sports



Fairness and respecting all genders

Being on a level playing field.

Equity leads to equality

**All people should be accepted for their talents, skills, and abilities, regardless of gender.**

