

"You, Your Body and Puberty Program Outline

With the arrival of puberty, boys and girls enter one of the most exciting and challenging stages of their lives. The two-hour program helps eliminate the fears of growing up by supporting young people with factual information. During the program boys and girls are separated for the ease of embarrassment. The curriculum begins with Valeda, the transparent talking woman, as she gives the students an overview of the organs inside the human body. A video entitled "You, Your Body, and Puberty" by Human Relations Media is a summary of the changes that take place during puberty. Classroom instruction led by the Kansas Learning Center for Health instructor will discuss the following outline. Parents are invited to attend the session with their children.

Suggested Grade Levels: 4th-5th

1. Growth Triangle:

- a. Understand the physiological, mental, and emotional changes that take place during puberty
- b. Growth begins:
 - i. Physical: at fertilization
 - ii. Mental: at birth
 - iii. Social: at birth
- c. Growth matures:
 - i. Physical: between the ages of 8-16
 - ii. Mental: between the ages of 18-21
 - iii. Social: between the ages of 18-21

2. Physical Changes That Indicate Puberty

- a. Males
 - i. Voice deepens
 - ii. Hair growth on body
 - iii. Triangle body shape
 - iv. Acne
 - v. Body odor: sebaceous glands activate
 - vi. Sperm production begins: nocturnal emission
- b. Females
 - i. Voice fuller sound
 - ii. Hair growth on body
 - iii. Hour glass body shape: breasts develop and fuller hips
 - iv. Acne
 - v. Body odor: sebaceous glands activate
 - vi. Menstruation begins

3. Anatomy of the Reproductive Systems

- a. Males
 - i. Sperm cells
 - ii. Scrotum
 - iii. Testicles
 - iv. Epididymis
 - v. Vas deferens
 - vi. Seminal vesicles

- vii. Semen and ejaculation
- viii. Penis

b. Females

- i. Egg cell, ovum
- ii. Ovaries
- iii. Fallopian tubes
- iv. Uterus
- v. Cervix
- vi. Vagina
- vii. Menstruation

4. Introduce Feminine Care Products

- a. Pads
- b. Tampons

5. Discuss Ways to Take Care of Growing Body

- a. Diet
- b. Exercise
- c. Sleep
- d. Hygiene

6. Questions and Answers about Puberty