

Fifth Grade (2009)

Physiology-The study of the processes and function of the human body. **Mosby’s Medical, Nursing and Allied Health Dictionary (fourth edition)

Hygiene-Conditions or practices conducive to health. **Merriam’s Webster’s Collegiate Dictionary (tenth edition)

Puberty-The period of life at which the ability to reproduce begins. **Mosby’s Medical, Nursing and Allied Health Dictionary (fourth edition)

Topic	Essential Understandings (What your child will understand)	Guiding Questions (Questions to help guide the presenter to teach)	Critical Content (Topics to be studied)	Required Activities																												
Physiology and Hygiene (Puberty)	<ul style="list-style-type: none"> ♦ Puberty causes many physical & emotional changes that are normal. ♦ Puberty involves bodily systems (reproductive & endocrine). ♦ Menstruation normally occurs every month as you progress through puberty. ♦ Menstruation occurs due to hormones ♦ Male sperm cells are produced in the testicles and are released through the process of ejaculation. ♦ Healthy people grow at different rates & patterns: These differences need to be respected. ♦ Good personal hygiene practices, exercise, proper rest and good nutrition help to keep you healthy. ♦ Everyone deserves to be treated with respect. ♦ Adults (parents, teachers, doctors, nurses, clergy, etc.) can support the transition through puberty. 	<ul style="list-style-type: none"> ♦ What is puberty? <ul style="list-style-type: none"> ✓ How does it occur? ✓ Does it happen to everyone at the same time? Why not? ♦ What are the physical changes/emotional changes in puberty that boys/girls experience? ♦ What are ways in which we can deal effectively with changes we are experiencing during puberty? Who can we go to for help about questions regarding puberty? ♦ How do we show respect and sensitivity for each other? 	<ul style="list-style-type: none"> ♦ Anatomy & physiology of reproductive system <p style="text-align: center;">Puberty Terms</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;">Female</td> <td style="width: 50%; vertical-align: top;">Male</td> </tr> <tr> <td>Anus</td> <td>Ejaculation</td> </tr> <tr> <td>Cervix</td> <td>Erection</td> </tr> <tr> <td>Endometrium</td> <td>Fertilization</td> </tr> <tr> <td>Estrogen</td> <td>Penis</td> </tr> <tr> <td>Fallopian tubes</td> <td>Scrotum</td> </tr> <tr> <td>Fertilization</td> <td>Sperm</td> </tr> <tr> <td>Hormones</td> <td>Sperm Duct</td> </tr> <tr> <td>Menstruation</td> <td>Testicles</td> </tr> <tr> <td>Ovaries</td> <td>Testosterone</td> </tr> <tr> <td>Ovum</td> <td>Urethra</td> </tr> <tr> <td>Urethra</td> <td>Wet Dreams/ Nocturnal Emissions</td> </tr> <tr> <td>Uterus</td> <td></td> </tr> <tr> <td>Vagina</td> <td></td> </tr> </table> <ul style="list-style-type: none"> ♦ Physical changes that occur during puberty ♦ Emotional changes that occur during puberty ♦ Modesty, cleanliness ♦ Respectful behaviors and sensitivity for others ♦ Adults as resources about puberty 	Female	Male	Anus	Ejaculation	Cervix	Erection	Endometrium	Fertilization	Estrogen	Penis	Fallopian tubes	Scrotum	Fertilization	Sperm	Hormones	Sperm Duct	Menstruation	Testicles	Ovaries	Testosterone	Ovum	Urethra	Urethra	Wet Dreams/ Nocturnal Emissions	Uterus		Vagina		<ul style="list-style-type: none"> ♦ Videos: Girls and Boys will view both videos. <ol style="list-style-type: none"> 1) "Just Around the Corner for Girls" (Marsh Media, 2000) 2) "Just Around the Corner for Boys" (Marsh Media, 2000) ♦ Overheads <ol style="list-style-type: none"> 1) Overview of female reproductive system from "Always Changing, Always Growing" instructor's guide, 1997 2) Girls only-Female pelvic cross section by Eric Johnson 3) Overview of male reproductive system from "Always Changing, Always Growing" guidebook, 1998 4) Ovulation and menstruation from "Family Life Education Resources for the Elementary Classroom". 5) Pituitary gland in puberty (drawing) ♦ Hygiene product distribution (when available) ♦ Booklet: "Always Changing, Always Growing" (Proctor and Gamble), boys/girls versions ♦ Girls only-Demonstration of feminine hygiene products (sanitary pads, tampons) ♦ Questions and answers
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**Boys and girls will be separated during the Physiology & Hygiene (Puberty) instruction. Boys and girls will receive the same information (exceptions noted above). Answers to specific student questions will be limited to curriculum content as outlined. This instruction will take place during one classroom session (approximately 45 minutes).