

## Physiology and Hygiene (Puberty) Spring 2009 Grade 4

\*Developed based on SDB Board Approved Curriculum

\*\*Boys and girls will be separated during the Physiology and Hygiene (Puberty) instruction. Boys and girls will view only gender specific information. The boys will then further discuss only the male reproductive system and the girls will then further discuss only the female reproductive system. Answers to specific student questions will be limited to curriculum content as outlined.

### Lesson Plan

#### I. Ground Rules for Talking About Physiology and Hygiene (Puberty)

#### II. Videos:

Girls: "Just Around the Corner for Girls," (Marsh Media, 2000)

Boys: "Just Around the Corner for Boys," (Marsh Media, 2000)

#### III. Puberty

##### 1. What is puberty?

- A transition time between being a child and an adult: A time of much growth and change, both physically and emotionally.
- Changing body; changing feelings. Healthy individuals grow at different rates and patterns.
- What you are experiencing will happen to everyone else in your class but in each individual's own timetable.
- Every adult has gone through puberty, so you are not alone.

##### 2. How does it occur?

- Hormones, chemical messengers in our bodies, are released into the bloodstream and tell our bodies to begin to change.
  - ♦ For girls, these changes will happen around 8-16 years old.
  - ♦ For boys, these changes will happen around 9-15 years old.

##### 3. Physical Changes- (gender specific)

###### Girls

Increase in height and weight  
Breast development  
Broadening of hips  
Growth of underarm, pubic and leg hair  
Increase sweat/oil gland activity  
Development of reproductive organs  
Menstruation (period) begins

###### Boys

Increase in height and weight  
Broadening of shoulders  
Increasing muscle strength  
Growth of facial and body hair  
Voice deepens  
Increase sweat/oil gland activity  
Development of reproductive organs  
Male sperm cells are produced

##### 4. Emotional Changes

- Sensitivity
- Modesty
- Confusion
- Mood swings
- Highs and lows are normal
- Responsibility
- There are adults to go to with questions.
- Seek information from parents, health care providers, appropriate school staff.

#### IV. "Overview Of The Female Reproductive System" (overhead)

##### 1. Structures of the female reproductive system:

- Uterus: muscular organ located in the center of the abdomen
- Ovaries: store the female reproductive cells called eggs or ova
- Ova: female reproductive cells, an ovum is normally released from an ovary every month as it matures
- Fallopian tubes: passageway for the ovum to travel to uterus

- Endometrium: blood-rich lining of the uterus that builds up every month and then is shed when a woman has her period
  - Cervix: opening between the uterus and the vagina
  - Vagina: muscular opening from the cervix to the outside of the body
2. Menstruation (period):
- Is triggered by hormones
  - Occurs normally every month
  - The endometrial lining slides off the uterine wall and flows out of the woman's body through the vagina over 3-7 days
  - The process begins again as another ovum begins to mature and is released by the ovaries--ovulation
  - The process occurs about every 26-35 days, however, in the beginning, periods can be slightly irregular

## OR

“Overview of the Male Reproductive System” (overhead)

1. Structures of the male reproductive system:
- Penis: tube-shaped organ in the front of the body from which urine and sperm may exit the body
  - Urethra: tube which carries urine or sperm to outside of body
  - Testicles: organ which produces male reproductive cells called sperm
  - Sperm: male reproductive cells
  - Sperm duct: a passageway for sperm to travel from testicles to urethra
  - Scrotum: pouch of loose skin holding the testicles
2. Production of sperm
- In order for sperm to be released by a male's body (ejaculation), the penis must become erect.
  - Boys may experience an involuntary erection, which is normal.

## V. Hygiene

- Changes as puberty progresses; good personal hygiene practices keep you healthy
- Bathing daily-increased body odor/perspiration
- Using deodorant
- Hair and skin care-increase oil production
- Breakouts on face- OTC products
- Dental care “never outgrow risk of decay”
- Proper nutrition
- Exercise
- Sleep
- GIRLS ONLY–feminine hygiene products demo (pads) – proper disposal includes washing hands after handling used products

## VI. Respectful Behaviors

Healthy people grow at different rates and patterns: These differences need to be respected. What are ways we can show respect for each other and for ourselves?

## VII. Questions and Answers