

Fourth 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

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 the presenter 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. ♦ Hygiene needs change as puberty progresses. ♦ Healthy people grow at different rates and patterns: These differences need to be respected ♦ Everyone has the right to personal privacy. ♦ Adults (parents, teachers, doctors, nurses, clergy, etc.) can support the transition through puberty. ♦ Girls only ♦ Menstruation normally occurs every month as you progress through puberty. ♦ Menstruation occurs due to hormones. ♦ Boys only ♦ Male sperm cells are produced in the testicles and are released through the process of ejaculation. 	<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 border="0" style="width: 100%;"> <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>Fallopian tubes</td> <td>Penis</td> </tr> <tr> <td>Fertilization</td> <td>Scrotum</td> </tr> <tr> <td>Hormones</td> <td>Sperm</td> </tr> <tr> <td>Menstruation</td> <td>Sperm Duct</td> </tr> <tr> <td>Ovaries</td> <td>Testicles</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 are resources about puberty 	Female	Male	Anus	Ejaculation	Cervix	Erection	Endometrium	Fertilization	Fallopian tubes	Penis	Fertilization	Scrotum	Hormones	Sperm	Menstruation	Sperm Duct	Ovaries	Testicles	Ovum	Urethra	Urethra	Wet Dreams/ Nocturnal Emissions	Uterus		Vagina		<ul style="list-style-type: none"> ♦ Video <ol style="list-style-type: none"> 1) Girls only "Just Around the Corner for Girls" (Marsh Media, 2000) 2) Boys only "Just Around the Corner for Boys" (Marsh Media, 2000) ♦ Overheads: <ol style="list-style-type: none"> 1) Girls only Overview of female reproductive system from "Always Changing, Always Growing" instructor's guide, 1997 2) Boys only Overview of male reproductive system from "Always Changing, Always Growing" guidebook, 1998 3) Girls only Demonstration of sanitary pads. ♦ Questions and answers
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Boys and girls will be separated during the Physiology & Hygiene (Puberty) instruction. Boys and girls will view **only gender specific information. The boys will view a gender specific video and overheads and will discuss **only** the male reproductive system and the girls will view a gender specific video and overheads and discuss **only** the female reproductive system. 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).