

# Puberty

## Grade 5 Lesson 1

**Comparable lower grade lesson(s): Grade 4 Lesson 1-What is Puberty and Grade 4 Lesson 2-Puberty Boy, Puberty Girl**

**National Sexuality Education Standards:**

- Explain the physical, social and emotional changes that occur during puberty and adolescence. PD.5.CC.1
- Describe how puberty prepares human bodies for the potential to reproduce. PD.5.CC.3

**State Standards:**

- Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury.
- Goal 23: Understand human body systems and factors that influence growth and development.

**Common Core Alignment:**

[CCSS.ELA-Literacy.SL.5.1](#)

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 5 topics and texts*, building on others' ideas and expressing their own clearly.

[CCSS.ELA-Literacy.SL.5.1.c](#)

Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of other.

**Rationale:**

This lesson requires students to adhere to classroom guidelines during the discussion about puberty. Teachers will use brainstorming activities to generate thoughtful discussion, and students will build on comments made by classmates as they make contributions to the dialogue.

**Teacher's Note:** Prior to this lesson, administer the 5<sup>th</sup> Grade Pre-Test to determine baseline knowledge of 5<sup>th</sup> Grade Sexual Health topics.

## Time Requirements

Day 1

- 20 minute introduction
- Two-15 minute videos

Review (Optional-To be done if Day 1 videos on Safari Montage cannot be accessed or if students need additional review of puberty topics.)

- 30 minute activity

## Lesson Objectives

- Students will develop ground rules for covering the topics of puberty and human reproduction.
- Students will categorize changes of puberty as “boy”, “girl”, or “both”.
- Students will identify physical, mental, social, and emotional changes of puberty.

## Sexual Health Education Grade 5

### Vocabulary

---

**Puberty**- The time between childhood and adulthood when biological (physical) changes happen with a definite beginning and ending.

**Adolescence** – The time when social and emotional changes happen with no distinct time frame.

**Physical change** – Change in the body or reproductive organs that occurs during puberty

**Mental change** – Increased awareness of self, peers, and community

**Social change** – Changes in friendships and groups of friends

**Emotional change** –Changes in mood, increased intensity of feelings, and romantic attraction

**Additional Vocabulary can be found on 5<sup>th</sup> Grade Puberty and Reproduction Vocabulary**

### Materials

---

- Grade 5 Pre-Test if not already administered
- Sexual Health What I Learned “Table of Contents-5<sup>th</sup> Grade” worksheet
- Binders or some type of tool in which to keep Portfolio documents together-large piece of construction paper, staple pages together, folder (see Day 1)
- Box, container or designated area of anonymous student questions (see Day 1)

For Review if Day 1 videos cannot be accessed or if student need additional review:

- Puberty Quick Lesson Cards –or- Puberty Changes Activity Sheet (see Review-Optional)
- Puberty Changes Answer Key

### Preparation

---

- Administer Grade 5 pre-test if not already completed
- Determine student baseline knowledge of the topic area using the Grade 5 Pre-test. Students without previous lesson in puberty should watch “The Puberty Workshop – What is Puberty?” Video available on Safari Montage (14 min.) or for checkout from the Office of Student Health and Wellness at [SexualHealthEd@cps.edu](mailto:SexualHealthEd@cps.edu).
- Print Sexual Health What I Learned “Table of Contents – 5<sup>th</sup> Grade” worksheet – 1 per student
- Identify what will be used to make the portfolio and gather -1 per student
- Cut out statements from the Puberty Quick Lesson Cards –or- print Puberty Changes Activity Sheet-1 per student
- Review Puberty Changes Answer Key-1 for teacher reference
- Label Boy, Girl, and Both categories on the board or on butcher paper

**Teacher’s Note:** Male and female students can be separated for these videos, it is at the instructors discretion. However **all** students must learn **all** concepts regardless of gender, as concepts presented in the video are necessary for lesson progression.

### Key Content

---

## Sexual Health Education Grade 5

- Puberty and adolescence are progressive periods of physical, social, emotional, and mental change between childhood and adulthood.
- Though there are physical changes specific to the male and female bodies, adolescents go through many of the same physical, social, emotional, and mental changes.
- Social, emotional, and mental changes may include increased responsibility for self and others.

### Activity

---

#### Day 1

**Prior to starting the puberty lesson students will create a Student Health Portfolio to collect and share what they have learned over the course of the sexual health unit:**

Distribute “Sexual Health: What I learned Table of Contents” worksheet to students.

Students should create and decorate a 5<sup>th</sup> Grade Student Health Portfolio. This portfolio should show the progression of student’s knowledge over the scope of lessons.

The portfolio should include:

- Sexual Health What I learned Table of Contents
- Handouts
- Worksheets
- Notes
- Extension Activities
- Goals

Encourage students to share the portfolio with their parents/guardians.

#### 1. Introduction: Ground rules

Explain: Students will be starting a unit that covers topics on the changes of puberty and adolescence, building health relationships, and sexual identity. Topics and vocabulary will be covered that they may not have heard before. Some of these topics may make them feel a little giggly or uncomfortable. That’s OK! But it is important to be respectful of themselves and their classmates.

Ask students to think about rules for maintaining a respectful environment for themselves and their classmates. Write the rules out on butcher paper. This can be posted before each lesson as a reminder.

- Include: respecting everyone through your words and actions, no question is a bad question, use medically-correct vocabulary when possible, no “I” stories or questions, no names included in stories or questions.

## Sexual Health Education Grade 5

**The Giggle Minute:** Students (and teachers!) may be uncomfortable with the medically-accurate words contained within this lesson. Acknowledge this discomfort with students and affirm that it's ok to feel that way. However, it is important to learn the correct words for all body parts so that they can talk about their bodies with confidence. Give students a "giggle minute", or the chance to get laughter out at the beginning of the lesson. Count down from five to signal the end of the giggle minute. Refer to Giggle Minute directions located in the Classroom Tools folder for further instruction.

Introduce the anonymous question box. Students will be able to submit anonymous questions to be answered in later lessons. The instructor is responsible for deciding when questions are appropriate for this grade level.

**The Question Box:** The question box is an opportunity for students to submit questions anonymously that they may otherwise not ask due to feelings of embarrassment. On days when it seems necessary pass out slips of paper and have all students write down a question, even if they do not have one specifically related to the lesson. This will allow the questions to remain anonymous. Prior to the next day's lesson read through all the questions and determine which questions will be answered in front of the group.

### 2. Puberty Workshop

#### Show

- *What is Puberty? Boy's Version* available on Safari Montage or for checkout from the Office of Student Health and Wellness at [SexualHealthEd@cps.edu](mailto:SexualHealthEd@cps.edu).
- *What is Puberty? Girl's Version* available on Safari Montage or for checkout from the Office of Student Health and Wellness at [SexualHealthEd@cps.edu](mailto:SexualHealthEd@cps.edu).

**Teacher's Note:** Male and female students can be separated for these videos, it is at the instructors discretion. However **all** students must learn **all** concepts regardless of gender, as concepts presented in the video are necessary for lesson progression.

Emphasize the physical, social, and emotional changes of puberty.

### 3. Homework: Goal Setting

Brainstorm as a class the good ways that puberty and adolescence prepares students to take on more responsibility and meet their goals.

- Grow taller and stronger, think differently, see things from other viewpoints, learn and understand more about the world, have new relationships, thinking of the future.

Allow students a few minutes to list three of these ways in the Table of Contents section of their Student Health Portfolio. Student should go home and share with their parent/ guardian what

## Sexual Health Education Grade 5

they learned about puberty and adolescence. Students should discuss with their parent/guardian and list and/or illustrate a goal they have for the coming year.

### Review (optional)

**Teacher’s Note:** Key content conveyed in this section can be used to meet National Sexuality Education Standards if the Puberty Workshop films are not available through Safari Montage or if students need additional review of puberty topics.

#### 4. Activity #1: Puberty Changes

Brainstorm:

- What are some **physical, mental, social,** and **emotional** changes that happen during puberty and adolescence?

Write “Boy”, “Girl”, and “Both” on the board or on butcher paper. Provide individual students, or student groups, with statements from the Puberty Quick Lesson Cards –or- distribute Puberty Changes activity sheet.

Students should read the statement and post it on the board under the appropriate column. Alternatively students can fill out the checklist independently or in small groups.

Use the Puberty Changes Answer Key to define new vocabulary and topics.

Discuss the placement choices using the Puberty Changes Answer Key and make any changes.

Decide if each change is a **physical, mental, social,** or **emotional** change.

- Physical change – Change in the body or reproductive organs that occurs during puberty
- Mental change – Increased awareness of self, peers, and community
- Social change – Changes in friendships and groups of friends
- Emotional change –Changes in mood, increased intensity of feelings, and romantic attraction

Source: *Puberty, Day 1*. F.L.A.S.H. Grades 4/5/6. Retrieved from

<http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/grades456.asp>

[X](#)

**Fast Fact:** Puberty starts at different times for different people. Girls usually start puberty before boys. On average girls begin puberty between 8 and 14 years-old. Boys begin puberty between 9 and 15 years-old.

Puberty happens gradually over the course of 4-5 years. Girls usually complete puberty by 16 years-old. Boys usually complete puberty by 18 years-old. Everyone begins developing at different times. It is

## Sexual Health Education Grade 5

completely normal for a student to develop differently than their friends and classmates.

### Evaluation

---

- Students will track their learning by completing this lesson's reflection in the Table of Contents section of their Sexual Health Portfolio.
- Students will correctly classify changes of puberty as male, female, or both.
- Students will be able to define key vocabulary for their learning level.
- Students will be able to identify changes of puberty as physical, mental, social, or emotional.

### Resources

---

- *All About Puberty*. KidsHealth.org.  
[http://kidshealth.org/kid/grow/body\\_stuff/puberty.html#cat20183](http://kidshealth.org/kid/grow/body_stuff/puberty.html#cat20183)
- *Puberty: The Basics*. PBSKids.org. <http://pbskids.org/itsmylife/body/puberty/article2.html>
- *Puberty Quick Lesson Grades 4-6*. Teachingsexualhealth.ca. Retrieved from  
<http://teachers.teachingsexualhealth.ca/about-us>
- *It's Not the Stork* Robie H. Harris pages 20-25.