



LESSON 1 of 2

CONTENT AREA: Human Growth and Development

GRADE LEVEL: Grade 4 GIRLS

Key Concepts

This lesson will address human growth, adolescent physiological and emotional changes, and the human reproductive system. Students will understand their own physical, emotional, and mental development, especially in reference to gender specific anatomy and changes in puberty using appropriate vocabulary.

Pennsylvania Health State Standards

10.1.6

A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

- Education
- Socioeconomic

B. Identify and describe the structure and function of the major body systems.

- Endocrine
- Reproductive

C. Analyze nutritional concepts that impact health.

- Healthful food selection

D. Identify health problems that can occur throughout life and describe ways to prevent them.

- Diseases (e.g., cancer, diabetes, STD/HIV/AIDS, cardiovascular disease)
- Preventions (i.e. do not smoke, maintain proper weight, eat a balanced diet, practice sexual abstinence, be physically active)

Objectives

The students will be able to:

- develop attitudes that reflect respect for themselves and an appreciation for individual differences and growth patterns.
- understand their own physical, emotional, and mental development, especially in reference to gender specific anatomy and changes in puberty using appropriate vocabulary.

- discuss and consistently practice the principles of hygiene and self-care.
- share all materials from Human Growth and Development program with their families.

Time Requirements

One 60-minute session.

Materials & Preparation

Parent letter sent to parents prior to instruction

Student packet (one for each student)

Teacher packet

Presentation station

PowerPoint presentation on Intranet

Teaching Steps

1. Introduce the topic of human growth and development and the expectations during this instruction.
 - a. Use proper terminology. (Do not use slang.)
 - b. Participate seriously.
 - c. Share today's information with your parents. (Do not share this information with younger students...it's not their time.)
 - d. Human growth and development can be a difficult topic for some students. We need to show respect for our differing comfort levels.
2. Ask students what they know about puberty and adolescence.
3. Discuss all of the different signs of puberty and adolescence.
 - a. Hormone increase
 - b. Breast development
 - c. Pubic hair
 - d. Hair under arms
 - e. Menstrual periods
 - f. Body shape and size
 - g. Oily skin and sweat production
 - h. Vaginal discharge
 - i. Acne
 - j. Independence from parents
 - k. Peer influence and acceptance becomes important
 - l. Peer relationships
 - m. Review the different anatomy parts of the male reproductive system
4. As you grow up, you will begin to sweat more- especially under your arms- and your sweat can smell bad.
 - a. Take a bath or shower every day- especially after you exercise. Make sure to use soap and rinse completely.

- b. After every bath or shower, use an antiperspirant or deodorant under your arms. Antiperspirants and deodorants come in sprays and solids. Ask an adult to show you how to use yours.
 - c. Shampoo your hair often (some girls shampoo every day). Always be sure to rinse out all the shampoo.
 - d. Brush your hair every day to keep it neat.
 - e. Wash your hands often with soap and water to help stop germs from spreading. Always wash your hands before you eat, after you use the bathroom and after you cough or sneeze.
 - f. Put on clean clothes, including clean socks and underwear, every day.
5. Students will learn the different anatomy parts of the female reproductive system and their function.
- a. Uterus: Pear-shaped female reproductive organ in which the fetus grows and develops; also called the womb.
 - b. Fallopian Tubes: Either of a pair of tubes that transport the egg cells from the ovary to the uterus.
 - c. Ovary: One of the female sex organs that produce egg cells and hormones.
 - d. Cervix: The lower opening of the uterus where it connects to the vagina.
 - e. Vagina: Passageway leading from the uterus to the outside of the body in a female.
6. After reviewing the female reproductive system, students will be assigned the “Knowing Yourself” worksheet and require parent signature by next class

Closure:

Puberty is something that occurs in everyone, but at different times. It is important to understand your body and how to take care of it to stay healthy. Next class we will go over your “Knowing Yourself” worksheet and watch the movie, “Let’s Talk Puberty for Girls”.

Essential Question:

What are the physical, social and emotional issues experienced during puberty?



LESSON 2 of 2

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D. Identify health problems that can occur throughout life and describe ways to prevent them.

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The students will be able to:

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- discuss and consistently practice the principles of hygiene and self-care.
- share all materials from Human Growth and Development program with their families.

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Teaching Steps

7. Reintroduce the topic of human growth and development and the expectations during this instruction.
 - a. Use proper terminology. (Do not use slang.)
 - b. Participate seriously.
 - c. Share today's information with your parents. (Do not share this information with younger students...it's not their time.)
 - d. Human growth and development can be a difficult topic for some students. We need to show respect for our differing comfort levels.
8. Review all of the different signs of puberty and adolescence and the importance of hygiene as a growing adult.
 - a. Hormone increase
 - b. Breast development
 - c. Pubic hair
 - d. Hair under arms
 - e. Menstrual periods
 - f. Body shape and size
 - g. Oily skin and sweat production

- h. Vaginal discharge
 - i. Acne
 - j. Independence from parents
 - k. Peer influence and acceptance becomes important
 - l. Peer relationships
 - m. Review the different anatomy parts of the male reproductive system
9. Students will open their packets to the “Knowing yourself” worksheet and go through each question and answer.
10. After reviewing each answer to each question, students will watch the movie, “Let’s Talk Puberty, for Girls.”

Closure:

You bodies are constantly changing and growing. Knowing and understanding the changes that are occurring are important for you to understand.

Essential Question:

What are the physical, social and emotional issues experienced during puberty?