



5th Grade

Human Growth and Development



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

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

- Endocrine
- Reproductive

10.1.6 C. Analyze nutritional concepts that impact health.

- Healthful food selection

10.1.6 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)



Classroom Expectations

- Participate in an appropriate manner.
- Use proper terminology (do not use slang).
- Share today's information with your parents/guardians. (Not with younger students... it's not their time).
- Show respect for self and others.

Unit Overview

- 1 Stages of Development, Puberty, and Hygiene
- 2 Hormones and Emotional Changes, Hygiene and Male Anatomy
- 3 Relationships and Boundaries, Female Anatomy, Trusted Adults





Learning Objectives

Students will be able to...

- understand how to manage physical changes during puberty, including personal hygiene and self-care
- identify the parts of the reproductive system
- identify emotional changes, such as stress management and coping strategies
- navigate social changes, including communication skills and conflict resolution
- make healthy choices regarding nutrition, exercise, and other lifestyle factors

Why?



Learning about human growth and development in 5th grade is essential for several reasons...

Understanding Changes: At this age, physical, emotional, and social changes are significant. Understanding development helps you recognize your own changes and those of your peers, fostering empathy and support.

• **Promoting Respect:** Understanding the diverse experiences you and your peers will encounter encourages respect and appreciation for developmental differences. This helps reduce stereotypes and fosters a more inclusive environment.

• **Healthy Relationships:** Understanding differences in development helps build healthy relationships. You will learn to communicate more effectively, respect boundaries, and appreciate individual experiences.

• **Encouraging Collaboration:** Learning together about development fosters teamwork and collaboration, enabling you to work effectively with all peers.

• **Preparing for Future Challenges:** Knowledge prepares you for real-world interactions and challenges, equipping you with the tools to navigate social situations thoughtfully and respectfully.

The background is a light cream color with decorative elements. In the top-left and bottom-right corners, there are wavy, concentric lines in shades of yellow and orange. In the top-right and bottom-left corners, there are green leafy branches. Small dark green circles are scattered throughout the background.

Lesson 1

- Puberty
- Hygiene and Self-Care

An illustration of a male teacher with a mustache, wearing a green shirt and dark pants, holding a brown folder and pointing towards a green chalkboard. The chalkboard has a list of topics written on it. The background is a light yellow with abstract green and orange shapes, including wavy lines and circles.

Today we will...

- understand what puberty is and what causes it
- identify the stages of development
- understand the importance of good hygiene and self-care

What do you already know about
puberty and adolescence?



- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____





What is Puberty?


Puberty is a time when your body starts to change as you grow and transition from a child into an adult. You will begin to develop physical and hormonal characteristics which will enable you to have children.




When Does Puberty Start?




Puberty typically starts between ages 8 and 13 in females.



Puberty typically starts between ages 9 and 15 in males.



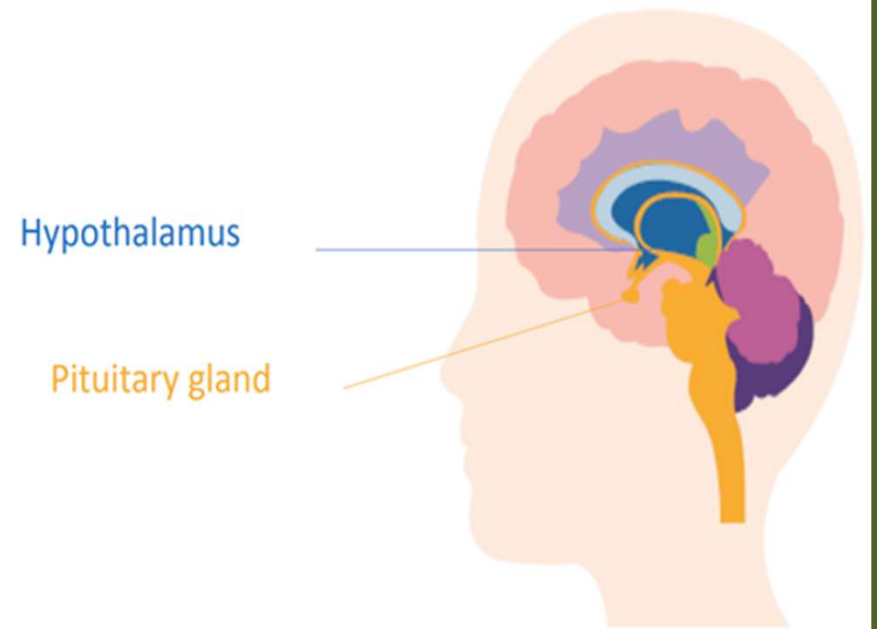
This wide range in ages may help explain why some of your friends still look like young kids while others are starting to look more mature.



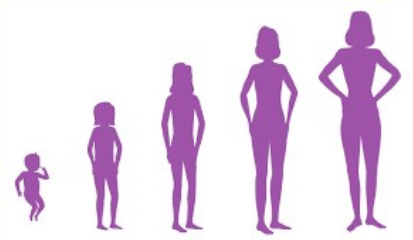
What Causes Puberty?

- When your body reaches a certain age, your pituitary gland in your brain releases a special hormone that starts the changes of puberty.
- What are hormones? Hormones are chemical messengers that tell the body what to do.
 - Males = testosterone
 - Females = estrogen

Changes Start Happening in Your Brain

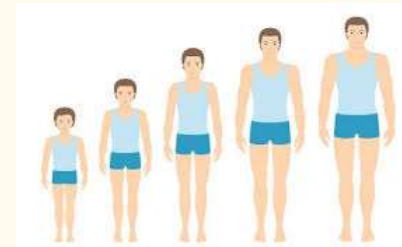
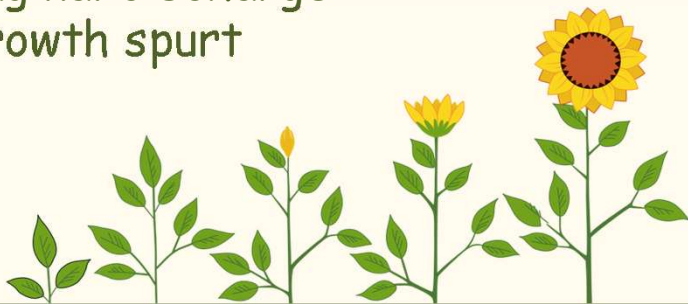


Physical Signs of Puberty



Female

- Breast development
- Hair under arms and pubic area
- Menstrual periods
- Vaginal discharge
- Growth spurt



Male

- Enlargement of penis and testicles
- Hair under arms, pubic area, on face and legs
- Voice changes
- Oily skin and sweat production
- Sperm production and nocturnal emissions
- Growth spurt
- Acne

Hygiene and Self-Care

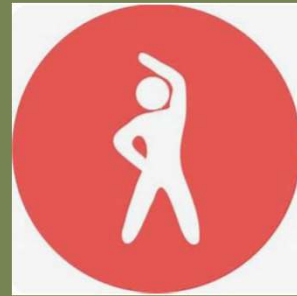
Sleep



Nutrition



Exercise



Hygiene



Nutrition



- ✓ Eat a well-balanced diet
- ✓ Drink plenty of water
- ✓ Eat regular meals
- ✓ Avoid eating when you are bored
- ✓ Limit junk food
- ✓ Eat more vegetables, fruits, and protein
- ✓ Don't skip meals

Sleep

How many hours of sleep should you get each night?

- It is recommended for children ages 6-12 to have 9-12 hours of sleep per 24 hours.



What are some routines you can put into place that will help you get the appropriate amount of sleep?



Exercise



How many minutes of exercise per day is recommended?

- 60 minutes of moderate to vigorous exercise per day.

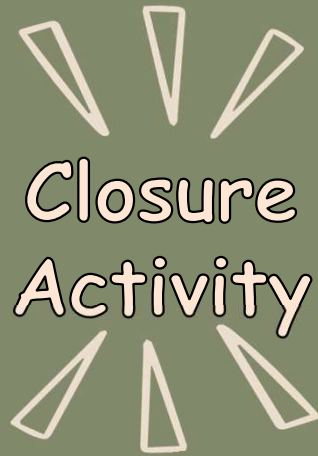


What does exercise do for my body and brain?

- Improves memory and thinking skills.
- It improves your mood and sleep, while also reducing stress and anxiety.

What is Good Hygiene?





Knowing Yourself Worksheet

Name: _____ Teacher: _____ Date: _____

Part 1: **Knowing Yourself Worksheet**

1. Because of the rapid growth that takes place during adolescence, good nutrition is needed. Which of the following meals would be most healthful?
 - a. Hamburger, vegetables, bread, fruit, milk
 - b. Pizza, French fried potatoes, pickle, coke
 - c. Spaghetti, soda, chocolate cake, coffee
2. Why is it necessary for adolescents to bathe/shower more frequently than you did as a child?

3. How might the use of deodorants help an adolescent?

4. As an adolescent you must have plenty of sleep because your body is growing and changing rapidly.
 - a. How many hours do you usually sleep each night? _____
 - b. How many hours of sleep do you need each night to wake up alert the next day? _____
5. List three activities which can help you develop your body and strengthen your muscles?
 - a. _____
 - b. _____
 - c. _____
6. How can the physical changes which occur during adolescence affect the way you feel about yourself?

7. How does the fact that some people go through puberty earlier than others affect the way the people behave toward each other?



Knowing Yourself Worksheet

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Hormones trigger sweat and oil glands

3. How might the use of deodorants help an adolescent?

Good hygiene practice

4. As an adolescent you must have plenty of sleep because your body is growing and changing rapidly.
 - a. How many hours do you usually sleep each night? Answers may vary
 - b. How many hours of sleep do you need each night to wake up alert the next day? 9-12
Answers may vary
5. List three activities which can help you develop your body and strengthen your muscles?
 - a. sports
 - b. walking
 - c. biking*Answers may vary*
6. How can the physical changes which occur during adolescence affect the way you feel about yourself?

Awkward, self-conscious, insecure

7. How does the fact that some people go through puberty earlier than others affect the way the people behave toward each other? *Answers may vary*

Differences are noticed, awkward, self-conscious, insecure



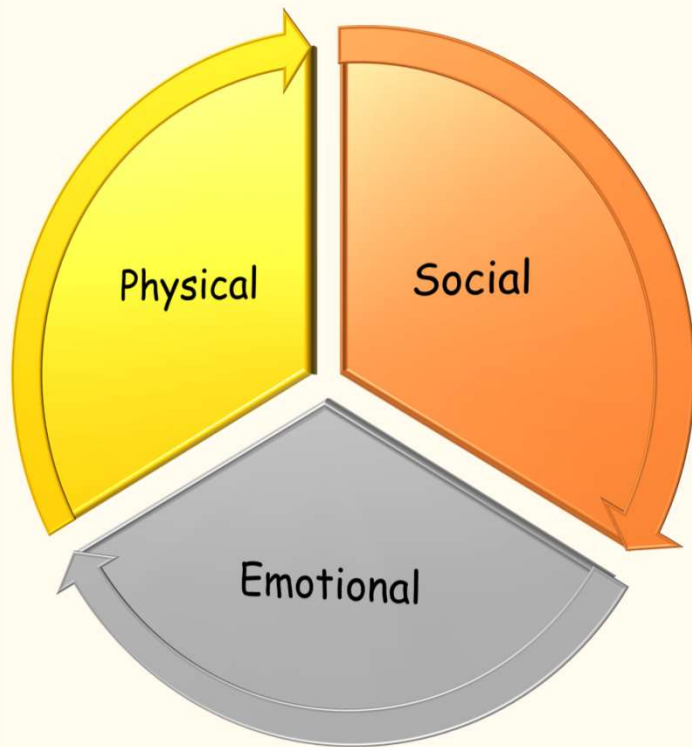
Lesson 2

- Emotional Changes and Hormones
- Male Reproductive Anatomy

Today we will...

- identify and describe physical and emotional changes that occur during puberty.
- understand that these changes are normal and a part of growing up.
- learn strategies for managing emotions during this time.
- identify the male reproductive system.

What changes could I expect during puberty?



Physical: hair growth, body odor, sweat

Social: friendships

Emotional: mood swings, stress, anxiety

Discussion



What are some common emotional changes you can experience during puberty?

Emotional Signs of Puberty



- Mood swings - you feel great one minute, and then really, sad or angry the next
- Feel self-conscious about how your body looks
- Anxiety and stress
- Might have hard time making up your mind/ feel unsure a lot
- Intense feelings
- Feel "paranoid" - everyone's looking at/talking about you

Activity: Scenario Discussion

Directions:

- The class will be divided into 5 groups and each group will receive a scenario card.
- Time will be provided for students to discuss how they might feel in that situation, possible reasons for those feelings, and strategies to cope with or express those emotions.
- Each group will get a turn to share their scenario topic and findings.



Scenario #1

Friendship Changes



Jamie notices that her best friend has started spending more time with a new group of friends. Jamie feels left out and confused about why her friend is changing. She wonders if she did something wrong.

Scenario #2

School Performance Pressure



Alex is feeling anxious about an upcoming math test. He usually does well in school, but lately, He has been worried about disappointing his parents and teachers if he doesn't get a good grade. This pressure makes him feel stressed and overwhelmed.

Scenario #3

Body Image Concerns



Sam has started to notice changes in her body as puberty sets in. She feels self-conscious about her appearance, especially when comparing herself to her peers. This makes Sam feel insecure and sometimes upset.

Scenario #4

Mood Swings



Mario has been feeling irritable and frustrated lately, often snapping at his friends over small things.

His friends notice these mood swings and they are getting frustrated with him. Mario realizes that his emotions are more intense but doesn't understand why.

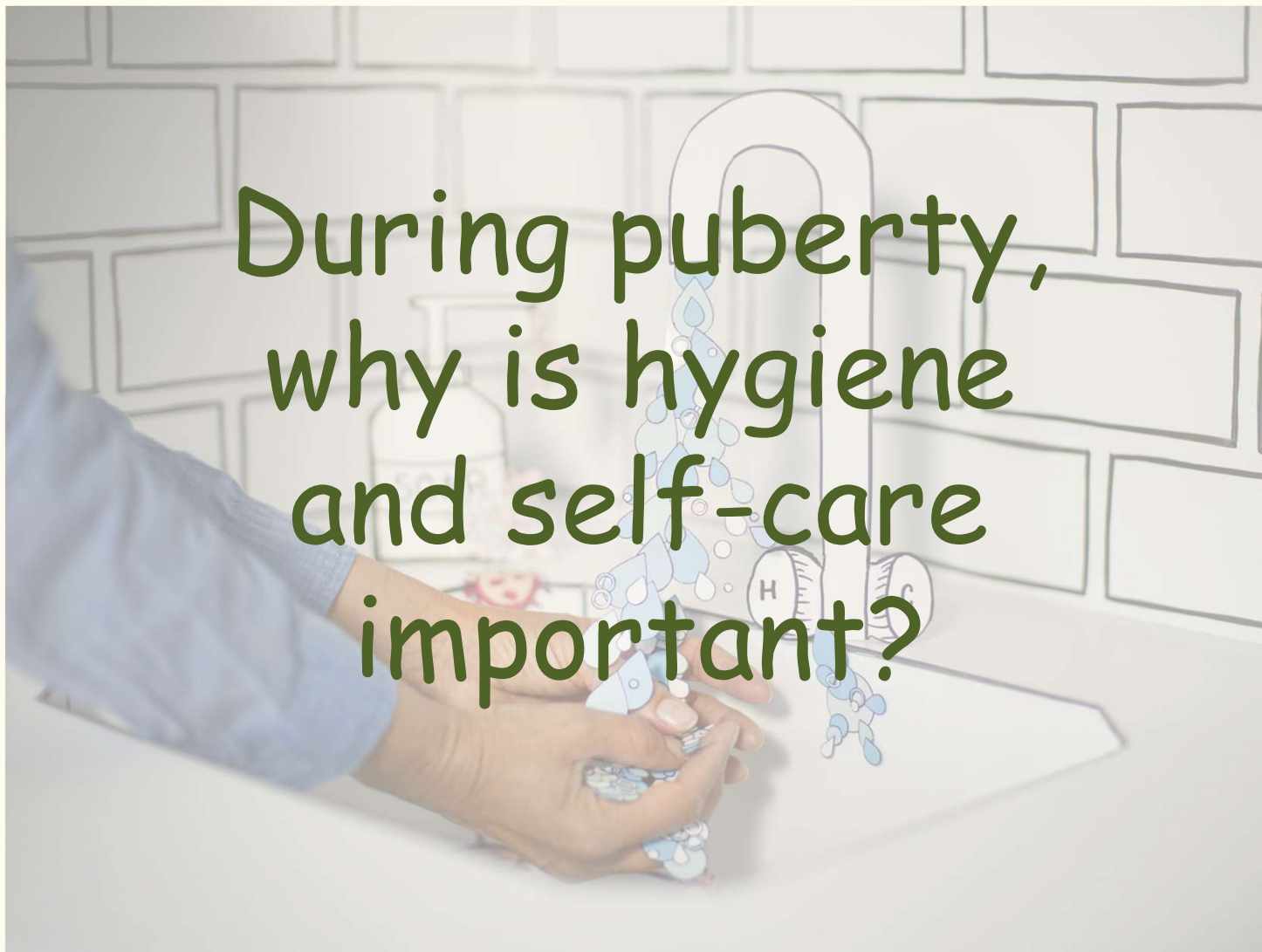
Scenario #5

Social Media Conflicts



Jordan saw a post on social media where she was tagged in a photo that wasn't very flattering. She feels embarrassed and angry, leading her to question her friendships and whether people really like her for who she is.

During puberty,
why is hygiene
and self-care
important?



Male Anatomy

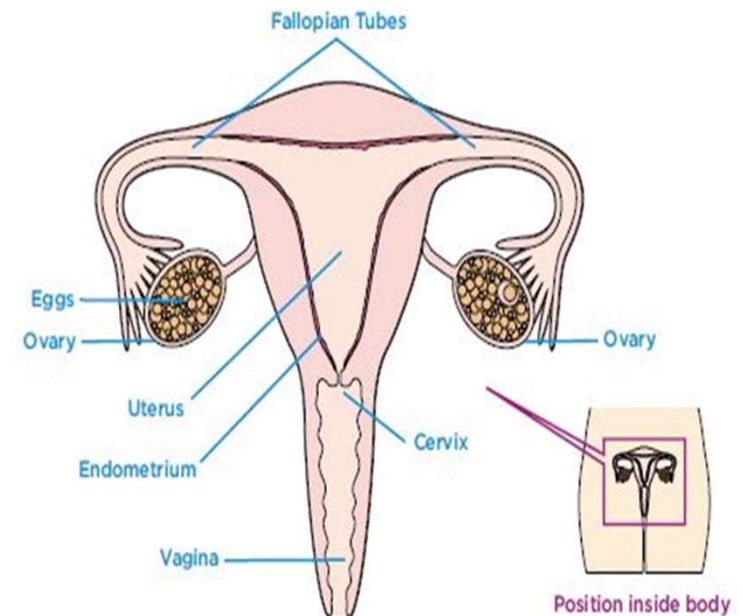
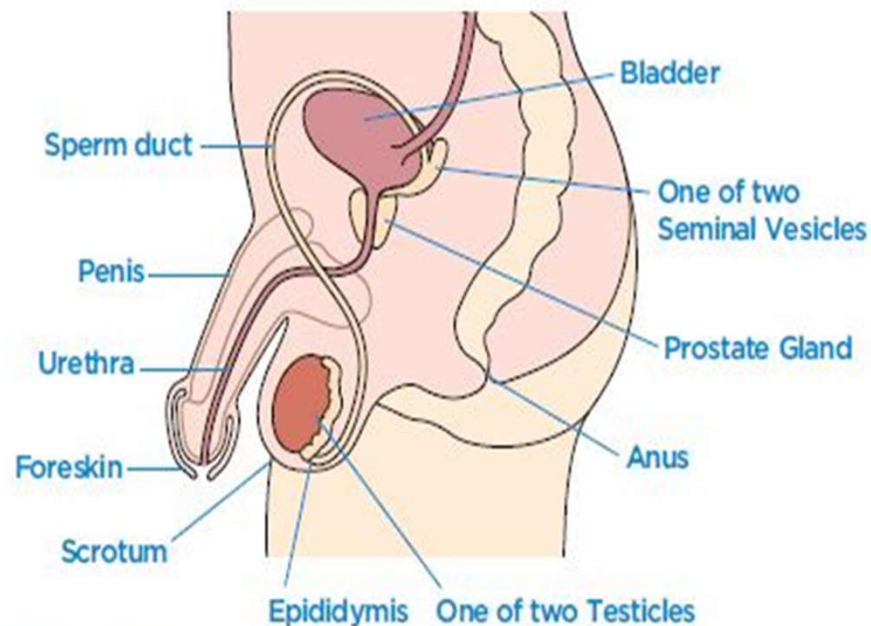


Male
Stages
of
Development

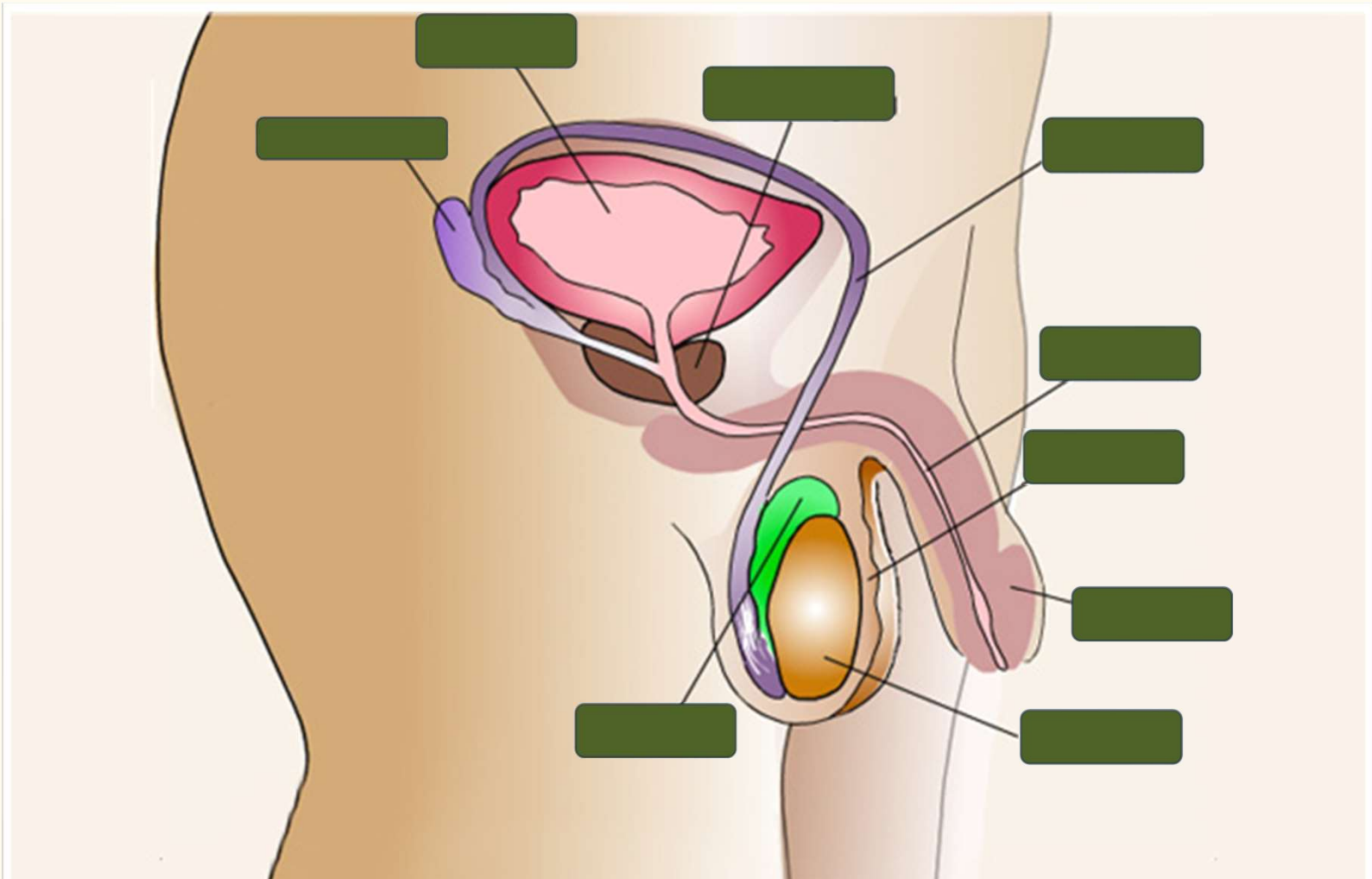


The Reproductive Systems

The reproductive system is a system of organs and parts made up of the internal and external sex organs that function in the reproduction of babies.



The Male Reproductive Anatomy





Closure

Changes that we are going through are normal and are all a part of growing up.

During puberty, changes that I can expect to experience are physical, emotional, and social.

If you have any further questions or concerns, turn to your parents, guardians or another trusted adult.



Lesson 3

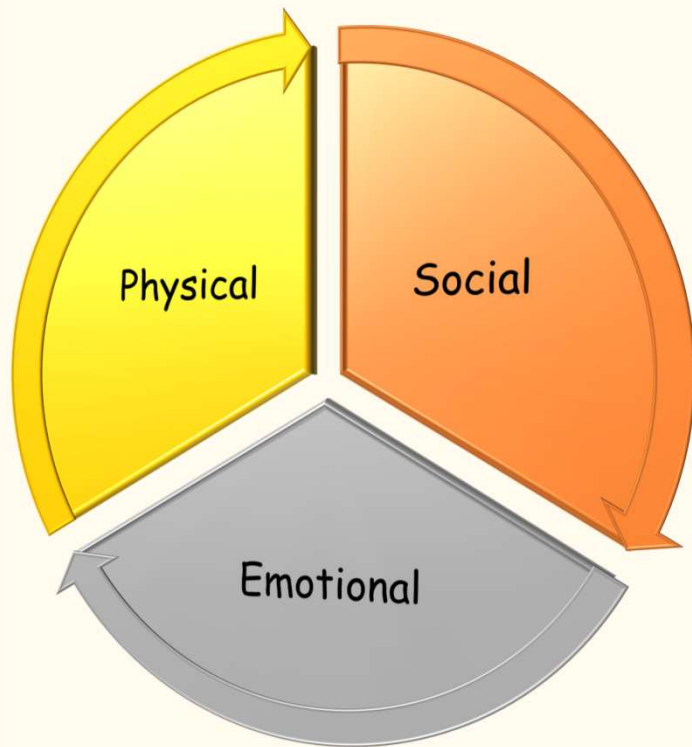
- Relationships and Boundaries
- Female Reproductive Anatomy



Today we will...

- identify social changes during puberty.
- understand the importance of healthy relationships.
- understand that these changes are normal and a part of growing up.
- identify personal boundaries and respect the boundaries of others.
- identify the female reproductive system.

What changes could I expect during puberty?



Physical: hair growth, body odor, sweat

Social: friendships

Emotional: mood swings, stress, anxiety

Social Signs of Puberty

- ✓ Independence from parents/guardians
- ✓ Peer influence and acceptance becomes important
- ✓ Peer relationships
- ✓ Peer pressure increases



Discussion



What is a relationship?

- A relationship is a connection between two or more people.

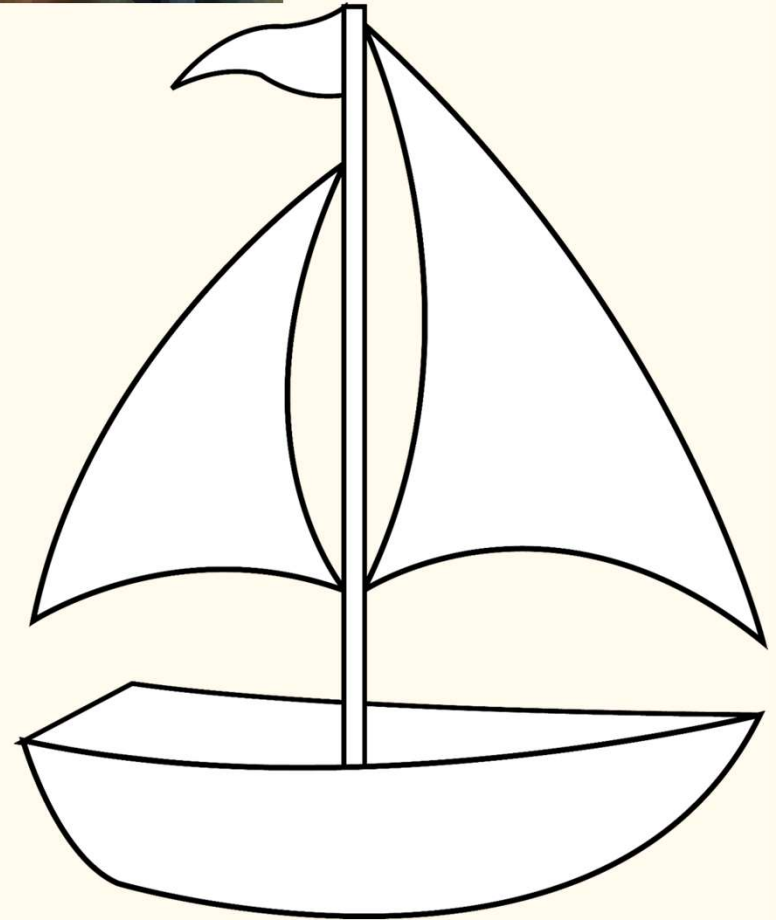
What are different types of relationships you have in your life?

Activity: What Floats Your Boat?

3:00

Directions:

- On the inside of your boat, write things that make a relationship FLOAT. (3 minutes)
- On the outside of your boat, write things that make a relationship SINK.



Boundaries



What are boundaries?

Boundaries are like invisible lines that help us understand what is okay and what is not okay in our relationships with others. They can be physical, emotional, or digital.

Boundary Breakdown



Physical Boundaries: These involve personal space and physical touch. For example, deciding how close you want someone to stand to you or whether you want to hug someone.

Emotional Boundaries: These help us protect our feelings. They allow us to say when we feel hurt or uncomfortable and to express our needs and limits in a relationship.

Digital Boundaries: These refer to how we interact online. This includes who we share our personal information with and what we feel comfortable sharing.

Why are boundaries important?




- ✓ **Safety:** Boundaries keep us safe, both physically and emotionally. They help us feel secure in our relationships.
- ✓ **Respect:** They teach us how to respect ourselves and others. When we set boundaries, we show that we value our feelings and needs.
- ✓ **Healthy Relationships:** Boundaries help prevent misunderstandings and conflicts. They allow everyone to know what is acceptable and what isn't.

How do boundaries help us maintain healthy relationships?



Clear Communication:

Setting boundaries encourages open communication. When we express our limits, others understand how to interact with us more effectively.



Conflict Prevention:

By having boundaries, we can prevent conflicts and misunderstandings. If everyone knows and respects each other's limits, there is less chance of hurt feelings.

Mutual Respect:

When we respect our own boundaries and those of others, it builds trust and respect in relationships. This leads to stronger, healthier connections.

Empowerment:

Knowing our boundaries empowers us to make choices that align with our values and feelings, making us feel more confident in our relationships.

Activity: Deal or No Deal

Directions:

- Look at the box of characteristics.
- Determine which the column you think they belong under.

Name _____

Deal or No Deal

Directions: Examine the following characteristics. Place the characteristics in the column's which you think they belong.

loyal	rebellious	forgiving	high self-esteem	selfless
thoughtful	unreliable	disrespectful	kind	funny
self-centered	hard-working	truthful	sneaky	understanding
judgmental	unfair	supportive		

Deal Breaker	Don't Care Much	Deal

During puberty,
why is hygiene and
self-care
important?



Female Anatomy

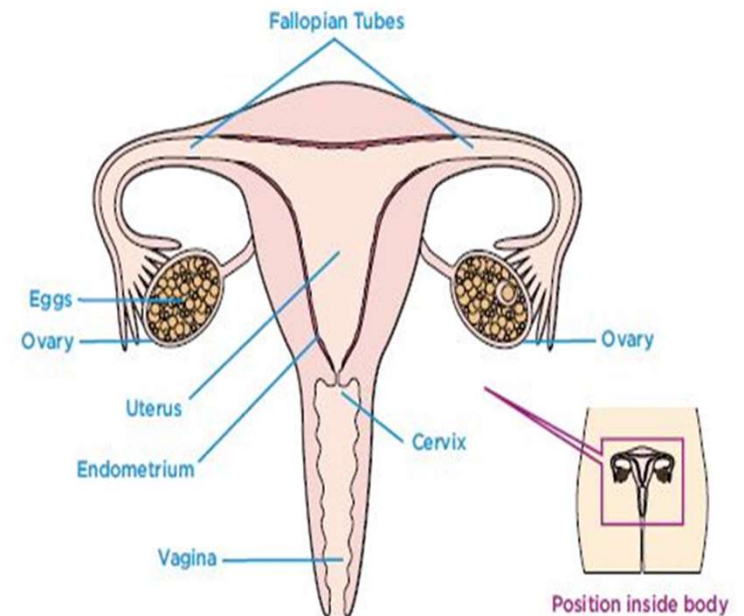
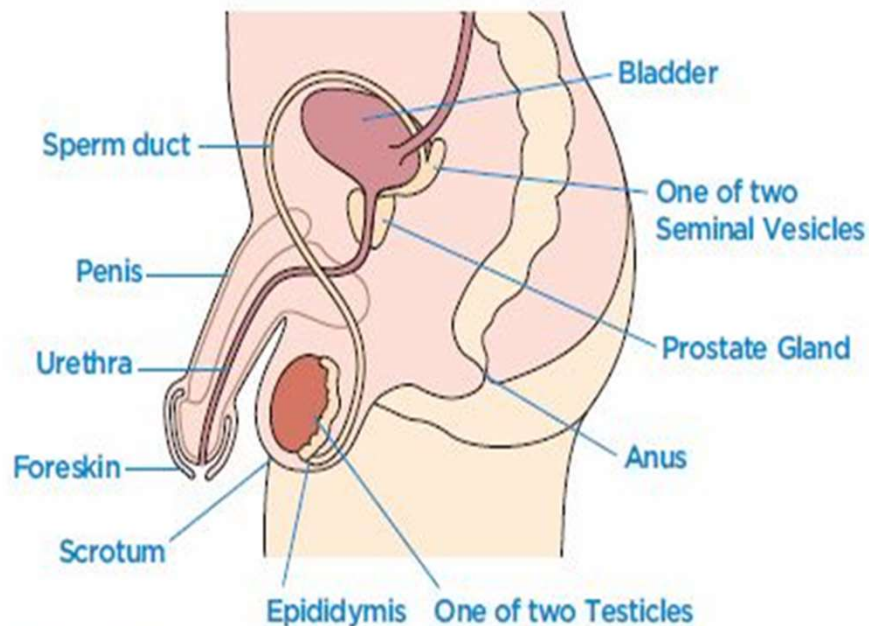


Female Stages of Development

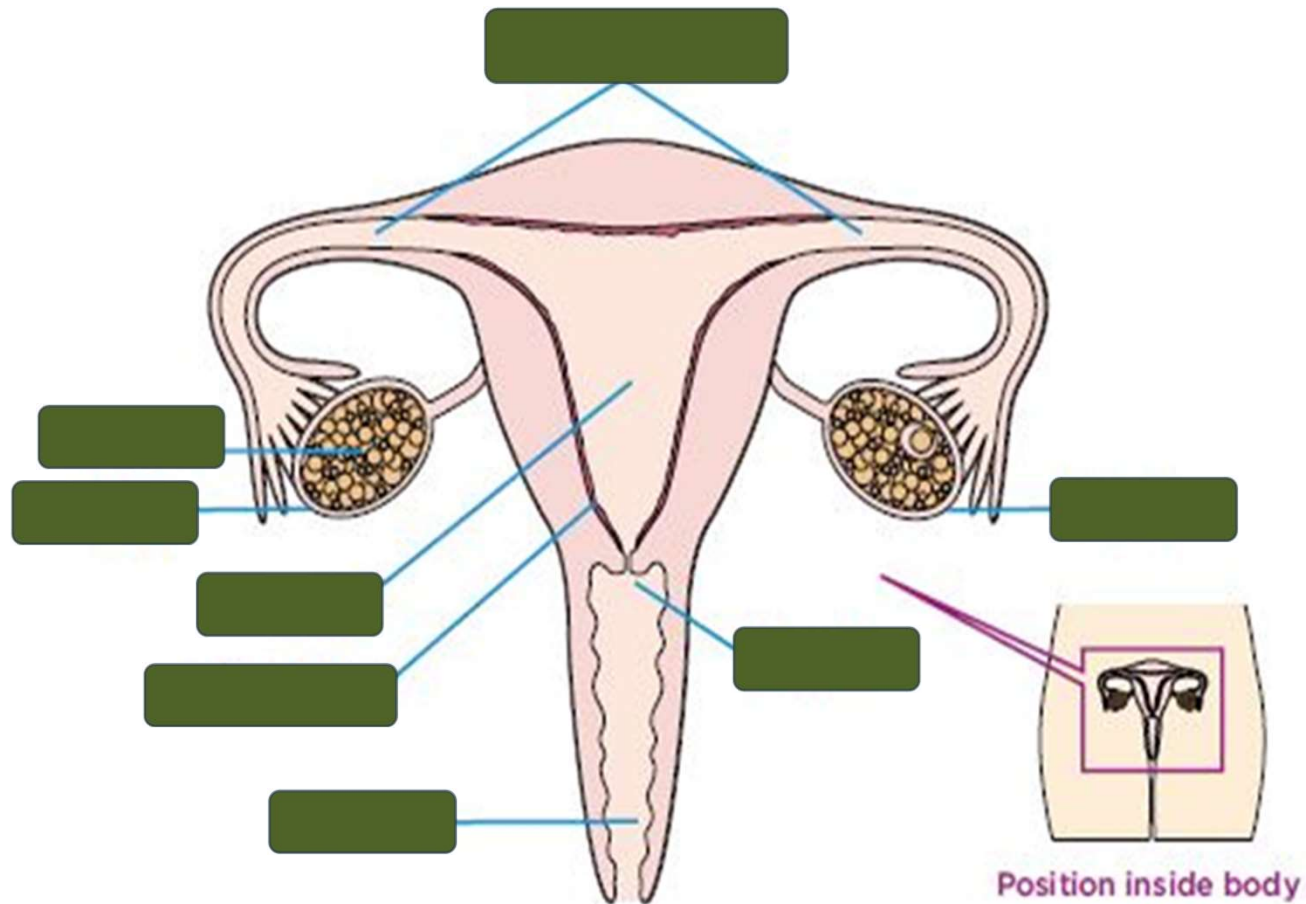


The Reproductive Systems

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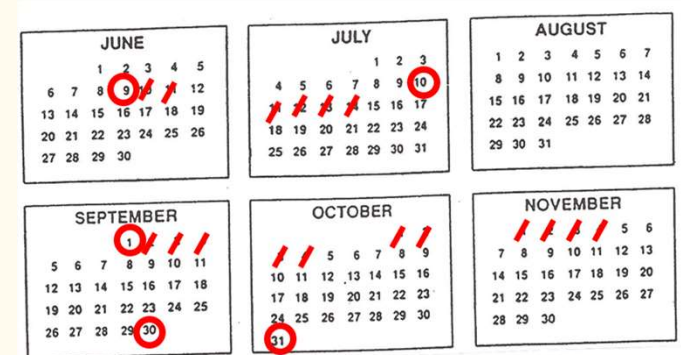


The Female Reproductive Anatomy



What is menstruation?

- **Menstruation** is a natural process that happens in the bodies of girls and women. It usually starts during puberty, around ages 9 to 16.
- Each month, the body prepares for a possible pregnancy by thickening the lining of the uterus. If there's no pregnancy, that lining sheds, and blood comes out through the vagina.
- This cycle typically lasts about 3 to 7 days and happens roughly every month. It's a normal part of growing up!



What is menstruation ?





Closure

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