

4th Grade Boy's Puberty Syllabus

Presented by the Elkhart County Health Department

- I. Watch "Just Around the Corner" presented by Marsh Media
 - a. Description of video:

This reassuring presentation includes a cheerful theme song and clearly illustrated biology, enhanced with new narration and photography to help prepare your younger elementary-level boys for all of the changes ahead. Topics covered in the lively program include: when to expect the onset of puberty, the physical and emotional changes of puberty, the maturation of the reproductive system, the importance of good hygiene, healthy habits, and sleep, and maintaining health through good nutrition and exercise.
- II. Presentation
 - a. Onset
 - i. Pituitary Gland
 - ii. Testosterone
 - iii. Timing/Age
 - b. Physical Changes
 - i. Height/Weight
 - ii. Musculature
 - iii. Hair/Skin Changes
 - iv. Voice Changes
 - c. Emotional Changes
 - i. Anger/ Irritability
 1. Self-control
 2. Consequences
 - ii. Self-conscious Feelings
 1. Patience
 - a. Puberty happens at different speeds discussion
 2. Kindness
 - a. Everyone is in the same boat discussion
 - d. Reproductive System Changes
 - i. Erections
 1. Dealing with Spontaneous Erections
 - a. Stay calm discussion
 2. Nocturnal Emissions
 - a. Natural and Accidental
 - b. Being Honest Discussion
 - i. Students encouraged to ask parents for help dealing with these situations. "Deal with problems honestly, hiding only makes situations worse."
 - ii. Embarrassing but Natural Discussion
 - e. Preparing for Puberty
 - i. Dietary Needs

1. Growth Requires Fuel Discussion
 - a. My Plate
 - i. Protein/Carbs/Fats Role in Your Body
2. What to Drink
 - a. Water/Milk vs Sugary Drinks
 - b. Caffeine and the Growing Body
 - c. When to Use Sports Drinks
- ii. Sleep Needs
 1. 10-11 hours
 2. Choosing Sleep
 - a. Avoiding Bright Lights
 - b. Sleep vs Video Games/Youtube/TV/Phone
 3. Why Sleep Helps
 - a. Growth and Repair
 - b. Brain and Learning
- iii. Hygiene
 1. Skin Changes = New Responsibilities
 - a. Sweat/Smell
 - b. Acne
 2. Men Smell Discussion
 - a. Deodorant
 - b. Daily Bathing
 - c. Clean Clothes

III. Question and Answer Session