

5th Grade Puberty Syllabus

Presented by the Elkhart County Health Department

- I. Watch “We’re Just Around the Corner” presented by Marsh Media
 - a. Description of video:

Are your students ready for a little more information on puberty and reproduction? “We’re Just Around the Corner” with its fresh photography, graphics, and live action footage will appeal to older students. This co-educational program presents information in a reassuring, matter-of-fact way on topics that include: conception, pregnancy, fetal development, the physical and emotional changes of puberty, the importance of good hygiene, and healthy habits.
- II. Hygiene
 - a. Importance of daily bathing
 - b. Using hygiene products
 - i. Shampoo
 - ii. Conditioner
 - iii. Body soap
 - iv. Washing hands
 - v. Brushing/flossing teeth
 - vi. Deodorant
- III. Female Development
 - a. Age of onset
 - b. The Menstrual Cycle
 - i. Anatomical overview
 - ii. When to expect my period
 - iii. How long a period lasts
 - iv. What to do if I get my period at school
 - v. Creating a “period kit” that includes pads or tampons, deodorant, and extra underwear
 - vi. Period hygiene
 1. Changing pad/tampon every 2-5 hours depending on blood flow
 2. Washing hands prior to and after changing feminine hygiene products
 3. Correctly dispensing of feminine hygiene products
 - c. What do in certain situations such as:
 - i. If I get my period at school
 - ii. If I leak through my underwear or pants
 - d. Physical/Emotional Changes
 - i. Hormones and mood
 - ii. Breast enlargement
 - iii. Pubic hair
 - iv. Weight gain
- IV. Male Development
 - a. Age of onset

- b. Physical/Emotional Changes
 - i. Muscular development
 - ii. Facial/body hair
 - iii. Deepening voice
 - iv. Weight gain and height increase
 - c. Reproductive System Maturation
 - i. Anatomical overview
 - ii. Sperm Production
 - iii. Erections
 - iv. Ejaculation
 - 1. Nocturnal emissions
- V. Conception
- a. Anatomy of sperm and ovum
 - b. Fertilization
 - c. Implantation
 - d. Fetal development
- VI. Question and Answer Session