



“You, Your Body, and Puberty”

With the arrival of puberty, boys and girls enter one of the most exciting and challenging stages of their lives. The two-hour program helps eliminate the fears of growing up by supporting young people with factual information. During the program boys and girls are separated for the ease of embarrassment. The curriculum begins with Valeda, the transparent talking woman, as she gives the students an overview of the organs inside the human body. The students and experts also talk about the need to eat healthy, talk to trusted adults, and find healthy ways to cope and communicate on their way to adulthood.

Suggested Grade Levels: 4th-5th

1. Relationships

- I. Understand what a healthy relationship is
 - a) Friends
 - b) Classmates
 - c) Teammates
- II. Stop light activity- identify red flags in relationships

2. Growth Triangle

- I. Understand the physiological, mental, and emotional changes that take place during puberty
- II. Growth begins:
 - a. Physical: at fertilization
 - b. Mental: Birth
 - c. Social: Birth
- III. Growth matures:
 - a. Physical: between the ages of 8-16
 - b. Mental: between the ages of 18-25
 - c. Social: between the ages of 18-25
- IV. Emphasis: Physical body is capable of reproduction at this time, but body is not fully developed mentally or socially
 - a. Sperm + egg = fertilization
 - b. Missed period=no pregnancy if abstinent
 - c. Discuss consent
 - d. Find trusted adult to talk further with

3. Physical Changes That Indicate Puberty

- I. Males
 - a. Voice deepens
 - b. Hair growth on body
 - c. Body shape change
 - d. Acne
 - e. Body odor: sebaceous glands activate
 - f. Sperm production begins: nocturnal emission
- II. Females
 - a. Voice fuller sound
 - b. Hair growth on body
 - c. Body shape change
 - d. Acne

- e. Body odor: sebaceous glands activate
- f. Menstruation begins

4. Anatomy of the Reproductive Systems

- I. Males
 - a. Sperm cells
 - b. Scrotum
 - c. Testicles
 - d. Epididymis
 - e. Vas deferens
 - f. Seminal vesicles
 - g. Semen and ejaculation
 - h. Penis
- II. Females
 - a. Egg cell, ovum
 - b. Ovaries
 - c. Fallopian tubes
 - d. Uterus
 - e. Cervix
 - f. Vagina
 - g. Menstruation

5. Introduce Feminine Care Products

- I. Pads
 - a. Outside of the body
 - b. Cannot use for swimming
- II. Tampons
 - a. Inside the body
 - b. Can swim with
 - c. TSS
- III. Menstrual cups:
 - a. Inside the body
 - b. Can swim with
 - c. Less frequent changes than tampons
 - d. Eco friendly
- IV. Period clothing
 - a. Underwear/leggings/pants
 - b. Eco friendly

6. Discuss Ways to Take Care of Growing Body

- I. Diet
- II. Exercise
- III. Sleep
- IV. Hygiene
- V. Coping skills

- 7. **Questions and Answers about Puberty-** Educators reserve the right to answer questions related to the program material in a scientific, definition –only format. Questions regarding the reproductive system will be answered at the KLCH educator’s discretion including, but not limited to, sexual reproduction, human growth/development, and puberty. KLCH educators will provide age appropriate answers to questions. Students are encouraged to find trusted adults to learn more about topics outside of KLCH that are considered personal values.