

FLASH Puberty/Hygiene 5th Grade Virtual Lesson Outline

Learning objectives:

1. Describe the physical and emotional changes of puberty
2. Anticipate puberty with positive feelings and recognize that the timing of change is individual
3. Distinguish among definitions of erection, menstruation, nocturnal emission, ovum, puberty, and sperm
4. Explain the purposes of bras, athletic supporters, and menstrual hygiene products
5. Distinguish puberty facts from myth.
6. Being curious about puberty, health, and your body is normal and you should ask questions and have conversations about it with adults you trust

Agenda

- 1) Introduction/agreements
- 2) Review video/ major changes
- 3) Vocab Review
- 4) T/F Trivia
- 5) Anonymous Questions
- 6) Healthy Communication

Assessments

- 1) Major changes review
- 2) Vocab Review
- 3) T/F Trivia

Materials:

1. PowerPoint
2. Hygiene kit (pads, tampons, deodorant)

Human Growth and Development: Puberty and Hygiene

A. Introduction (5 minutes)

1. Hi everyone! My name is Erin Montgomery and I am a community health educator. I'm here to talk to you all about puberty!
 - **Is anyone feeling nervous today? Raise your hand or put something into the chatbox.** It is totally ok and normal to be nervous! Sometimes when people are nervous, they laugh. It's ok to laugh and some of this can feel silly! Let's make sure that if we are laughing we are on mute so everyone can learn. It can help to take some deep breaths.
 - **Who can tell us, what is puberty?** *The period of physical and emotional changes that occurs during the transition between childhood and adulthood.* Does this happen in one day? *No! Keep in mind that these changes happen slowly over time.*
 - **Why do you think puberty is important to learn about, why am I here today?** *(Happens to everyone, could already have started for some of you. Puberty can be scary, but it is a lot less scary if you know what to expect!)*
2. Group Agreements: let's set up some G.A. for this class to help us all feel more comfortable
 - **Listen** – Listening to me and respectfully listening to each other. Make sure you are on mute if you aren't speaking! This topic is so important and you won't want to miss any of this so make sure you are paying good attention.
 - **Be respectful**- We don't need to make any comments that could make someone feel bad about their bodies. All of the changes we'll be discussing today are very normal. Some of you may have learned about puberty and know more others, and that is ok. Just remember we are all learning together today. You all are 5th graders and mature enough to handle this, I promise!
 - **Ask questions**- This is so important! It is really normal to be curious about this stuff. I encourage you to raise your hand and ask questions as we go, but if you want your question to be anonymous, you can click on this link and submit the question anonymously. I promise if you have a question, there are other people in the class who are wondering the same thing, so you should be the brave one and ask the question! **Insert link into chatbox.**
 - Give me a thumbs up if you can agree to follow these rules!

B. Puberty Video Review/ Major Changes (15 minutes)

1. I asked your teachers to make sure you all watched our Puberty video before I came today. **Raise your hand if you watched that video! Who would like to tell us something you learned or something that surprised you in the video?**
2. **Who can tell us, what causes puberty?** *Puberty starts when the pituitary gland in the brain tells the ovaries or the testicles to start producing the hormones that cause puberty changes in the body.*
So, since it is controlled by the brain, **can we choose when we start puberty?** No! Remember that everyone's body is on its own timeline, and you will experience these changes when the time is right for you

3. **Review major changes – brainstorm and list on board:** We have three columns on the board- Female (when I say female I mean someone who was assigned female at birth, has a vagina and ovaries), Male (someone who was assigned male at birth, has a penis and testicles), and Everyone. Again, we are talking about typical development and remember that this is not the case for everyone!

Female	Male	Everyone
Hips widen	Shoulders broaden	Taller
Breasts develop	Facial hair	Acne
Ovulation & menstruation	Sperm production	Sweat/body odor
Vaginal discharge	Nocturnal emission	Pubic/underarm hair
		Voice deepens
		Genitals enlarge
		Erections
		<i>Crushes</i>
		<i>Self-consciousness</i>
		<i>Mood changes</i>

Talking Points to Cover:

- **Breasts-** Everyone, including males, has some breast growth during puberty. It is common for boys to also develop breasts during puberty and it usually goes away after a couple years. And everyone has breast tissue which is why it is possible for men to also get breast cancer.
 - Some people start wearing bras during puberty when their breasts start to develop. Some people feel more comfortable wearing bras especially during sports or other activities, but if you don't want to wear a bra you don't have to- it's up to you. If you're not sure whether you want to wear one or not you should talk to a parent or another adult you trust.
- **Nocturnal Emission-** This is also called a wet dream. This is very normal and common during puberty, but it is also normal if someone doesn't have wet dreams. It is healthy either way.
- **Sweat/Body Odor-** After puberty, a different group of glands produce sweat that has an odor. What do many people use to help with the smell? Deodorant! **Show example.** Deodorants come in many different smells and styles and you can choose whatever you like best. And if your family doesn't use deodorant that's ok, you don't have to. If you are using deodorant, you should use it every day for it to work properly.

C. Vocab Review (5 mins)

1. Let's go over some of the vocabulary terms from the video. On the left there are some vocab words and on the right are some definitions. I'm going to read a definition out loud and I want someone to raise their hand and tell me which vocab word matches that definition.

D. Puberty Trivia! (15 minutes)

- Now we are going to play a trivia game! I'm going to ask you true or false questions. If you think the answer is true, I want you to hold your hands up high like this! If you think the answer is false, I want you to hold your hands down low like this. **Demonstrate hands.** If the majority of you get the answer

correct, you all get a point, if the majority get the answer wrong then I get a point. Some of these might be brand new information so it is ok if you don't know the answer.

1. Usually, males start puberty a little younger than females.
 - FALSE- Typically, girls start puberty before boys but not always.

2. Erections only happen if the person is thinking about something sexual
 - FALSE- Can someone remind us, what is an erection? Most of the time during puberty, erections happen for no reason at all. Some people find them embarrassing, but just remember that it's not something you can control so be kind to each other! As you get older they will stop happening so randomly.

3. You can tell if someone is on their period just by looking at them
 - FALSE- You can't tell by looking at someone if they are on their period. Again, sometimes people feel self-conscious about their periods, but it is not something you can control. The only way you could tell if someone is on their period is if they tell you or if they bleed onto their clothes, which sometimes can happen. What would you do if you saw someone had bled onto their clothes?

4. A person's feelings may change from moment to moment, especially during puberty
 - TRUE- What is this called? Mood swings! Remember that puberty is not just physical changes but often there are emotional changes as well. Mood swings are common and normal, and just remember to take care of yourselves.

5. Young people should not use tampons
 - FALSE- Some people believe that younger people shouldn't use tampons, but most people think it really doesn't matter whether someone uses a pad or a tampon. It is entirely up to you what you want to use and what feels most comfortable for you. *Show tampon*. A lot of students ask me if tampons hurt and the answer is they shouldn't. If you put a tampon in and it feels uncomfortable or hurts at all, you should take it out and try again or just use a pad instead. Sometimes it takes some practice to get comfortable wearing them. How often do you need to change a tampon? 4-6 hours. Tampons are very safe (millions of people use them), but you just have to remember not to leave them in too long because they can cause an infection. If you don't want to use a tampon, there are also pads. *Show pad*. Again, you get to choose what you want to use. If you're not sure, you can talk to a parent or another adult you trust and see what they think.

6. The main reason teenagers get acne is they eat the wrong foods
 - FALSE- This is a myth! Some people think that if people are eating junk food or not washing their face they will have more acne. Eating healthy and washing your face can help some people, but sometimes people are really careful and take care of themselves and still get pimples. For most people, acne is caused by hormones during puberty, and there's not much someone can do about that.

7. If someone has not started puberty by age 13, they should see a doctor because there might be something wrong with their endocrine system.
 - FALSE- What age do you think someone should be concerned? *18ish*. I would say if someone is finishing high school and still hasn't started puberty then maybe they should talk to a doctor, but that isn't something you all should be worried about for a long time. Some people start puberty in elementary school, some in middle school, and some in high school and it doesn't matter because everyone's body is unique.
8. Someone with a penis should start wearing an athletic supporter or cup when they play sports to protect their genitals
 - TRUE- First of all, what is an athletic supporter or cup? Basically a hard plastic that is worn over the penis and testicles to protect them during sports. Cups should be worn during any contact sports like football, baseball, lacrosse, or hockey, and not just because it hurts to get hit in the genitals but they are actually to protect your genitals because getting hit too hard can be harmful. If someone has a vagina do they need to wear a cup? No because most of female reproductive organs are on the inside of the body and are already protected by the skeletal system.
9. It is ok for someone to play sports while they are menstruating
 - TRUE- This is another myth that some people think you have to lay around and do nothing when you have your period. If you want to do that that is up to you, but you can absolutely still play sports and do all your regular activities. The only difference would be you are wearing a pad or a tampon, and for some people exercise can help menstrual cramps feel better. The only exception with this is swimming. Pads don't work very well in the water, so if you did want to go swimming on your period a tampon is a better choice.
10. If someone has an uncircumcised penis, they should wash under the foreskin
 - TRUE- First of all, who knows what uncircumcised means? Circumcision is when the foreskin is removed from the end of the penis. This is something that usually happens by a doctor at birth. Parents often make this decision based on religious or cultural beliefs. About $\frac{1}{2}$ of babies with penises are born in the U.S. are circumcised, and $\frac{1}{2}$ are not, and it doesn't matter either way. The only difference is that if you are uncircumcised, meaning you have a foreskin, you just need to be a little more diligent cleaning by pulling back the foreskin and gently washing because bacteria could grow underneath and cause an infection.
11. Most changes during puberty happen to everyone, and only a few changes depend on if the person is male or female
 - TRUE- We are all more alike than we are different!

E. Anonymous questions (5 mins)

1. Now we are going to submit anonymous questions, so click on this link in the chatbox. I want everyone to submit a question. If you don't have a question, you could also write down something that you know about puberty that we haven't talked about yet that you think everyone else should know. If you really can't think of a question that is ok, but I want everyone to try to turn something in. Whichever questions we don't get to today, I will address tomorrow. [Insert Link Into Chatbox](#).
2. Before we start- remember that these are anonymous, and we need to be kind and respectful to each other. Asking questions is brave and even if a question might seem silly to you please be kind and don't make someone feel bad for asking a question.

C. Wrap Up (5 minutes)

1. I know puberty can sometimes feel overwhelming or some of these changes can seem like a drag, but there are a lot of great things about growing up too! So, I want to hear from some of you one thing about getting older you are most looking forward to. Does anyone want to share with the group?
 - *Examples: taller, independence, driving, dating, confidence!* Even though puberty is a big change there are a lot of good things that happen because of it!