

# Puberty, day 2

Grades 4-6, Lesson #12

## Time Needed

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40-50 minutes

## Student Learning Objectives

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To be able to ...

1. Explain the physical, social and emotional changes that happen during puberty.
2. Recognize that the physical changes of puberty allow reproduction to take place for most people.
3. Anticipate puberty with positive feelings.

## Agenda

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1. Review purpose of lesson.
2. Respond to “Anonymous Question Box” questions re: puberty.
3. Use Puberty Worksheet #2 to reinforce facts and debunk fears and myths about puberty.
4. Summarize by discussing peer pressure in the puberty years.

This lesson was most recently edited November 2021.

## ***Elementary FLASH Grades 4-6***

### **Materials Needed**

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#### **Student Materials: (for each student)**

- *Puberty Worksheet #2*

### **FLASH Key Concepts**

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Puberty is when a person's body and feelings change from a child's into an adult's.

The reproductive systems of all genders have many similarities.

## **Activity**

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### **1. Explain the reasons you are doing these lessons on puberty.**

- Sometimes people are afraid of things they don't understand. We try to explain things in these lessons in a way that helps everyone understand what to expect during puberty.
- Sometimes people feel as if they are the only one to ever experience certain changes. It helps to know that everyone goes through puberty and experiences very similar changes.
- It's good to understand what others are going through so you can be supportive and be a good friend.

### **2. Respond to "Anonymous Question Box" questions about puberty.**

### **3. Use *Puberty Worksheet #2* to reinforce facts and debunk fears and myths about puberty.**

- a. Divide the class into 3 teams.
- b. Hand out *Puberty Worksheet #2* and give the teams 20 minutes to reach consensus (within each team) on each item. Encourage people to discuss the items they disagree on and to explain to one another why they believe as they do about an item.
- c. Have one spokesperson for each team write their team's responses on the blackboard and explain, one at a time, why they chose a particular answer. You can award 1 point for each correct answer and an extra ½ point to the team with the best explanation. The team with the most points wins.

### **4. Summarize by discussing peer pressure in the puberty years.**

Discuss how it felt to disagree with teammates, whether there was overt peer pressure to agree (for consensus) or whether each person was considerably listened to. Summarize the lesson by explaining that it is probably more difficult during puberty than at any age disagree with the crowd because people are beginning to separate from their family and to gradually identify more with friends. That is normal, and people have to find ways to trust their own judgment at the same time as they enjoy their friends.

## **Related Activities for Integrated Learning**

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### **A. Social Studies**

Students may do reports on puberty rites of various cultures.

### **B. Math**

Have students find the average age of when these students began puberty.

## **Elementary FLASH Grades 4-6**

<u>Student</u>	<u>Age in years and months</u>	<u>Age as a decimal</u>
Elizabeth	8 yrs, 11 months	8.9
Jose	9 yrs, 11 months	9.9
Gabriela	10 yrs, 6 months	10.5
Veronika	11 yrs, 4 months	11.3
Cameron	11 yrs, 5 months	11.4
Sam	12 yrs, 8 months	12.7
Amina	12 yrs, 11 months	12.9
Malik	14 yrs, 10 months	14.0

**NOTE:** Depending upon your students' math skill level you can have them convert months to decimals, or you can provide the decimals to them.

### **Homework**

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Students' options:

- Family homework: What is something you wish you had known about puberty before you went through it?
- Individual homework: Define puberty, as if you were explaining it to someone younger than you.

# Puberty Worksheet 2

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NAME \_\_\_\_\_ DATE \_\_\_\_\_

DIRECTIONS: Write T for “true” next to each statement you believe is correct.  
Write F for “false” next to the wrong statements.

- \_\_\_\_\_ 1. Puberty is different for everyone and often starts between the ages of 8 and 14.
- \_\_\_\_\_ 2. The pituitary gland in the brain tells the body when to begin puberty
- \_\_\_\_\_ 3. People only get erections when they think about something sexual.
- \_\_\_\_\_ 4. A person might have strong feelings during puberty, including confusion, embarrassment, anxiety, sadness, sexual attraction, happiness, empathy, or caring.
- \_\_\_\_\_ 5. You can tell whether someone is menstruating by looking at them.
- \_\_\_\_\_ 6. Anyone can have some breast growth during puberty, no matter their gender.
- \_\_\_\_\_ 7. It is common for people with a penis to have nocturnal emissions at puberty, but it is also healthy not to.
- \_\_\_\_\_ 8. The main reason teenagers get acne is they eat the wrong foods.
- \_\_\_\_\_ 9. People of all genders experience very similar changes during puberty, including cisgender, transgender, and nonbinary people, and those who don't identify with any gender.
- \_\_\_\_\_ 10. Tampons are the only thing people can use to catch menstrual blood during a person's period.
- \_\_\_\_\_ 11. The vagina is always wet, just like the mouth and eyes.
- \_\_\_\_\_ 12. If someone has not started puberty by age 13, they should see a doctor, because there might be something wrong with their endocrine system.
- \_\_\_\_\_ 13. During and after puberty a person may have crushes on people of a specific gender or of any gender.
- \_\_\_\_\_ 14. One change that happens only to boys is that their voice deepens
- \_\_\_\_\_ 15. People sometimes choose to bathe more often once puberty begins.

# Puberty Worksheet 2 - Answer Key

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- 2. The pituitary gland in the brain tells the body when to begin puberty
- 3. People only get erections when they think about something sexual.
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- 5. You can tell whether someone is menstruating by looking at them.
- 6. Anyone can have some breast growth during puberty, no matter their gender.
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- 15. People sometimes choose to bathe more often once puberty begins.