

Body Basics: Growing Up

A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum

Fostering respect and responsibility through age-appropriate sexuality education.

TARGET GRADE: Grade 4

TIME: 40 Minutes

MATERIALS NEEDED:

Re-titled newsprint sheets as described
Changes of Puberty sheets printed two changes for each pair

Student Worksheet: Female Reproductive System
PPT Sexual and Reproductive Anatomy
Answer Key: Body Part Definitions
Masking tape
Extra pencils in case students do not have their own

ADVANCE PREPARATION FOR LESSON:

three sheets of newsprint paper. On the top of the first write,

blank sheet over each to hide what is written there.

Have approximately 30 one-inch pieces of masking tape pre-torn and partially stuck to the board or a desk at the front of the

ong dotted lines to form strips.

LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. Describe at least three changes that take place during puberty. [Knowledge]
2. Differentiate between what could be considered physical, and what are social and emotional changes of puberty. [Knowledge, Skill]
3. Correctly name at least two parts of two reproductive systems. [Knowledge]

PROCEDURE:

STEP 1:

Tell the class that you are going to be talking about puberty something everyone goes through starting at around your age and over their teen years. It has to do with all the ways our bodies change to prepare us for becoming adults. This includes how we change emotionally and socially as well as physically. Puber

Making Sense of Puberty

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Making Sense of Puberty

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can start anywhere between the ages of 9 and 14 our bodies start releasing special hormones from the pituitary gland. Hormones are the natural chemicals in our bodies that are responsible for different functions

Go to slide 3 and point out that one change they may have noticed already is that their clothes from last year might not fit as well now this year, as they have continued to grow taller and have their bodies change in other ways.

(2 minutes)

STEP 5:

Go to slide 4, and distribute the **Male Reproductive System Student Worksheet** and ask students to take out something to write with.

Note to the Teacher:

in this lesson for consistency and ease of understanding at the elementary level. However, it is important to point out that body parts are not necessarily gendered. This lesson uses

not match their gender.

Ask students, "How does the male reproductive system differ from the female reproductive system?" Allow a few students to respond and explain that this system includes the testes and vas deferens.

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Testicles are two little round

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STEP 7:

chance to quickly review what we just learned. The next few slides will
the correct word is. Advance through Slides 9 through 15 and pause at each one to let students
put a star (*) next to which body part they think it describes on their notes sheet. Review each
answer with students. Note that not each body part is included in this activity; feel free to add

(5 minutes)

STEP 8:

Pass out and explain their homework, telling students that it is due the next class.

(2 minutes)

RECOMMENDED ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:

Steps one and two are designed to achieve the first two learning objectives, while steps
four through seven are designed to achieve learning objs, wh illo8q11(i)1777(e)-11()28(8rW2c7)11(d3496.4

Get Taller

Grow breasts

**Grow hair under
arms, on legs,
around genitals**

**Hair texture
may change**

**Hormones
are raging**

**Spontaneous
erections**

Menstruation

Wet dreams

Hijos Widen

Voice cracks

Muscle Growth

**Sweat starts
to smell**

**May want to
try more and
riskier things**

**More interested
in being with
friends**

**Start to become
interested in others as
more than
friends/finding
partners**

**Peer pressure
increases**

Anxiety

and stress

Intense feelings

**Might have hard
time making up
your mind/feel
unsure a lot**

**Might feel that
everyone could be
looking at you or
talking about you.**

**Might start thinking,
Who Am I? and try
to define yourself as
a person**

Male Reproductive System: Student Worksheet



Female Reproductive System: Student Worksheet

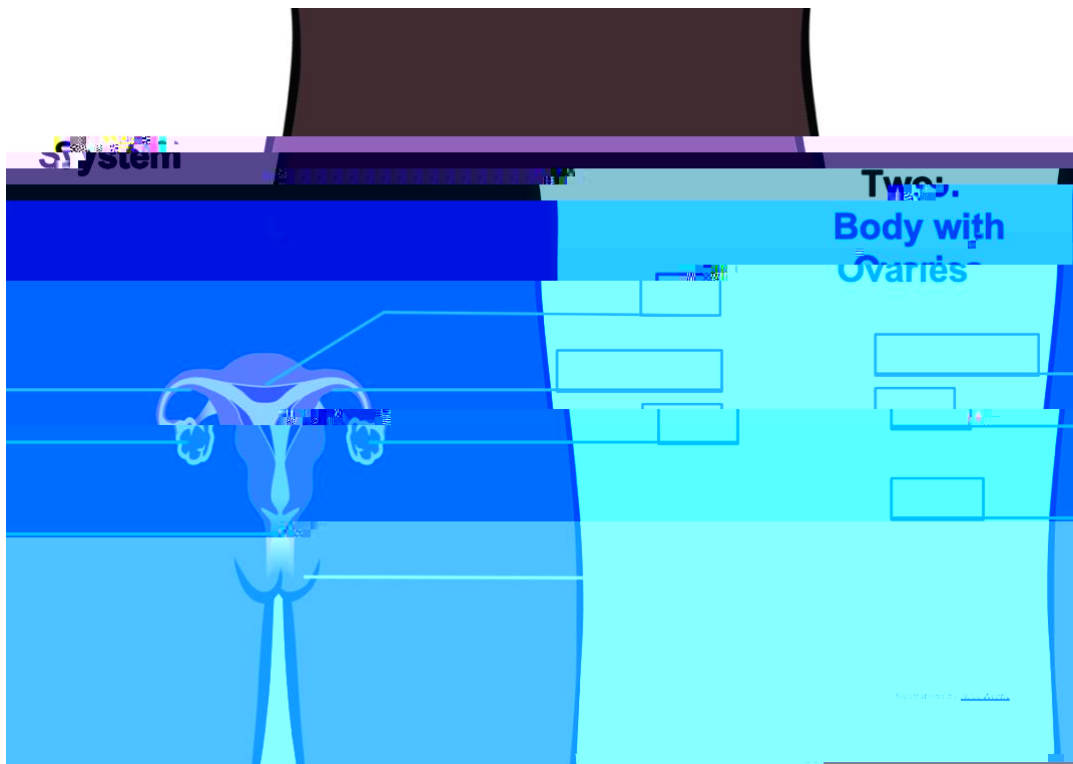


Diagram 3
Body with a Vulva



Changes of Puberty

Answer Key

PHYSICAL CHANGES OF PUBERTY

Get taller
Grow breasts
Weight gain
Grow hair under arms, on legs, around genitals
Get acne
Active hormones
Voice deepens
Spontaneous erections
Menstruation
Wet dreams
Hips widen
Voice cracks
Muscle growth
Sweat starts to smell

SOCIAL CHANGES OF PUBERTY

May want to try more and riskier things
More interested in being with friends
May want to spend less time with family members
Start to become interested in others as more than friends/finding a partner
Peer pressure may increase

EMOTIONAL CHANGES OF PUBERTY

Mood swings
Anxiety and stress
Intense feelings
Might have hard time making up your mind/feel unsure a lot
Might feel that everyone could be looking at you or talking about you.

to define yourself as a person

Voice deepens

Muscle growth

Emotional Changes

Anxiety and stress

Body Part Definitions

Answer Key

Two round organs that make sperm: **Testicles**

The place where a fetus grows: **Uterus**

The part of the body in which urine, or pee, comes out: **Urethra**

Two small organs that store egg cells: **Ovaries**

The passageway that leads from the uterus to outside the body: **Vagina**

A body part that extends from the body where urine (pee), or sperm comes out: **Penis**

A word to describe all of the body parts on the outside of the body on females: **Vulva**