


**NORTH ALLEGHENY SCHOOL
DISTRICT
GROWTH AND DEVELOPMENT
GRADE 5 GIRLS**

OBJECTIVES

- Understand the physical and emotional changes of puberty.
 - Review the female reproductive system.
 - Review proper hygiene and the importance of nutrition and exercise.
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CLASS CONTENT

- Review of physical and emotional changes of puberty.
- View the video *Let's Just Talk! For Girls.*
 - *(ISBN 978-1-55942-530-8; Marsh Media)*
- Review the anatomy of the female reproductive system using an anatomical poster.
- Review products for personal hygiene including skin care, hair care, deodorant and sanitary products.

- Discussion covering the following issues: respect for others, personal responsibility of their changing body and differences in maturing.
 - Encourage girls to express their feelings promoting a positive attitude towards puberty.
 - Open discussion reflecting on class content with the intent of fostering parental discussion.
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