

North Allegheny School District Growth and Development

Grade 4 Girls

Objectives

- Understand the basic concepts of the female reproductive system.
- Understand the physical changes of the female body during puberty.
- Introduce emotional changes of puberty.
- Introduce feminine hygiene products.
- Review basic hygiene, exercise and nutrition.
- Introduction of changes in life phases (infancy, childhood, adolescence; grouped into time frames of 5-6 years).

Objectives

- Introduction of physical and emotional changes during puberty.
- View video *Meet the New You! For Girls* (Marsh Media, item #:9570IN).
- Review the anatomy of the female reproductive system using anatomical poster.
- Review products for personal hygiene - including skin care, hair care, deodorant and sanitary products.
- Open discussion reflection on class content with the intent of fostering parental discussion.