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.