

Fifth Grade Family Life Presentation

Objectives

1. Define Puberty
2. Changes associated with puberty
3. Personal Hygiene and effects on self-concept
4. Basic principles of Human Reproduction
5. Contributing to a constructive group activity/ family
6. Recognizing and dealing with uncomfortable situations

All classes are taught in gender separated environments. Questions are allowed and students are permitted to write questions anonymously on an index card at the end of each class.

Audio visual materials are available to view by parents by upon request. Descriptions of the videos are provided in the Resource Section of this material.

The Presentation follows The Virginia Family Life Education Board of Education Guidelines and Standards of Learning for Virginia Public Schools. The standards for fifth grade are as follows.

STANDARDS OF LEARNING OBJECTIVES AND DESCRIPTIVE STATEMENTS

FIFTH GRADE

5.1 The student will define the structure and function of the endocrine system.

Descriptive Statement: The basic parts of the endocrine system (pituitary gland and adrenal glands) and their functions are introduced.

5.2 The student will identify the human reproductive organs in relation to the total anatomy.

Descriptive Statement: Emphasis is placed on the male reproductive organs: penis, testicles, scrotum, and urethra; and on the female reproductive organs: uterus, ovaries, vagina, and fallopian tubes. The reproductive organs are explained in relation to total human anatomy.

5.3 The student will explain how human beings reproduce.

Descriptive Statement: Instruction includes the uniting of the sperm and the egg and the development of the unborn child inside the uterus. The development of the baby at different stages is illustrated. Emphasis is placed on the consequences of premarital sexual activity. The importance of prenatal care is discussed also, as well as the profound effects of drugs on the mother and developing child.

5.4 The student will recognize the relationship between the physical changes that occur during puberty and the developing capacity for reproduction.

Descriptive Statement: Physical changes that occur during puberty are summarized. Topics included are nocturnal emissions and erections; menstruation; instability of emotions, such as mood swings during puberty; development of a positive attitude toward one's sexuality; and the relationship between changes during puberty and one's ability to conceive and bear children.

5.5 The student will realize the importance of nutrition for himself or herself and for pregnant women who need to eat nutritious foods and avoid dangerous substances while the baby is growing inside the uterus.

Descriptive Statement: This objective is incorporated into the nutrition component for the fifth-grade health curriculum.

5.6 The student will identify reasons for avoiding sexual activity prior to marriage.

Descriptive Statement: The psychological, social, and physical consequences of premarital sexual relations are discussed, as well as the benefits of postponing sexual intercourse until one is physically and emotionally mature and has a positive, committed marital relationship. The effects of premarital sex, including teenage pregnancy, infant mortality, and sexually transmitted infections are emphasized, as well as the impact on one's reputation, self-esteem, and mental health.

5.7 The student will describe the effects of personal hygiene on one's self-concept.

Descriptive Statement: Discussion focuses on those bodily changes in puberty that require special attention to cleanliness and their relationship to a positive self-concept and acceptance from peers. Proper use of feminine hygiene products in relationship to cleanliness is included.

5.8 The student will recognize the importance of contributing to a constructive group activity.

Descriptive Statement: The teacher emphasizes the individual's contribution to accepting responsibility, how this relates to group success or failure, and how opportunities for leadership may be presented.

5.9 The student will develop an increased understanding of the roles, duties, and responsibilities of family members.

Descriptive Statement: The student can achieve this by defining the traditional and changing roles, duties, and responsibilities of family members; by preparing for the life-long adjustments required for his or her changing roles; and by describing the emotional interactions involved in being a family member. Nontraditional roles of males and females are discussed, and options for the lifelong goals of men and women are presented.

5.10 The student will examine the messages from mass media related to sexuality.

Descriptive Statement: Printed materials, advertising, television, wearing apparel, internet, movies, and music are discussed in relation to gender stereotyping and to the avoidance of sexual exploitation, sexually explicit communication using electronic means, and sexual violence. Students will understand the appropriate use of cell phones and other social media. Students will understand how the media affects mental health issues related to sexuality.

5.11 The student will develop skill in saying "no" to any social behavior or activity that he or she perceives as wrong for him or herself.

Descriptive Statement: Discussion focuses on alternatives to situations such as rude behavior, smoking, alcohol or drug use, theft, vandalism, violence, and premarital and unwanted sexual relationships.

5.12 The student will recognize threatening or uncomfortable situations and how to react to them.

Descriptive Statement: These situations may include walking alone, opening doors to strangers, experiencing sexual abuse or incest, being influenced or coerced into selling their bodies for financial gain, receiving obscene telephone calls or text messages, and facing dangers found in shopping malls. Methods of self-protection and recognition and reporting of threats are identified and stressed. The point is made, however, that most life situations are not threatening.

5.13 The student will explain the effects of substance use and abuse on the body.

Descriptive Statement: Emphasis is placed on the adverse effects of alcohol, drugs, and tobacco on the body. This information is related to physical and emotional growth during adolescence, including sexual development; to fetal development; and to any adverse effects upon the family unit.

5.14 The student will become aware of the existence of sexually transmitted infection.

Descriptive Statement: Factual information regarding the nature of sexually transmitted infection, including human immuno-deficiency virus (HIV)/acquired immune deficiency syndrome (AIDS), is introduced. Other diseases referred to include but are not limited to Chlamydia, Genital Herpes, Gonorrhea, HPV, and Syphilis.

Resources

People

School Nurse

Charts

Tanner Scale/ The Five Stages of Puberty

Diagrams of the Pituitary System

Diagrams of the Reproductive Organs

Audio Visuals

Keep it Clean- 18:00 minute Marsh Media Video

Keep It Clean promotes good hygiene with a beat. Four talented young people use words and music to keep your students thoroughly entertained while they learn head to toe hygiene basics. Topics covered include the daily shower or bath, clean clothes, hand washing, what to do about body odor, keeping teeth clean and healthy, treating acne, taking care of hands and feet, safeguarding eyes and ears and the importance of hand washing in halting the spread of germs. *Keep It Clean* is not only about health- it's about building self-esteem and getting along in the world.

Girls and Puberty (ONLY shown to Girls) - 15:00 minute The Puberty Workshop Video

Viewers are greeted by Alie and teenage girl who talks to the girls about changes they will begin to notice in their bodies. Alie is joined by Dr. Lis Thornton, together they discuss the first noticeable changes will begin between the ages of 7-13. They talk about the stages of breast development and when a girl should start wearing a bra.

The video reviews the female reproductive system. The female menstrual cycle and ovulation are covered. Common questions regarding the menstrual cycle and ovulation are covered.

Boys and Puberty (ONLY shown to Boys) - Damian opens up by reviewing the common changes that boys experience during puberty. Damian is joined by Dr. Peter Richel together they discuss the male reproductive changes that begin to occur between the ages of 10-14 in most boys. Circumcision is covered as well as erections and nocturnal emission. Voice changes and growth spurts are also covered in this video.

New Emotions and Feelings (Shown to both Boys and Girls) – Damian, Alie along with Dr. Lisa Thornton and Dr. Peter Richel discuss the new emotions and feelings that come along with puberty. Mood swings, self-consciousness, needing more sleep and arguing with parents are recognized as normal during this period of change.

Viewers are encouraged to be themselves and not to compare themselves to anyone else. Everyone gets through puberty on their own schedule.

Open communication with parents is encouraged. Part of becoming an adult is learning how to control strong emotions.

Romantic crushes are also examined along with the using the new skills of communication and making good decisions. Treating others with respect and honoring honesty and trust is reviewed. The importance of not picking on or bullying others is also deliberated. Students are reminded to treat others the way they would like to be treated.